

**PENGARUH *POST-TRAUMATIC GROWTH* DAN RESILIENSI
TERHADAP *PSYCHOLOGICAL ADJUSTMENT* PADA MAHASISWA
KORBAN *BULLYING***

Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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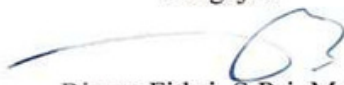
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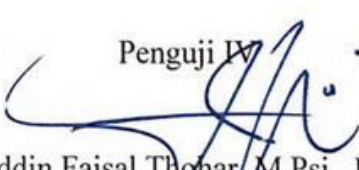
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INTISARI

Tujuan penelitian ini adalah menguji pengaruh *post traumatic growth* dan resiliensi terhadap *psychological adjustment* mahasiswa korban *bullying*. Penelitian ini menggunakan metode kuantitatif korelasional. Untuk mendapatkan data, angket disebarakan kepada 267 subjek penelitian dengan kriteria mahasiswa/i aktif di Suarabaya dan merupakan atau pernah menjadi korban *bullying*. Data yang telah terkumpul dianalisis dengan teknik analisis regresi berganda. Hasil penelitian menunjukkan terdapat signifikansi *post traumatic growth* dan resiliensi terhadap *psychological adjustment*. *post traumatic growth* memberikan sumbangan pengaruh sebesar 69,9%. Sedangkan sumbangan peparuh reiliensi terhadap *psychological adjustment* mahasiswa korban *bullying*, sebesar 10,7%.

Kata kunci : *psychological adjustment*, *post-traumaticgrowth*, resiliensi.



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ABSTRACT

The aim of this research is to examine the influence of post-traumatic growth and resilience on the psychological adjustment of university students who are victims of bullying. This study utilizes a quantitative correlational method. To gather data, a questionnaire was distributed to 267 research subjects meeting the criteria of being active students in Surabaya and having experienced bullying or being victims of it in the past. The collected data was analyzed using multiple regression analysis techniques. The research results indicate the significance of post-traumatic growth and resilience on psychological adjustment. Post-traumatic growth contributes an influence of 69.9%. Meanwhile, the contribution of resilience to the psychological adjustment of university students who are victims of bullying is 10.7%.

Key word : *psychological adjustment, post traumatic growth, resilience*

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