

## **Relationship between coping and university adjustment and academic achievement amongst First Year Undergraduates in Malaysian Public University.**

### **ABSTRACT**

This study aimed to investigate the relationship between coping efforts amongst first year undergraduates and their university adjustment and academic achievement. 250 first year students attending various undergraduate programs at a Malaysian public university participated in this study. The study employed a correlation design and data was analyzed using descriptive and inferential statistics to address the research objectives. Findings from this study showed that there is a significant and positive relationship between students' coping and their overall university adjustment, academic adjustment, social adjustment, personal-emotional adjustment, students' attachment to the university, and academic achievement. Results also indicated that throughout a period of one semester, students' overall adjustment and academic achievement was found to be significantly predicted by their coping strategies.

**Keyword:** Undergraduates; Coping; Adjustment; Achievement.