THE PRACTICE OF SOCIAL SUPPORT AND SELF-ADJUSTMENT:
Minangkabau Students in Yogyakarta

Nurhasanah
UIN Sunan Kalijaga Yogyakarta
20200012098@student.uin-suka.ac.id

Zulkipli Lessy
UIN Sunan Kalijaga Yogyakarta
zulkipli.lessy@uin-suka.ac.id

Abstract

This research was mainly based on the number of Minangkabau students who migrated and continued their studies in Yogyakarta so that they required self-adjustment that was different from their place of origin. The purpose of this study is to discover the relationship between social support and self-adjustment among Minangkabau students in Yogyakarta. The null hypothesis states that there is a significant positive relationship between social support and self-adjustment. The higher the social support rises, the higher the individual adjustment makes. The lower the social support obtained, the lower the adjustment will be. The subjects of this study were Minangkabau students in Yogyakarta. The sampling technique in this study used the accidental sampling technique. The method used in this study is quantitative, while the data collection tools used are the social support scale and self-adjustment scale, the data analysis method using analysis prerequisite testing (normality test and linearity test) and hypothesis testing using the correlation of Pearson's product moment with the help of SPSS 23.0 for windows. Based on the research results that have been obtained, it can be seen and concluded that the hypothesis proposed in this study can be accepted, as evidenced by the results of the correlation coefficient of 0.502 and a significance value of

0.000 (p <0.05). This shows that there is a positive and significant relationship between social support and adjustment to Minangkabau students in Yogyakarta.

Keyword: Social Support; Self-Adjustment; Minangkabau Students; Yogyakarta.

Abstrak

Penelitian ini dilatarbelakangi oleh banyaknya mahasiswa Minangkabau yang merantau dan melanjutkan studi mereka di Yogyakarta sehingga membutuhkan suatu penyesuaian diri yang berbeda dengan tempat asalnya. Penelitian ini bertujuan untuk mengetahui bagaimana hubungan dukungan sosial dengan penyesuaian diri mahasiswa Minangkabau yang berada di Yogyakarta. Hipotesis awal pada penelitian ini adalah terdapat hubungan positif yang signifikan antara dukungan sosial dengan penyesuaian diri. Semakin tinggi dukungan sosial maka semakin tinggi pula penyesuaian diri individu. Sebaliknya, semakin rendah dukungan sosial yang didapat maka semakin rendah pula penyesuaian dirinya. Subyek penelitian ini adalah mahasiswa Minangkabau yang ada di Yogyakarta. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik accidental sampling. Metode yang digunakan dalam penelitian ini adalah kuantitatif sedangkan alat pengumpulan data yang digunakan adalah skala dukungan sosial dan skala penyesuaian diri, metode analisis data dengan menggunakan pengujian prasyarat analisis (uji normalitas dan uji linearitas) dan uji hipotesis dengan menggunakan korelasi dari Pearson product moment dengan bantuan SPSS 23.0 for windows. Berdasarkan hasil penelitian yang telah diperoleh, maka dapat dilihat dan disimpulkan bahwa hipotesis yang diajukan dalam penelitian ini dapat diterima, dibuktikan dengan hasil koefisien korelasinya sebesar 0,502 dan nilai signifikansi sebesar 0,000 (p<0,05). Hal tersebut menunjukkan bahwa adanya hubungan yang positif dan signifikan antara dukungan sosial dengan penyesuaian diri pada mahasiswa Minangkabau di Yogyakarta.

Kata kunci: Dukungan sosial; Penyesuaian diri; Mahasiswa Minangkabau. Yogyakarta.

I.   INTRODUCTION

Humans as individual beings consist of body and soul that cannot be separated from each other, and humans are also filled with individual activities. From the essence of humans as individual beings, these individuals have the senses to make observations, have interests and concerns, have needs and have experience from observations. In this

perspective, individuals have behavior that is intended for their own and other interests. Humans as social beings are also required to establish relationships with other individuals in their lives, since they show their personalities, in the age of approximately 5/6 years until they die, wherever the individual is. Therefore, makes it impossible for humans as social beings to live alone in the midst of human association (Santoso, 2010). In addition to individual beings, humans are a social species, where they have the needs, abilities, and habits to communicate and interact with other humans. In life, humans can not live alone. They have a desire to socialize with each other. Self-adjustment is an individuals' adaptation and a process of continuous interaction with themselves, with other people, and with the environment (Lessy, Barokah, & Rohman, 2001).

Self-adjustment is basically one of the important things for boosting individual's mental health. Many individuals who suffer and are unable to get their happiness in life because of their inability to adjust, either with their family life, school, work, or in general society. It is not uncommon to find that people experience stress and depression due to their failure to adapt or adjust to existing and complex environmental conditions (Fatimah, 2010).

Yogyakarta is a student city which is the main destination for continuing education from various regions, many students come to Yogyakarta to pursue their studies to a higher level, including students from Minangkabau. Minangkabau is one of the Indonesian tribes who inhabit in West Sumatra. This tribe is very well-known for the habits of its people who display wandering behavior. This habit is powerfully influenced by one culture that embraces the matrilineal kinship system. In matrilineal societies, women control inheritance, while the portion of men is quite small. For the Minang people, migration is intended for self-development and achieving a better socio-economic life. Thus, according to Navis (1986, p. 24) the purpose of wandering is often associated with three things: looking for wealth (trading/becoming a merchant), seeking knowledge (learning), or seeking a job/position. These factors have become a tradition and also a culture for the Minangkabau people. Not only men, women also go abroad or wander in order to seek experience, education and so forth.

In Yogyakarta Minang people not only have to adapt to the local people but also have to adapt to people from various regions. They will interact with each other both on campus and in the environment where they live. Students from outside Yogyakarta who

are currently studying in Yogyakarta have to make self-adjustments that are quite difficult because of differences in various aspects. This condition greatly affects daily interactions which can decrease life satisfaction. Social support may be able to prevent a decrease in life satisfaction because a supportive environment will accelerate the adjustment process for students from outside Yogyakarta.

Self-adjustment aims to attain harmony between the demand of oneself and the environmental demand in which the individual will settle. According to Fatimah (2010), self-adjustment is a form of behavior that aims to meet the needs within the individual. A phenomenon which occurs to individuals that fail to adjust to changes in their environment, is that they will experience stress, loneliness, social awkwardness and also a decline in life satisfaction.

Researchers conducted reviews of several research studies pertinent to the themes. Muntaha's (2015) study showed that there was a significant positive relationship between the variables of social support, self-confidence and self-adjustment with value of r x y = 0.871. Then Latifah's (2015) research demonstrates that self-adjustment will be higher if the emotional maturity is more positive. Lestari (2016) also noted that there was a positive relationship between parental social support and self-adjustment with a correlation of 0.693.

From observations and interviews, the researchers have revealed that many of Minangkabau students in Yogyakarta have difficulty in adjusting themselves in the early days of their studies. In fact, there are those who have studied in Yogyakarta for a long time but still have difficulties in adjusting to their environment. However, many students also manage to adjust and adapt well.

This case significantly affected on their daily lives and the activities they do, those who are able to adjust are becoming more adaptable to their environment and get to know many people. However, those who have difficulty tend to be quiet and do not have few friends, based on what they tell they are more often having friends with people who come from the same region and do not have many friends from other regions. They feel insecure and like to be alone, and their activities are all about college, boarding houses and infrequently joining their regional organizations.

Social support is completely indispensable to make good self-adjustment for Minangkabau students in Yogyakarta. Social support refers to providing comfort, care,

and respect. The environment is one of the factors that greatly affect the process of self-adjustment to individuals, especially supports from people around them. A saying goes "*When in Rome, do as the Romans*" or *dimana bumi dipijak, disitu langik dijunjuang*. That is one of the philosophies of the Minangkabau people, meaning that we must be able to adjust to wherever we are. They believe that success is achieved when they respect for the behavior, habits, and culture of the people in which they live. The Minang tribe is an example of the most successful people when wandering. There is no record of any incident of Minangkabau migrants who are involved in conflicts against other tribes in places they settle. We will also be successful in adapting with new people if we are able to make good self-adjustments with them. However, not all Minangkabau people can adjust well in a new place.

The purpose of this research is to find out whether there is a relationship between social support and self-adjustment to Minangkabau students in Yogyakarta.

II. RESEACRH METHOD

Research Design

This study employs a quantitative method with two variables, social support as the X variable (the independent variable) and self-adjustment as the Y variable (the dependent variable). This type of research is a correlational research (Hinkle, Wiersma, & Jurs, 2013; Pagano, 2001). This correlational panel aims to detect the extent of variation in variables and to determine between two or more variables based on the correlation coefficient. Throughout the research work, a theory can be constructed with aims to explain, predict, and control a symptom (Neuman, 2017; Siregar, 2013). The purpose of this study is to determine the relationship between two variables, those are social support and self-adjustment.

Data Source

The target population in this study is Minangkabau students in Yogyakarta. According to data obtained from the Regional Student Association of West Sumatra (IKPMD), the number of Minangkabau students is approximately 925 people, this is not included on data from other Minangkabau student associations which are not under the auspices of the West Sumatra IKPMD. Determination of the subject research is expressed

using the technique of Accidental Random Sample. Accidental Random Sample is a sampling technique that utilizes an opportunity in which the population selected is easily accessible to the researcher (Mason & Bramble, 2007; Sugiyono, 2009). In this case, anyone who coincidentally/incidentally meets a researcher can be used as a sample, if it is deemed that the person is suitable as a data source. In this study, the subjects taken randomly with the criteria of the sample are Minangkabau students who are studying in Yogyakarta and Minangkabau students who have been in Yogyakarta for more than one year or students who have entered the 3rd semester of college. The sample for data collection sources is 100 people.

Data Collection

For detailed and structured data collection, this research distributes a set of questionnaires which are based on research needs. The questionnaire developed in this study is practiced with a Likert rating scale. The Likert scale is a scale that can be used to measure a person's attitudes, opinions, and perceptions about a particular object or phenomenon.

Likert scale has two forms of statements, positive statements (favorable) and negative statements (unfavorable). Positive statements are given a score of 5, 4, 3, 2, and 1; while the form of negative statements are given a score of 1, 2, 3, 4, and 5. The form of the Likert scale answer consists of strongly agree, agree, hesitate, disagree, and strongly disagree (Bluman, 2017; Siregar, 2013). In this study, data were collected using the scale method. There are two scales that the researcher uses, namely the social support scale and the self-adjustment scale.

Data Analysis

In this study, the data analysis applies statistical methods, the technique of data is analyzed using a product moment correlation (Hinkle, Wiersma, & Jurs, 2013).

III. RESULT AND DISCUSSION

RESULTS

Validity Test

Self-adjustment Scale

The items on the self-adjustment scale are 40 items, 1 of which is invalid with a coefficient of 0.164 and the other 39 items are valid with a validity coefficient ranging from 0.289 to 0.586.

Social Support Scale

The items on the social support scale are 40 items, 3 of which are invalid with a coefficient of 0.008 to 0.074 and 37 other items are valid with a validity coefficient ranging from 0.211 to 0.663.

Reliability Test

Self-Adjustment Scale

The reliability value of the adjustment instrument used to analyze the relationship between social support and self-adjustment for Minangkabau students in Yogyakarta is 0.733. It can be concluded that the self-adjustment scale that will be used is reliable with a high level of reliability.

Social Support Scale

The reliability value of the social support instrument used to analyze the relationship between social support and self-adjustment to Minangkabau students in Yogyakarta is 0.701. It can be concluded that the social support instrument to be used is reliable with a high level of reliability.

Normality Test

Normality test aims to determine whether data is normally distributed or not. The residual value is normally distributed if the significance value (p) > 0.05, and if the significance value <0.05, then the residual value is not normally distributed. Based on the results of the normality test, it is known that the significance value is 0.708 > 0.05, so it can be concluded that the residual value of the variables above is normally distributed (Healey, 2010).

Linearity Test

If the significance value of deviation from linearity is p > 0.05, then there is no linear relationship between the independent variable and the dependent variable. If the significance value of deviation from linearity is p <0.05, then there is a linear and significant relationship between the independent variable and the dependent variable. Based on the results of the linearity test, it is clearly known that the F value is 14,485 and the sig value. Deviation from linearity is 0.000 < 0.05, it can be concluded that there is a linear and significant relationship in the relationship between social support and self-adjustment (Healey, 2010).

Hypothesis Test

Hypothesis test is analyzed using the Pearson product moment correlation technique, the result of the analysis of r x y is 0.502 with P of 0.000 (p <0.05) (Healey, 2010). It can be concluded that the relationship between social support and self-adjustment is very significant. Thus, the researchers put forward a hypothesis which states that there is a positive and significant relationship between social support and self-adjustment to Minangkabau students in Yogyakarta can be accepted and has been verified. The higher the social support come, the better an individual adapts to their environment. Vice versa, the lower the social support come, the more difficult an individual adjusts.

DISCUSSION

The research data that has been analyzed shows that there is a significant positive relationship between social support and self-adjustment. Therefore, the hypothesis that the researcher has proposed in this study can be accepted and has been proven to be true, this is definitely proved with the correlation coefficient of 0.502 which indicates that there is a significant positive relationship between social support and self-adjustment.

Social support is an interpersonal relationship in which it contains assistance involving aspects consisting of information, emotional attention, appreciation and instrumental assistance obtained by a person through interaction with the environment (Smet, 1994). Social support can also be defined as a positive interaction pattern or acceptable behavior given to individuals who need support (Handoko & Bashori, 2013).

Social support plays a very important role in supporting a person in order to adjust to the environment. This is demonstrated by providing encouragement, motivation, services and also many things for someone to be able to adjust to a new environment without any pressure and showing a lack of confidence. Providing support, advice, services or directions to Minangkabau students in Yogyakarta will be successful if it is carried out gradually and continuously. Thus, some elements such as a support, advice, service, direction and so forth that Minangkabau students receive can help these students develop and have new knowledge about the environment they will live in.

This is clearly to support the opinion of Smet (1994), he states that if an individual feels that they get support from the environment around them, then everything will be passed easily when they experience an event that makes them depressed. On the other hand, if an individual lacks social support from the environment they live in, the individual will tend to experience feelings of loneliness, depression and loss which will disrupt the adjustment process (Cahyani, 2016).

It is clearly seen that the higher the Minangkabau students attain social support, the better the students will adjust to their environment. On the contrary, the lower the Minangkabau students obtain social support, the more difficult it will be for them to adjust to the Yogyakarta environment. Minangkabau students in Yogyakarta usually get social support from friends at the same place they live, at the same campus and at the same organization.

Regarding social support, Hurlock in Kumalasari and Ahyani (2012) notes that a person can get social support from peers, in the form of a feeling of fate that makes a relationship of mutual understanding or sympathy. Supports from the closest people in the form of a willingness to listen the complaints can have a positive effect, as an emotional release and reduce anxiety. Therefore, a person find himself accepted and receive attention from the environment.

A person's ability to adapt to a new environment is one of the things that will determine whether a person is stressed or not. Students who can adapt to the environment are expected not to experience problems in the lecture process and academic achievement. Students who are less able to adjust to the environment will feel pressured and face many conflicts in dealing with environmental conditions so that this can affect their academic

achievement. Thus, Minangkabau students in Yogyakarta are expected to get good social support in their environment so that they can adjust well.

For a student who migrates outside his/her area to continue the education to a higher level, it has its own problems. Some individuals think that something new will be an interesting thing to face and live, but for some other individuals feel anxious and worried to face the new conditions that they will live in the future.

Self-adjustment is one of the common problems that can be found in students who migrate to Yogyakarta, almost all of which are related to adjusting to a new environment, a new university, new people to meet, and the people we meet is also different from the community we live in our region and even more adjustments in the new place. Adjustment is not easy to do, when an individual comes to a new environment, the individual has to be able to adjust as well as possible to that environment at that time.

Self-adjustment is a dynamic process. The dynamics of self-adjustment involves a number of basic psychological factors that lead individuals to appropriate behavior or good adjustment. Adjusting behavior is responses directed at efforts to meet internal and external demands. The purpose of adjusting responses is to provide a precise and accurate relationship between the individual and reality. From a deeper point of view, the goal is to recognize the expression and satisfaction of dynamic factors in personality, such as the reduction of tension, conflict, and frustration (Asrori & Ali, 2005).

There are many factors that influence the success of self-adjustment in a student who wander, one of which is from the surrounding environment in the form of social support. They need encouragement and support from the closest people and also from the community in which they migrate. It also includes the fulfillment of individual psychological needs.

Limitation of the Research

The implementation of this research has been carried out as much as possible in accordance with the initial design and research objectives, however, the researcher still admits that there are still many weaknesses and limitations that the researcher cannot avoid from the implementation of the research. The data collection technique in this study employs an instrument, and the instrument is responded in two ways, meeting directly with the respondent and giving it through the google form link.

The limitations in this study are that the researchers cannot meet directly with the respondents and ask how the conditions of their adjustment in Yogyakarta are and want to make sure that the respondents fill out the instruments in good condition.

Then also there are so many items with a total of two instruments of 80 items, which come to many facts that are not disclosed by research respondents, in the form of dishonesty in filling out the instrument, and reluctance and lack of sincerity of respondents in answering the statements contained in the instrument. This happens, mainly because too many items make respondents lazy to read each statement. The result is that the data to be obtained is not in accordance with what is expected.

For further researchers who also want to conduct research related to social support and self-adjustment, they should pay more attention to other factors that also affect self-adjustment, such as emotional maturity, physical condition, environmental condition that will be occupied and so forth.

IV. CONCLUSION

Based on the research results, it can be seen and concluded that the hypothesis proposed in this study can be accepted, as proven with the result of the correlation coefficient of 0.502 and a significance value of 0.000 (p <0.05). This shows that there is a positive and significant relationship between social support and adjustment to Minangkabau students in Yogyakarta. It is clear that the higher Minangkabau students obtain the social support, the better the students will adapt to their environment. On the contrary, the lower Minangkabau students attain the social support, the more difficult it will be for them to adjust to the environment in Yogyakarta.

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