

## **PERAN DUKUNGAN SOSIAL TERHADAP RESILIENSI PADA MAHASISWA RANTAU**

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### **ABSTRAK**

Mahasiswa rantau yang berada di perguruan tinggi dihadapkan pada berbagai persoalan dan tantangan hidup. Mahasiswa rantau diharapkan mampu mengatasi berbagai tantangan, tekanan, dan kesulitan yang ada. Kemampuan yang dimiliki individu untuk bertahan menghadapi peristiwa hidup yang sulit dan mampu untuk bangkit kembali dari kesulitan tersebut disebut resiliensi. Penelitian ini bertujuan untuk menguji peran dukungan sosial terhadap resiliensi mahasiswa rantau di Universitas Gadjah Mada. Hipotesis penelitian adalah dukungan sosial berperan positif terhadap resiliensi mahasiswa rantau. Partisipan penelitian ini berjumlah 324 orang mahasiswa rantau Strata 1 yang berusia 18 – 23 tahun (117 laki-laki dan 207 perempuan). Hasil analisis regresi linier sederhana menunjukkan koefisien  $F = 74,716$  dengan signifikansi ( $p < 0,05$ ). Hal ini menunjukkan bahwa hipotesis diterima, yaitu dukungan sosial berperan secara signifikan terhadap resiliensi mahasiswa rantau. Sumbangan efektif dukungan sosial terhadap resiliensi diketahui dari nilai  $R^2 = 0,188$  yang bermakna dukungan sosial memberikan sumbangan efektif sebesar 18,8% terhadap resiliensi mahasiswa rantau. Sebanyak 81,2% sisanya diduga berasal dari faktor lain yang tidak diteliti dalam penelitian ini. Analisis tambahan terhadap data demografis menunjukkan bahwa tidak terdapat perbedaan resiliensi ditinjau dari jenis kelamin.

**Kata kunci:** *resiliensi, dukungan sosial, mahasiswa rantau*

***THE ROLE OF SOCIAL SUPPORT TOWARD RESILIENCE ON OUT-OF-  
PROVINCE UNIVERSITY STUDENTS***

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***ABSTRACT***

*Out-of-province students that study at university are face with various life problems and challenges. Out-of-province university students are expected to be able to overcome various challenges, stresses, and difficulties. The ability that an individual has to survive in the face of difficult life events and be able to bounce back from these difficulties is called resilience. This study aimed to examine the role of social support toward resilience of out-of-province university students at Universitas Gadjah mada. The hypothesis of this study was social support had a positive role on resilience of out-of-province university students at Universitas Gadjah Mada. Subjects of the study were 324 out-of-province undergraduate students aged 18 – 23 years old (117 males and 207 females). The result of linear regression analysis showed coefficients  $F = 74,716$  and with a  $p < 0.05$  significance. This suggests that the hypothesis of this study is accepted., meaning that social support played a positive role to resilience of out-of-province university students at Universitas Gadjah mada. The effective contribution of social support to resilience was known from the value of  $R^2 = 0,188$ , which means social support contributed 18.8% to resilience of out-of-province university students. The remaining 81,2% is suspected to be from factors that were not examined in this study. An additional analysis of demographic data shows that there were no differences in resilience according to gender.*

*Keywords : resilience, social support, out-of-province students*