

## THE INFLUENCE OF GROWTH MINDSET ON SELF-ADJUSTMENT IN NEW STUDENTS

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### **Abstract**

*This research aims to determine the effect of Growth Mindset on adjustment to new students. Growth mindset is an individual's effort to improve his or her quality through effort, hard work, and the experience he or she has. This research uses quantitative methods, with regression and correlation studies. The population used in this research was undergraduate students class of 2023 with a total of 92 respondents used in the research. Based on the results of analysis with Spearman's rho correlation there is a correlation coefficient value of 0.463, this shows a positive relationship between Growth Mindset and Self-Adjustment. A positive relationship means that the higher the Growth Mindset, then the higher the Self-Adjustment, and the lower the self-adjustment, then the Growth Mindset Getting lower. Students with a growth mindset tend to have a better level of adjustment in academic, social, emotional and institutional attachment. Apart from that, it was found that growth mindset contributed an influence of 26.2% to the adjustment of new students at Bhayangkara. University, Greater Jakarta.*

**Keywords:** Growth Mindset, Adjustment, New Students.

### **INTRODUCTION**

New students are students who are facing a transition or movement from high school (SMA) to the world of lectures. (Hasanah et al., 2022). This lecture environment has very different characteristics from high school, and becoming a student is the main goal for high school graduates. (Bidjuni, 2016). Changing the environment from high school to college is not easy. Many things must be adjusted by individuals, both in adjusting different learning styles, new teachers, and new friends and different campus facilities. (Arum & Khoirunnisa, 2021). As according to (Hasanah et al., 2022) during this period, students will face new situations such as new friends, new environments, and learning systems that are very different from high school (SMA), so it will be difficult for students to adapt. During the transfer period, new students are required to have the ability to adapt so that later they can socialize well. (Irfan & Suprapti, 2012).

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