

ABSTRAK
PENGALAMAN KESEPIAN DAN PROSES ADAPTASI MAHASISWA
PERANTAU DARI LUAR JAWA TIMUR
DI UNIVERSITAS BINA SEHAT PPNI
MOJOKERTO

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Mahasiswa perantau menghadapi berbagai perubahan ketika meninggalkan daerah asal untuk melanjutkan pendidikan di perguruan tinggi. Perubahan lingkungan, budaya, bahasa, serta keterpisahan dari keluarga dapat memunculkan perasaan kesepian dan menuntut kemampuan adaptasi yang baik. Penelitian ini bertujuan untuk mengeksplorasi pengalaman kesepian dan proses adaptasi mahasiswa perantau dari luar Jawa Timur di Universitas Bina Sehat PPNI Mojokerto. Penelitian menggunakan pendekatan kualitatif dengan desain fenomenologi. Partisipan berjumlah 10 mahasiswa yang dipilih menggunakan teknik *quota sampling*. Data dikumpulkan melalui wawancara mendalam menggunakan pedoman wawancara semi-terstruktur, kemudian dianalisis menggunakan model Miles dan Huberman yang meliputi reduksi data, penyajian data, serta penarikan kesimpulan. Hasil penelitian mengidentifikasi lima tema utama, yaitu (1) pengalaman awal merantau, (2) pengalaman kesepian selama merantau, (3) strategi mengatasi perasaan kesepian, (4) proses adaptasi di lingkungan baru, dan (5) faktor pendukung dan penghambat proses adaptasi. Pengalaman kesepian muncul akibat keterpisahan dari keluarga, keterbatasan hubungan sosial, hambatan bahasa, serta situasi yang mengingatkan pada kampung halaman. Untuk mengatasi kondisi tersebut, partisipan membangun hubungan sosial, mengikuti kegiatan kampus, mempelajari bahasa dan budaya setempat, serta memanfaatkan dukungan keluarga, teman, dan motivasi diri. Penelitian ini menunjukkan bahwa kesepian merupakan pengalaman yang umum dialami mahasiswa perantau pada masa awal perkuliahan, namun proses adaptasi yang efektif serta dukungan sosial yang memadai berperan penting dalam membantu mahasiswa menyesuaikan diri dengan lingkungan baru dan meningkatkan kesejahteraan psikologis selama menjalani kehidupan sebagai mahasiswa perantau.

Kata kunci: Pengalaman, Kesepian, Adaptasi, Mahasiswa, Perantau

ABSTRACT

THE EXPERIENCE OF LONELINESS AND ADAPTATION PROCESSES AMONG MIGRANT STUDENTS FROM OUTSIDE EAST JAVA AT BINA SEHAT PPNI UNIVERSITY MOJOKERTO

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Migrant students experience various changes when leaving their hometowns to pursue higher education. Changes in the environment, culture, language, and separation from family can give rise to feelings of loneliness and require good adaptation abilities. This study aimed to explore the experiences of loneliness and the adaptation process of migrant students from outside East Java at Universitas Bina Sehat PPNI Mojokerto. This study employed a qualitative approach with a phenomenological design. A total of 10 participants were selected using a quota sampling technique. Data were collected through in-depth interviews using a semi-structured interview guide and were analyzed using the Miles and Huberman model, which includes data reduction, data display, and conclusion drawing. The findings identified five main themes, namely (1) the initial experience of migrating, (2) the experience of loneliness during migration, (3) strategies for coping with feelings of loneliness, (4) the adaptation process in a new environment, and (5) supporting and inhibiting factors in the adaptation process. Feelings of loneliness emerged due to separation from family, limited social relationships, language barriers, and situations that reminded participants of their hometowns. To overcome these conditions, participants built social relationships, participated in campus activities, learned the local language and culture, and utilized support from family, friends, and personal motivation. This study shows that loneliness is a common experience among migrant students during the early stages of university life. However, an effective adaptation process and adequate social support play an important role in helping students adjust to a new environment and improve their psychological well-being while living as migrant students.

Keywords: *Experience, Loneliness, Adaptation, Students, Migrant*