

**HUBUNGAN ANTARA *HELICOPTER PARENTING*
DENGAN PENYESUAIAN DIRI MAHASISWA RANTAU**

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ABSTRAK

Mahasiswa rantau mengalami tantangan terkait penyesuaian diri karena rentannya mengalami *culture shock* ketika berpindah ke daerah baru. Gaya pengasuhan orangtua berperan penting dalam penyesuaian diri anak. *Helicopter parenting* merupakan gaya pengasuhan yang kurang mendukung kemandirian dengan memberikan kontrol berlebihan dan selalu berusaha mengatasi permasalahan yang dihadapi anak. Pengambilan data menggunakan teknik *purposive sampling* dengan responden berjumlah 110 mahasiswa. Penelitian dilakukan dengan metode kuantitatif berupa survey. Alat ukur yang digunakan adalah *Helicopter Parenting Instrument* (HPI) dan *College Adjustment Questionnaire* (CAQ). Data kemudian dianalisis dengan menggunakan uji korelasi non parametrik *Spearman*. Hasil analisis menunjukkan hubungan positif antara *helicopter parenting* dengan penyesuaian diri mahasiswa rantau ($\rho = 0.197$, sig. = 0.039). *Helicopter parenting* memiliki hubungan positif dengan dimensi *social adjustment* ($\rho = 0.211$, sig. = 0.027) dan *personal-emotional adjustment* ($\rho = 0.210$, sig. = 0.028). Berdasarkan hasil tersebut dapat disimpulkan bahwa *helicopter parenting* memiliki hubungan yang signifikan dan memberikan dampak yang positif bagi penyesuaian diri mahasiswa rantau di Indonesia. Mahasiswa yang merasa mendapatkan dukungan dan arahan yang diperlukan dari orangtua akan lebih mudah dalam menyesuaikan diri di lingkungan yang baru.

Kata kunci : *Helicopter parenting*, penyesuaian diri, mahasiswa rantau

RELATIONSHIP BETWEEN HELICOPTER PARENTING AND THE ADJUSTMENT OF MIGRATED COLLEGE STUDENT

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ABSTRACT

Migrated students experience challenges related to adjustment because they are prone to experiencing culture shock when moving to a new region. Parents' parenting style plays an important role in children's adjustment. Helicopter parenting is a parenting style that does not support independence by providing excessive control and always trying to solve the problems faced by children. Retrieval of data using purposive sampling technique with respondents totaling 110 students. The research was conducted using a quantitative method in the form of a survey. The measuring instruments used were the Helicopter Parenting Instrument (HPI) and the College Adjustment Questionnaire (CAQ). The data were analyzed using the Spearman non-parametric correlation test. The results of the analysis showed a positive relationship between helicopter parenting and migrated student adjustment ($\rho = 0.197$, sig. = 0.039). Helicopter parenting has a positive relationship with the dimensions of social adjustment ($\rho = 0.211$, sig. = 0.027) and personal-emotional adjustment ($\rho = 0.210$, sig. = 0.028). Based on these results, it can be concluded that helicopter parenting has a significant relationship and has a positive impact on the adjustment of migrated students in Indonesia. Students who feel they have the support and direction they need from their parents will find it easier to adjust to their new environment.

Keyword : *Helicopter parenting, adjustment to college, migrated student*