

ABSTRAK

Skripsi dengan judul “Hubungan Interaksi Sosial dan *Self-Esteem* Mahasiswa Rantau Fakultas Ushuluddin, Adab, dan Dakwah UIN Sayyid Ali Rahmatullah Tulungagung” yang ditulis oleh Indah Burqi Safira, NIM.126308213255, dengan Pembimbing Bapak Moh. Chablul Chaq, M.Psi.

Kata Kunci: Interaksi Sosial, *Self-Esteem*, Mahasiswa Rantau.

Mahasiswa rantau sering menghadapi tantangan dalam menyesuaikan diri dengan lingkungan baru, baik dari segi sosial maupun emosional. Kondisi ini dapat mempengaruhi kualitas interaksi sosial mereka serta berampak pada pembentukan harga diri (*self-esteem*). Interaksi sosial yang baik diyakini dapat memberikan dukungan emosional dan rasa ketertarikan yang penting bagi mahasiswa untuk mengembangkan penerimaan diri yang sehat. Oleh karena itu, penring untuk menelaah bagaimana tingkat interaksi sosial berkorelasi dengan tingkat *self-esteem*, khususnya pada kelompok mahasiswa rantau.

Penelitian ini bertujuan untuk mengetahui: (1) tingkat interaksi sosial mahasiswa rantau; (2) tingkat *self-esteem* mahasiswa rantau; (3) hubungan antara interaksi sosial dengan *self-esteem* pada mahasiswa rantau di Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung. Penelitian ini juga bertujuan untuk memberikan gambaran tentang pentingnya lingkungan sosial dalam mendukung kesehatan psikologis mahasiswa perantauan.

Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan teknik pengambilan sampel *purposive* terhadap mahasiswa rantau yang merupakan mahasiswa Fakultas Ushuluddin, Adab, dan Dakwah, mahasiswa angkatan 2021-2024, mahasiswa luar Jawa Timur. Instrumen yang digunakan terdiri dari skala interaksi sosial dan skala *self-esteem*, di mana keduanya telah disesuaikan dengan konteks mahasiswa rantau dan telah diuji validitas dan reliabilitasnya. Analisis data dilakukan dengan uji normalitas dan korelasi Spearman, karena data tidak terdistribusi normal.

Hasil penelitian menunjukkan bahwa tingkat interaksi sosial dan *self-esteem* mahasiswa rantau berada pada kategori sedang. Uji korelasi menunjukkan adanya hubungan yang signifikan antara interaksi sosial dan *self-esteem* dengan nilai korelasi sebesar $r = 0,297$ dan $p = 0.010$. Meskipun kekuatan hubungan tergolong lemah, arah hubungan positif menunjukkan bahwa semakin tinggi interaksi sosial yang dimiliki mahasiswa rantau, maka semakin tinggi pula *self-esteem* mereka. Hasil ini mengindikasikan bahwa lingkungan sosial yang positif dapat menjadi faktor pendukung penting dalam membangun *self-esteem* mahasiswa rantau.

ABSTRACT

Thesis titled "The Relationship Between Social Interaction and Self-Esteem Among Migrant Students at UIN Sayyid Ali Rahmatullah Tulungagung", was written by Indah Burqi Safira (Student ID: 126308213255), under the supervision of Mr. Moh. Chablul Chaq, M.Psi.

Keywords: Social Interaction, Self-Esteem, Migrant Students.

Out-of-town students often face challenges adjusting to new environments, both socially and emotionally. This can affect the quality of their social interactions and impact the development of self-esteem. Social interactions, perceived as positive, provide emotional support and a sense of belonging, which are essential for students to develop healthy self-acceptance. Therefore, it is important to examine how levels of social interaction correlate with levels of self-esteem, particularly among out-of-town students.

This study aims to determine: (1) the level of social interaction among out-of-town students; (2) the level of self-esteem among out-of-town students; and (3) the relationship between social interaction and self-esteem among out-of-town students at Sayyid Ali Rahmatullah State Islamic University in Tulungagung. This study also aims to provide an overview of the importance of the social environment in supporting the psychological health of out-of-town students.

This study used a quantitative correlational approach with a purposive sampling technique. The out-of-town students were students from the Faculty of Ushuluddin, Adab, and Da'wah, from the 2021-2024 intake, and from outside East Java. The instruments used consisted of a social interaction scale and a self-esteem scale, both of which were adapted to the context of students living away from home and tested for validity and reliability. Data analysis was performed using normality tests and Spearman correlation tests, as the data were not normally distributed.

The results showed that the level of social interaction and self-esteem of students living away from home were in the moderate category. The correlation test revealed a significant relationship between social interaction and self-esteem, with a correlation value of $r = 0.297$ and $p = 0.010$. Although the strength of the relationship was weak, the direction of the positive relationship indicated that the higher the social interaction of students living away from home, the higher their self-esteem. These results suggest that a positive social environment can be an important supporting factor in building self-esteem in students living away from home.