

The relationship between social adjustment and homesickness among new santri

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Abstract: *This study aims to discover the relationship between social adjustment and homesickness among new santri. The subject of the study was santri in the tenth grade of Madrasah Aliyah As'adiyah Putra Sengkang in Wajo Regency. A total of 62 santri were selected using the simple random sampling technique. The instruments of the study were the homesickness scale and the social adjustment scale developed by the researchers. A correlation test with Kendall's tau-b was implemented to analyze the data. The analysis showed that there was a 0.000 level of significance and a -0.343 correlation coefficient. The results of the study showed that there is a moderate negative relationship between social adjustment and homesickness among new santri.*

Keywords: *homesickness; new santri; social adjustment.*

Abstrak: Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara *social adjustment* dengan *homesickness* pada santri baru. Subjek penelitian ini adalah santri Kelas X Madrasah Aliyah As'adiyah Putra Sengkang di Kabupaten Wajo. Subjek yang digunakan sebanyak 62 orang yang diperoleh menggunakan teknik *simple random sampling*. Instrumen yang digunakan dalam penelitian ini adalah skala *homesickness* dan skala *social adjustment* yang disusun oleh peneliti. Data dalam penelitian ini dianalisis menggunakan uji korelasi *Kendall's tau-b*. Hasil analisis data menunjukkan taraf signifikansi sebesar 0,000 dan koefisien korelasi sebesar -0,343. Hasil penelitian ini menunjukkan bahwa terdapat hubungan negatif yang bersifat cukup kuat antara *social adjustment* dengan *homesickness* pada santri baru.

Kata Kunci: *homesickness; santri baru; social adjustment.*

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INTRODUCTION

Pesantren is an Islamic educational institution that exists across Indonesia. There are terms for students of a pesantren based on their gender, *santri* for male students and *santriwati* for female students. The Religious Education and Pesantren Department of Religious Affairs Ministry (2019) stated that there are 2.6 million *santri* in Indonesia and 1.4 million of them live in pesantren with a boarding school system.

Perawironegoro (2019) stated that each pesantren has its specific programs besides the regular teaching and learning programs as seen in common public schools. Some of those are doing five daily prayers in a congregation in a mosque, learning the Arabic language, and studying some Islamic books. Those programs are commonly held inside the *pesantren* area so some *pesantren* asked the students to live in its boarding room.

Habiburahman (2022) stated that the change in *santri*'s living place from their house to a boarding school makes them separated from their family and friend and abandon their old routine. The *santri* living in boarding school need to leave behind their comfort and fun obtained from the house and their loved ones. It forces them to adapt to the new environment and routine in the *pesantren*.

However, Yasmin et al. (2017) stated that not all of them can quickly adapt to that new circumstances. Some problems may arise from it, such as the sense of longing for their parents, unsettled feelings in the boarding school, depressive feelings throughout the day, and the loss of motivation to study. Commonly those problems are known as homesickness. It is in line with Dewi dan Nurdin (2020) who stated that new *santri* tend to face some problems, one of which is homesickness.

Istanto (2019) defined homesickness as an uncomfortable condition felt by an individual after getting separated from a living environment which is characterized by strong thoughts of home, negative emotions, and somatic symptoms. Kirana et al. (2021) defined homesickness as a pressured feeling of an individual after getting separated from home or due to the effect of being in an unfamiliar environment. A similar explanation was stated by Firdaus (2022) who defined homesickness as negative emotion felt by an individual after getting separated from their closest environment causing them to be difficult to adapt to a new environment. The prevalence of homesickness among students living in boarding

schools is considered as high. Yasmin et al. (2017) Stated that 86% *santri* have experienced homesickness.

Furthermore, Thomas (2020) stated that homesickness can affect the student's academic, psychological, and social aspects. Regarding the academic aspect, Aulya et al. (2022) stated that homesickness affects academic stress. Boddy (2020) stated that students with problems with motivation to study due to homesickness tend to leave school. Regarding psychological and social aspects, Yasmin et al. (2017) stated that *santri* with homesickness tends to be morose and cry the whole day. It makes the *santri* with homesickness easily choose to seclude themselves from the social environment and even wanted to run from their *pesantren*.

Fisher et al. (1985) stated that students who do not have homesickness tend to be more satisfied with certain aspects of school, such as the teaching and learning process as well as the relationship with peers and teachers. Sumarsono et al. (2021) stated that satisfaction with the school, directly and indirectly, influences the student's learning achievement. It is in line with research done by Rahayu et al. (2021) showing that students' satisfaction has a significant effect on students' learning achievement. Therefore, by overcoming the homesickness, *santri* can be more satisfied with some aspects of *pesantren* so that it can be a supporting factor in increasing their learning achievement.

There are some factors related to *santri*'s homesickness. Ferrara (2020) stated that geographical distance and demographic data are related to *homesickness*. Female students, 19-20-year-old students, students with parents who do not have college degrees, and students from outside the region tend to be more vulnerable to separation from their families.

Initial interview with the *santri* and dormitory supervisor of Madrasah Aliyah As'adiyah Putra Sengkang revealed that students' longing for home and difficulties in adapting to *pesantren* environment (homesickness) are determined by the condition of their social environment. The *santri* felt that it was difficult for them to adapt to the new friendship environment in boarding school so it was easy for conflict to arise, they often secluded themselves, and they also wanted to go home or even quit school. The conflict was commonly caused by cultural differences so they were involved in a dispute about attitudes and values in certain things, such as the way to communicate and

interact. Certain ways of communication may be seen as ordinary things in certain cultures while it is considered offensive in other cultures.

The difficulties in adapting to culture, attitudes, values, and communication style differences in certain environments are problems regarding social adjustment. Nair and Paul (2017) defined social adjustment as harmonious relations among individuals in their environment. Kau and Idris (2018) defined social adjustment as the behavior to adapt to the other individual or groups with self-consciousness and social pressure. Sujana et al. (2021) stated that social adjustment is the ability to respond to social demands to have good adaptation in a social environment.

There are some researches showing similar results to the initial interview of this research. For example, English et al. (2017) stated that homesickness can be affected by adaptability to the social environment (social adjustment) This finding showed that students with difficulties in social adaptation tend to experience homesickness. A similar finding is also discovered by Thomas (2020) showing that social integration affects the students' homesickness at a moderately strong level. This finding showed that students with good social relations tend to be more satisfied with their daily live so it can divert their focus from always thinking about their home.

Therefore, this study was conducted to investigate whether there is a relationship between social adjustment and homesickness among new *santri*.

METHOD

A quantitative correlational approach was used in this study. The subject of this research is 62 people of tenth-grade *santri* at Madrasah Aliyah As'adiyah Putra Sengkang. It was selected

from 70 populations using simple random sampling. The independent variable in this study is a social adjustment, while the dependent variable is homesickness. Social adjustment in this study is defined as a healthy reaction of new *santri* to reality or social situations characterized by the ability to adapt to the demands of the social environment. Homesickness in this study is defined as a condition of thoughts related to home, negative emotions, and decreased motivation in students due to separation from the previous environment.

Two types of questionnaires were used to collect the data. The instruments were evaluated by three experts in the field of Educational Psychology. The homesickness scale from Van Tilburg (Van Tilburg & Vingerhoets (Eds.), 2005) with a 0.879 reliability score was used in the first questionnaire. On the other hand, the homesickness scale from Schneiders (1955) with a 0.892 reliability score was used in the second questionnaire. A correlation test of Kendall's tau-b was implemented to analyze the data with the help of SPSS 26 software.

RESULTS AND DISCUSSION

The questionnaire about homesickness consists of 14 items of statements with five choices of responses. Hypothetical data regarding homesickness can be seen in Table 1. Meanwhile, empirical data on the subject concerning homesickness can be seen in Table 2.

On the other hand, the questionnaire regarding social adjustment consists of 11 items of statements with five choices of responses. Hypothetical data regarding social adjustment can be seen in Table 3. Then, empirical data on the subject's social adjustment can be seen in Table 4.

Table 1. Hypothetical Data of Homesickness

<i>Homesickness</i>	Min	Max	Mean	SD
	14	70	42	9

Table 2. Homesickness Empirical Data

Interval	Score	Frequency	%	Category
$X \leq \sigma - \mu$	≤ 33	16	26%	Low
$\sigma - \mu < X \leq \sigma + \mu$	34-51	40	64%	Moderate
$\sigma + \mu < X$	≥ 52	6	10%	High
Total		62	100%	

Table 3. Hypothetical Data of Social Adjustment

<i>Social adjustment</i>	Min	Max	Mean	SD
	11	55	33	7

Table 4. Empirical Data of Social Adjustment

Interval	Score	Frequency	%	Category
$X \leq \sigma - \mu$	≤ 26	0	0%	Low
$\sigma - \mu < X \leq \sigma + \mu$	27-40	29	47%	Moderate
$\sigma + \mu < X$	≥ 41	33	53%	High
Total		62	100%	

In Table 1, it can be seen that the average score of the subject's homesickness was 42 with 9 points of standard deviation. The lowest score of homesickness was 14, while the highest score was 70. Table 2 showed that there were 16 subjects (26%) with low homesickness level, 40 subjects (64%) with moderate homesickness level, and 6 subjects (10%) with high homesickness level. The percentage shows that the subject of the research tends to have a moderate level of homesickness.

Table 3 showed that the average hypothetical score of the subject's social adjustment was 33 with 7 points of standard deviation. The lowest score for social adjustment was 11, while the highest score was 55. Table 4 showed that there were 0 subjects (0%) with low

social adjustment level, 29 subjects (47%) with moderate social adjustment level, and 33 subjects (53%) with high homesickness level. The percentage shows that the subject of the research tends to have a moderate level of social adjustment.

In the correlation test of Kendall's tau-b, a significance score < 0.05 means that H_a is accepted and H_0 is denied, while a significance score $> 0,05$ means that H_a is denied and H_0 is accepted. As seen in Table 5 below, Kendall's tau-b significance level was 0.0000 which means that H_a is accepted and H_0 is denied. The level of correlation between the two variables can be seen from the correlation coefficient with the rules applied in Table 6

Table 5. Kendall's tau-b Correlation Test

Variable	r	p	Description
<i>Social adjustment</i> * <i>Homesickness</i>	-0.343	0.000	Significant

Table 6. Description of Correlation Level

Correlation Coefficient	Correlation Level
0.00-0.25	Very weak
0.26-0.50	Moderately strong
0.51-0.75	Strong
0.76-0.99	Very strong
1.00	Perfect relation

As displayed in Table 6, the two variables had a correlation coefficient of 0.343, meaning that the correlation coefficient is strong. Meanwhile, a negative correlation coefficient indicates a negative correlation between social adjustment and homesickness. It means that the

higher the level of social adjustment is, the lower the level of homesickness and vice versa.

To get a more comprehensive understanding, it is needed to obtain more information regarding the difference in homesickness level among new *santri* based on the distance of their home from the school. Some

regions may be regarded as closer, such as Wajo, Soppeng, Sidrap, and Bone, while others can be considered as further regions. There were 35 subjects (56%) who come from nearby areas, while the other 27 (44%) come from distant ones.

A comparative test of the Mann Whitney U Test was implemented in the analysis. The result of the homesickness comparative test of those two groups based on the distance of their home can be seen in Table 7 below.

Table 7. Result of Comparative Test with Mann Whitney U Test

<i>Homesickness</i>	<i>p</i>	Description
Distant Area x Nearby Area	0.865	Not Different

In the comparative test with Mann Whitney U Test, a significance score < 0.05 means that there is a difference, while a significance score > 0.05 means that there is no difference. As can be seen in Table 7, the comparative test's significance score of the subject from a nearby area was 0.865. Thus, it indicates that there is no difference in homesickness level among new *santri* based on the distance of their home from school.

The levels of social adjustment among the new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang can be categorized into three levels which are low, moderate, and high level. The data collected from 62 new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang showed that there was not any *santri* with a low level of social adjustment, 29 *santri* with a moderate level of social adjustment, and 33 *santri* with a high level of social adjustment. It indicates that new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang tends to have a high level of social adjustment.

All of the new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang are in the adolescent phase. The result of this study showing the subject's high level of social adjustment is contrary to Ghatak's (2018) explanation saying that individual tends to face difficulties in their social adjustment during their adolescent phase. The difficulties occurred since in their social environment the adults sometimes treat the adolescents as kids while at other times they are treated as adults. It makes them confused and difficult to adapt to social environments. However, the subject's tendency to have a good level of social adjustment can be explained by the condition at Madrasah Aliyah As'adiyah Putra Sengkang in which most of its inhabitants are adolescents with only a few adults.

The subject of this research was *santri* whom most of them come from rural areas in Wajo, Bone, Soppeng, Sidrap, Luwu, and some others. Viet's (2021) research showed that

individuals from rural areas have better social adjustment skills than individuals from urban areas. It is consistent with the finding of this research in which the *santri* from rural areas had good social adjustment levels.

Madrasah Aliyah As'adiyah Putra Sengkang is a *pesantren* for *santri*. The research conducted by Ghatak (2018) showed that female adolescents tend to have better social adjustment skills than male adolescents. However, it cannot be examined in this research since there were not any female adolescents involved as the research subject.

The levels of homesickness among new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang are divided into three categories: low, moderate, and high. The data collected from 62 new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang showed that there were 16 *santri* with a low level of homesickness, 40 *santri* with a moderate level of homesickness, and 6 *santri* with a high level of homesickness. It means that new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang tends to have a moderate level of homesickness.

The ideal condition is for them to have a low level of homesickness. The individuals with a low level of homesickness are the ones able to ignore the thought or make peace with the feeling of homesickness. Thus, the homesickness level in new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang which is mostly in a moderate level, or even high level for some, still needs to be a concern.

The state of Madrasah Aliyah As'adiyah Putra Sengkang as a *pesantren* exclusively for male students does not have any effect on the *santri*'s homesickness. It is implied by referring to research conducted by Biasi et al. (2018) showing that there was not any difference in homesickness tendency between male and female children. However, the female children's tendency to feel

that it is hard to deal with homesickness is bigger than the male children's one.

In terms of the distance between the home with the *pesantren*, there was not any difference in the tendency to experience homesickness between the *santri* from nearby areas and the ones from distant areas. It is due to the *pesantren*'s regulation which does not let the *santri* freely come home so that even if their home is near or in the same region, they still feel the separation from home and family.

This study showed that there is a relationship between social adjustment and homesickness among new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang. This finding is in line with research from English et al. (2017) and Thomas (2020) showing that there is a relationship between social adjustment and homesickness. It is consistent with the hypothesis of this study in which there is a relationship between social adjustment and homesickness among new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang.

The relationship is the negative one. Indicating that the higher the social adjustment, the lower the homesickness, and vice versa. It is in line with the condition found among new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang showing good social adjustment and moderate homesickness.

However, good social adjustment is not a determining factor for the state of homesickness among the new *santri*. A high level of social adjustment was supposed to influence the level of homesickness by lowering its level. That kind of circumstance was not found in the new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang. It is due to the level of correlation discovered in the analysis only falls at a moderate level so although the social adjustment variable correlates, it does not have a strong influence on the homesickness variable of new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang. The only moderately strong correlation between social adjustment and homesickness may have resulted from other variables which influence those variables among the research subject, such as attachment or personality.

CONCLUSION AND SUGGESTIONS

The results of the study showed that there is a moderate negative relationship between social adjustment and homesickness among new *santri* at Madrasah Aliyah As'adiyah Putra Sengkang. The negative correlation between social

adjustment and homesickness variables means that the higher *santri*'s social adjustment, the lower their homesickness is. The moderate level of correlation between social adjustment and homesickness among new *santri* is only moderately strong so it is possible that there are other variables that have a stronger influence to homesickness than social adjustment.

It is suggested that new *santri* should improve and keep up the quality of their relationship with the people in boarding school, especially their peers. To keep a good relationship, they should have casual chats regularly, do jokes, create some small events, and help each other.

To avoid bad relations, new *santri* need to consider and not violate others' rights, not do offensive jokes and speech, and not disturb others. If they see that their peers have homesickness, they need to calm them down and comfort them with their best efforts to make them feel at home so that the homesickness is reduced.

While for the boarding school, needs to create a homey environment to make the *santri* feel convenient or at least make them endure the urge to go home. It can be done by facilitating some events to increase their social adjustment in which they can gather and have more opportunities to socialize so that their longing for their family can be reduced, such as playing games, having a feast, sight-seeing before dusk, doing a fun group assignment, etc.

The parents are suggested to calm the *santri* down and comfort their feeling. One thing to do is by calling them a minimum of once a week to keep up with each other's life and telling jokes to entertain them. The parents also need to carefully choose the sensitive information to share with the *santri*, especially one related to household or economic problems. The parents also need to appreciate the *santri*'s effort by telling or showing how proud they are of their children for surviving in the new environment far from the family.

After all, this research shows that there is only a moderately strong correlation between social adjustment and homesickness. Thus, the other researcher may explore any other variables which hypothetically can have a stronger correlation with homesickness. Therefore, it is important for them to do research on those variables.

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