

ABSTRAK
PENGARUH CINDERELLA SYNDROME COMPLEX TERHADAP
KEMAMPUAN ADAPTASI SOSIAL SANTRI DI PONDOK PESANTREN
AL-BASYARIYAH 02

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Cinderella Syndrome Complex digambarkan sebagai fenomena ketergantungan yang kuat pada orang lain dan rasa kurang percaya diri yang menjadi penghambat dalam proses interaksi sosial. Adaptasi sosial diperlukan oleh santri agar dapat memperoleh kenyamanan di dalam lingkungan pesantren.

Penelitian ini bertujuan untuk mengetahui: 1) Berapa nilai Cinderella Syndrome Complex santri di Pondok Pesantren Al-Basyariyah 02. 2) Berapa nilai kemampuan adaptasi sosial santri di Pondok Pesantren Al-Basyariyah 02. 3) Apakah Cinderella Syndrome Complex berpengaruh terhadap kemampuan adaptasi sosial santri kelas 1 TMI di Pondok Pesantren Al-Basyariyah 02.

Penelitian ini merupakan penelitian lapangan dengan pendekatan kuantitatif asosiatif. Populasi dalam penelitian ini adalah santri kelas 1 TMI yang berjumlah 127 orang. Sebanyak 101 orang dipilih sebagai sampel menggunakan teknik *Simple Random Sampling*. Pengumpulan data dilakukan melalui penyebaran angket dengan skala Likert. Analisis data menggunakan uji pra-syarat dan analisis regresi sederhana dengan SPSS 25.0.

Dari hasil penelitian dapat disimpulkan, bahwa: 1) Tingkat Cinderella Syndrome Complex pada santri kelas 1 TMI dinilai tinggi, dengan rata-rata skor sebesar 41,69. 2) Tingkat kemampuan adaptasi sosial santri kelas 1 TMI dinilai sangat tinggi, yang ditunjukkan dengan nilai rata-rata 57,71. 3) Hasil analisis regresi sederhana menunjukkan bahwa tidak terdapat pengaruh yang signifikan antara Cinderella Syndrome Complex dan kemampuan adaptasi sosial, dengan p-value sebesar 0,905 yang lebih besar dari 0,05.

Berdasarkan simpulan tersebut peneliti menyarankan: 1) Bagi pendidik di Pondok Pesantren Al-Basyariyah 02 agar melakukan upaya yang lebih komprehensif dalam menurunkan tingkat Cinderella syndrome complex pada santri kelas 1 TMI. 2) Bagi santri diharapkan untuk lebih sering melibatkan diri dalam kegiatan yang ada di Pondok Pesantren. 3) Peneliti selanjutnya diharapkan dapat mengkaji faktor-faktor tambahan yang mungkin memengaruhi kemampuan adaptasi sosial santri.

Kata Kunci: Cinderella Syndrome Complex, Adaptasi Sosial, Pondok Pesantren

ABSTRACT
THE INFLUENCE OF CINDERELLA SYNDROME COMPLEX ON THE
SOCIAL ADAPTABILITY OF STUDENTS AT AL-BASYARIYAH
ISLAMIC BOARDING SCHOOL 02

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Cinderella Syndrome Complex is described as a phenomenon of strong dependence on others and a lack of self-confidence that becomes an obstacle in the process of social interaction. Social adaptation is needed by students in order to gain comfort in the Boarding School environment.

This study aims to determine: 1) What is the level of Cinderella Syndrome Complex among the students at Al-Basyariyah Islamic Boarding School 02. 2) What is the level of the social adaptation students at Al-Basyariyah Islamic Boarding School 02. 3) Whether the Cinderella Syndrome Complex influences the social adaptation skills of first-year TMI students at Al-Basyariyah Islamic Boarding School 02.

This research is field research with an associative quantitative approach. The population in this study is students of Class 1 TMI totaling 127 people. A total of 101 people were selected as a sample using the Simple Random Sampling technique. Data collection was carried out through the distribution of questionnaires with a Likert scale, and data analysis using pre-requisite tests and simple regression analysis with SPSS 25.0.

The findings of the study lead to the following conclusion: The mean value for the Cinderella syndrome complex of 1st grade students is 41.69, indicating a high level of this complex. 2) The value of social adaptation ability of 1st grade students is significantly high, indicated by an average value of 57.71. 3) The results of simple regression analysis show that there is no significant influence between Cinderella Syndrome Complex and social adaptability, with a p-value of 0.905 which is greater than 0.05.

Based on the conclusion, the researcher suggests: 1) For educators at Al-Basyariyah Islamic Boarding School 02 to make more comprehensive efforts in reducing the level of Cinderella syndrome complex in 1st grade students. 2) For students, it is expected to often involve themselves in activities in the Islamic Boarding School. 3) Future researchers are encouraged to further explore this topic, especially focusing on additional factors that might influence the social adaptability of students.

Keywords: Cinderella Syndrome Complex, Social Adaptability, Islamic Boarding School