

ABSTRAK
ADAPTASI MAHASISWA YANG BEKERJA PARUH WAKTU DI
LINGKUNGAN FISIP UNIVERSITAS LAMPUNG

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Penelitian ini menjelaskan proses adaptasi mahasiswa Fakultas Ilmu Sosial dan Ilmu Politik (FISIP) Universitas Lampung yang memilih bekerja paruh waktu, sekaligus mengidentifikasi faktor pendorong, dinamika penyesuaian, dan potensi risiko *workaholism*. Pendekatan kualitatif dengan desain fenomenologi transendental digunakan untuk memahami pengalaman subjektif informan. Data dikumpulkan melalui wawancara, observasi dan dokumentasi. Validitas data dijaga melalui triangulasi sumber, triangulasi teknik, dan *member checking*. Hasil penelitian mengungkap bahwa keputusan mahasiswa untuk bekerja paruh waktu dipengaruhi kombinasi kebutuhan ekonomi keluarga yang terbatas, keinginan hidup mandiri, serta motivasi memperoleh pengalaman kerja sebelum lulus. Proses adaptasi mengikuti pola kurva-U, dimulai dengan fase "*culture shock*" yang menunjukkan disorientasi dan tekanan waktu, dilanjutkan fase "*recovery*" melalui pengembangan strategi manajemen waktu, delegasi tugas, dan penentuan prioritas, hingga fase "*adjustment*" saat keseimbangan antara beban akademik dan pekerjaan tercapai. Risiko *workaholism* muncul apabila fase *recovery* kurang diiringi kontrol beban kerja, namun secara umum informan mampu menetapkan batasan waktu agar tanggung jawab akademik tidak terganggu.

Kata kunci: adaptasi, mahasiswa, bekerja paruh waktu, *workaholism*

ABSTRACT
**ADAPTATION OF PART-TIME WORKING STUDENTS IN THE FACULTY
OF SOCIAL AND POLITICAL SCIENCES, UNIVERSITY OF LAMPUNG**

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This study explaining the adaptation process of students at the Faculty of Social and Political Sciences (FISIP) of the University of Lampung who choose to work part-time, while identifying the driving factors, dynamics of adjustment, and potential risks of workaholism. A qualitative approach with a transcendental phenomenological design was used to understand the subjective experiences of the informants. Data was collected through interviews, observations, and documentation. Data validity was ensured through source triangulation, technique triangulation, and member checking. The results revealed that students' decisions to work part-time were influenced by a combination of limited family economic needs, the desire for independence, and the motivation to gain work experience before graduation. The adaptation process follows a U-shaped curve, beginning with the "culture shock" phase, which shows disorientation and time pressure, followed by the "recovery" phase through the development of time management strategies, task delegation, and priority setting, until the "adjustment" phase when a balance between academic workload and work is achieved. The risk of workaholism arises if the recovery phase is not accompanied by workload control, but generally, informants are able to set time boundaries to ensure academic responsibilities are not disrupted.

Keywords: adaptation, students, part-time work, workaholism