

SUMMARY

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TIPE KEPRIBADIAN EKTROVERT & INTROVERT DALAM MELAKUKAN PENYESUAIAN DIRI MAHASISWA BARU

SUMMARY

Background: Adaptation is a learning process for a foreign individual where the individual not only studies environmental conditions related to natural conditions but also studies the life of the community around the environment. The ability of humans to adapt to new environments is something that a person or individual naturally has. But the fact is that individuals must go through an adaptation process to achieve the desired goals. The adaptation process often creates pressure so that not all individuals are able to pass the adaptation period. Emotional intelligence and social support have a significant role in the adjustment process. Gender also influences the adjustment process. Men are outgoing and cheerful, not prone to fear, responsibility, and dealing with stress which is good. One of the success of new students in making adjustments is personality. Extroverted personalities are more likely to conform than introverted personalities. Introvert personality types solve problems by being alone or by playing music, reading, and doing activities that they like. Extrovert personality types are usually easier to fit in, they are more open and sociable. The solution given is in the form of a pocket book entitled tips on getting along and knowing personality. **The goal**, is to increase the knowledge of new students in making adjustments. **The method**, in this final project project, uses a pocket book media method entitled tips on socializing and recognizing personality as a medium used to increase new student knowledge. **Conclusion**, based on the results above, it can be concluded that the pocket book media can make the adjustment process easily.

Key Words : Adaptasi, Penyesuaian Diri, Tipe Kepribadian