

ABSTRACT

The transition from high school to university is a crucial phase in life that may bring emotional and social challenges, especially for new students at Telkom University who live in dormitories. This change demands strong social adaptation skills and effective interpersonal communication to help students maintain their subjective well-being—a psychological condition reflecting happiness, life satisfaction, and inner peace. This study aims to examine the influence of social adaptation skills and the quality of interpersonal communication on the subjective well-being of Telkom University's 2024 freshmen cohort. A quantitative approach with a survey method was used. The quality of interpersonal communication was analyzed based on Joseph A. DeVito's (2022) theory, which includes elements such as feedback, feedforward, channel, purposes, packaging, mindfulness, content and relationship, context adjustment, communication choices, noise management, and code-switching. The sample consisted of 382 new students residing in Telkom University dormitories. The results indicate that social adaptation and interpersonal communication quality play an essential role in shaping the subjective well-being of new students. This study recommends that students enhance their flexibility, interpersonal skills, and self-awareness in social interactions. Additionally, Telkom University is encouraged to provide support programs such as freshman mentoring and counseling services. Future research is advised to include additional variables such as social support, stress levels, and emotional intelligence for a more comprehensive understanding.

Keywords: Social Adaptation, Interpersonal Communication, Subjective Well-being