

Peran Regulasi Diri dan Konsep Diri Akademis terhadap Prokrastinasi Mahasiswa dalam Penyelesaian Skripsi

Irene Daniaputri Yulia Sebayang¹, Edilburga Wulan Saptandari²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada

Abstrak

Skripsi merupakan salah satu syarat mahasiswa dalam memperoleh gelar sarjana. Namun demikian, penyelesaian skripsi tidak selalu dilakukan tepat waktu. Hal ini mengindikasikan perilaku menunda-nunda, yang disebut juga prokrastinasi. Penelitian ini bertujuan untuk menguji peran regulasi diri dan konsep diri akademis terhadap prokrastinasi selama penyelesaian skripsi. Penelitian ini menggunakan pendekatan kuantitatif dengan alat ukur SSRQ (*Short Self-Regulation Scale*), Skala Konsep Diri Akademis, dan Skala Prokrastinasi Akademis. Partisipan berjumlah 223 mahasiswa yang mengerjakan skripsi minimal selama 2 semester. Analisis regresi berganda membuktikan bahwa regulasi diri dan konsep diri akademis berperan signifikan sebesar 65% terhadap prokrastinasi akademis. Regulasi diri berperan lebih besar terhadap prokrastinasi dibandingkan konsep diri akademis.

Kata kunci: prokrastinasi akademis, regulasi diri, konsep diri akademis, skripsi, mahasiswa

Abstract

Undergraduate thesis is an academic requirement for students in obtaining a bachelor's degree. However, it is not always completed on time, which indicates procrastination. Procrastination is known as a result of low self-regulation. The effort to perform tasks are also influenced by self-concept. This study aims to determine the role of self-regulation and academic self-concept on procrastination during the completion of undergraduate thesis. This study used the SSRQ (Short Self-Regulation Scale), the Academic Self-Concept Scale, and the Academic Procrastination Scale. The participants of this study were 223 students working on their undergraduate thesis for at least 2 semesters/1 year. Multiple regression analysis proves that self-regulation and academic self-concept are both negatively correlated to academic procrastination and significant by 65% in predicting academic procrastination. Self-regulation indicates a larger contribution in predicting procrastination than academic self-concept.

Keywords: academic procrastination, self-regulation, academic self-concept, undergraduate thesis, university students