

menyusun makalah individu dan membaca tugas bacaan mingguan dengan alasan prokrastinasi akademik paling tinggi adalah perfeksionisme.

Saran

Penelitian selanjutnya diharapkan dapat mempertimbangkan keseimbangan aspek demografis dari partisipan seperti jumlah partisipan berdasarkan jenis kelamin dan program pendidikan yang sedang ditempuh. Kemudian, penelitian selanjutnya juga bisa mempertimbangan partisipan dengan demografis yang berbeda sehingga penelitian mengenai peran *impostor syndrome* terhadap hubungan efikasi diri akademik dan prokrastinasi akademik dapat lebih konklusif.

Tidak hanya berpengaruh terhadap individu, prokrastinasi akademik juga berpengaruh terhadap mahasiswa lain, dosen, bahkan institusi/organisasi apabila mahasiswa yang melakukan prokrastinasi melakukan kesalahan hingga tidak dapat menyelesaikan studinya (Patrzek, dkk., 2015). Maka dari itu penting untuk pihak-pihak terkait membantu memberikan intervensi terhadap prokrastinasi akademik pada mahasiswa. Berdasarkan hasil penelitian, maka efikasi diri akademik dan *impostor syndrome* perlu mendapat perhatian dalam upaya mengatasi prokrastinasi akademik pada mahasiswa kedokteran.

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Lampiran

Lampiran 1. *Blueprint* Instrumen Penelitian

a. *Procrastination Academic Scale for Students (PASS)*

Bagian I

No.	Aspek	Nomor Butir	Jumlah
		Favorable	
1.	Menulis makalah	1, 2	2
2.	Mengerjakan tugas kelompok	3, 4	2
3.	Belajar menjelang ujian	5, 6	2
4.	Tugas membaca mingguan	7, 8	2
5.	Menghadiri perkuliahan	9, 10	2
6.	Mengerjakan praktikum	11, 12	2
Total			12

Bagian II

No.	Alasan melakukan Prokrastinasi	Nomor Butir	Jumlah
1.	<i>Evaluation anxiety</i>	1, 5	2
2.	<i>Perfectionism</i>	6, 24	2
3.	<i>Difficulty making decision</i>	2, 13	2
4.	<i>Dependency and help seeking</i>	3, 23	2
5.	<i>Aversiveness of the task and low frustration tolerance</i>	9, 21	2
6.	<i>Lack of self-confidence</i>	8, 15	2
7.	<i>Laziness</i>	16, 25	2
8.	<i>Lack of assertion</i>	4, 11	2
9.	<i>Fear of success</i>	14, 22	2
10.	<i>Tendency to feel overwhelmed and poorly manage time</i>	10, 17	2
11.	<i>Rebellion against control</i>	7, 20	2
12.	<i>Risk taking</i>	12, 18	2
13.	<i>Peer influence</i>	19, 26	2
Total			26

b. *The Academic Self-Efficacy Scale (TASES)*

No.	Aspek	Nomor Butir	Jumlah
		Favorable	