

## **Looking Into the Relationship Between Self-Leadership and Academic Procrastination Among Indonesian Students**

*Balqis Thilal Jannah<sup>1</sup>, Wahyu Widhiarso<sup>2</sup>*

<sup>1</sup>Faculty of Psychology, Universitas Gadjah Mada; Jl. Sosio-Humaniora, Caturtunggal, Depok, Sleman, Daerah Istimewa Yogyakarta, (0274)550435  
e-mail: <sup>1</sup>balqis.thilal.j@mail.ugm.ac.id, <sup>2</sup> wahyu\_psy@ugm.ac.id

**Abstract.** This study aims to explore the relationship between academic procrastination and self-leadership among Indonesian university students, as the topic is barely tapped within the literature, along with various demographic comparisons. The two measures, Procrastination Assessment Scale for Students (Solomon & Rothblum, 1994) and Revised Self-Leadership Questionnaire (Houghton & Neck, 2002), were distributed to 179 participants. The research hypothesis proposed is that there is a negative correlation between academic procrastination and self-leadership. Simple linear correlation and regression analysis were carried out. The results showed that there were no significant relationships between academic procrastination and self-leadership. However, some academic procrastination reasons were correlated to certain self-leadership strategies. The reason for the findings was discussed in this study.

**Keywords:** *Academic Procrastination; Procrastination Assessment Scale for Students (PASS); Revised Self-Leadership Questionnaire (RSLQ); Self-Leadership.*

## Mempelajari Hubungan Antara Kepemimpinan Diri dan Prokrastinasi Akademik di Kalangan Mahasiswa Indonesia

*Balqis Thilal Jannah<sup>1</sup>, Wahyu Widhiarso<sup>2</sup>*

<sup>1</sup>Faculty of Psychology, Universitas Gadjah Mada; Jl. Sosio-Humaniora, Caturtunggal, Depok, Sleman, Daerah Istimewa Yogyakarta, (0274)550435  
e-mail: <sup>1</sup>balqis.thilal.j@mail.ugm.ac.id, <sup>2</sup> wahyu\_psy@ugm.ac.id

**Abstrak.** Penelitian ini bertujuan untuk mengeksplorasi hubungan antara prokrastinasi akademik dan kepemimpinan diri di kalangan mahasiswa Indonesia, karena topik ini jarang dibahas dalam literatur, serta berbagai perbandingan demografis. Skala Procrastination Assessment Scale for Students (Solomon & Rothblum, 1994) dan Revised Self-Leadership Questionnaire (Houghton & Neck, 2002), dibagikan kepada 179 peserta. Hipotesis penelitian yang diajukan adalah terdapat hubungan negatif antara prokrastinasi akademik dengan self-leadership. Korelasi linier sederhana dan analisis regresi dilakukan. Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara prokrastinasi akademik dengan kepemimpinan diri. Namun, beberapa alasan prokrastinasi akademik berkorelasi dengan strategi kepemimpinan diri tertentu. Alasan temuan tersebut dibahas dalam penelitian ini.

**Keywords:** *Prokrastinasi Akademik; Kepemimpinan Diri; Procrastination Assessment Scale for Students (PASS); Revised Self-Leadership Questionnaire (RSLQ)*