

The Relationship of Self Control with the Tendency of Academic Procrastination Behavior of Night Class Students in 2008 Persada Indonesia University Y.A.I Faculty of Psychology

B. Dian Novitasari¹, Dian Candra Dewi²

Persada Indonesia University Y.A.I Faculty of Psychology, Jakarta, Indonesia

Abstract: *Success in completing education requires a lot of self-ability to make it happen, one of the skills an individual has is self control, it is can minimize or eliminate the tendency of academic procrastination behavior that can hinder the success of student education. The purpose of this study was to determine the relationship of self-control and the tendency of academic procrastination behavior of night class students in 2008 Persada Indonesia University Faculty of Psychology. Procrastination is defined as a delay that is carried out intentionally and repeatedly, by carrying out other activities that are not needed in the execution of tasks. Self control is a behavior control activity before deciding the behavior to act. The research hypothesis is that there is the relationship of self-control and the tendency of academic procrastination behavior of night class students in 2008 Persada Indonesia University Faculty of Psychology. The population of this study was a night class student of the 2008 Persada Indonesia University Faculty of Psychology, amounting to 51 students, with the retrieval technique is a census method. Data collection methods consist of the scale of academic procrastination and the scale of self-control based on a Likert scale. Analysis of research data through bivariate correlation obtained the value of $r_{xy} = (-0.725)$ which means that null hypothesis: "there is no relationship of self-control with the tendency of academic procrastination behavior of night class students in 2008 Persada Indonesia University Faculty of Psychology" rejected, then research hypothesis: "there the relationship of self-control with the tendency of the behavior of academic procrastination at night class students in 2008 Persada Indonesia University Faculty of Psychology" was accepted. The conclusion obtained from this study is that there is a negative correlation between self-control and the tendency of academic procrastination behavior.*

Keywords: Self Control, Academic Procrastination, Students, Behavior

1. Introduction

Entering the era of technology and globalization, humans are required to be able to use time effectively so that time efficiency becomes very important, but until now there is still unpreparedness in carrying out these demands. Stalling time and delaying duties and obligations is one of the unpreparedness that still occurs now.

Today's life situation is increasingly complex. The complexity of life seems to have become an established part of people's lives, part by part will shift or maybe even disappear altogether. Current trends on the surface, supported by the rate of technological development and the wave currents of global life that are difficult or unbearable, suggest that future life will be a complicated choice. This implies that humans will be increasingly pushed towards competitive life. Andersen (in Muhammad Ali and Muhammad Asrori, 2011: 107)¹ predicts that such life situations can cause humans to become confused or even dissolve into new situations without being able to select again if they do not have adequate survival. This is because the old values that have been established are challenged by new values that are not yet widely understood.

A student is faced with a situation every day that is in addition to attending lectures in class, students are also required to be able to complete academic assignments according to a

predetermined schedule. To be able to complete academic tasks, students must be able to deal with the problem so that it can be completed on time. But there are students who do not find a problem in completing academic tasks, but these students postpone to complete tasks or consider trivial tasks to be done.

SugiantoroHendra in Kabar Indonesia (<http://www.kabarindonesia.com>)² stated that the discourse and problems about students were never over. Students are always warmly discussed, students in everyday activities are not always appreciated. Criticism also hits students, but there is hope that depends on students. Regarding students, many parties have discussed and expressed opinions. Likewise IkaFeniSetiyaningrum who participated in discussing students in an article in Rema Post edition 04 / Year IV / August 2010, said that students have a world different from the world of high school students. The campus world invites students to be more independent, good at facing the challenges of problems. In Ika's article entitled "The World of Students Is Not Just Academic", IkaFeniSetiyaningrum clearly established a paradigm that students should not dwell on the academic world alone, students also need to involve themselves in the world of student organizations. IkaFeniSetiyaningrum, a student of FMIPA Yogyakarta State University (UNY) said, "The campus world is not only the world looking for academic value, not just a world of gathering with friends. The campus

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world, the world of inspiration for change, the world of campus is the place for printing cadres of the nation's hope ". Ika further said that "students are not enough to just dwell on the dictates of college or take care of college assignments, the organization is a means of forming mature, independent, adult mentality students".

Solomon and Rothblum revealed things related to quality human beings, in scientific Psychology there is the term procrastination which shows an undisciplined behavior in the use of time. Procrastination is a tendency to delay in starting and completing overall performance to do other activities that are not useful, so that performance is hampered, never completing assignments on time, and often late in attending meetings (in Tuckman, http://all.successcenterhiostate.edu/reference/procrastinator_APA)³.

The behavior of individuals who postpone work is called procrastination. Procrastination comes from the Latin procrastinare. Pro means that forward and crastinus means that it belongs to tomorrow. This behavior can be done by anyone and at any time. Students are individuals who do a lot of procrastination in their daily lives. Students postpone the assignment from the lecturer for various reasons, the more tasks they receive, the more lazy students are to do it, but it can also be because the task is too easy, so that students underestimate the tasks that must be completed.

Ghufron and Risnawita (2010: 149 - 150)⁴ said, individuals who have difficulty doing something according to a predetermined time limit, often experience delays, prepare something very excessively, and fail to complete the task according to a predetermined time limit. mentioned to individuals who carry out procrastination. Therefore, procrastination can be said as one of the behaviors that are not efficient in using time and there is a tendency not to immediately start a job when facing a task.

Every individual has a mechanism that can help regulate and direct behavior, namely self-control, as expressed by Purnomoar (<http://pancagarden.blogspot.com>)⁵, to avoid or even eliminate procrastination behavior, the ability to control and control yourself is needed, staying focused on the purpose and vision of life must be built continuously, so that it is firmly rooted in the individual, becomes a shield and protector of temptations that arise from the outside or from within the individual. Building the ability to control yourself to stay focused on the vision of life that is believed to bring benefits is very important not only used in the learning process in the classroom, but applied to all aspects of life to achieve dreams and ideals, focus and concentration, not wasting time just for things that are not important, not lulled by free time.

Self-control or self-control is defined as the ability to compile, guide, regulate, and direct forms of behavior that can lead to positive consequences. Self control or self control is one potential that can be developed and used by individuals during life processes, including in the face of conditions in the

surrounding environment. Experts argue that self-control or self-control can be used as a preventive intervention in addition to reducing the negative psychological effects of environmental stressors (Ghufron and Risnawita, 2010: 21).

Similar opinion was expressed by Ghufron (2003: 57 - 58)⁶, namely as one of the personality traits, self-control in one individual with another individual is not the same. There are individuals who have high self-control and there are individuals who have low self-control. Individuals who have high self-control are able to change events and become the main agents in directing and regulating key behaviors that lead to positive consequences. As students who are tasked with learning, if they have high self-control, students will be able to guide, direct and regulate behavior. Students are able to interpret the stimulus faced, consider the consequences so that they are able to choose actions and do so by minimizing unwanted consequences. Students are able to regulate stimulus so that they can adjust their behavior to things that are more supportive of student learning.

Individuals with low self-control are not able to direct and regulate behavior, so it is assumed that students with low self-control will behave towards things that are more pleasing to students, such as doing futile activities such as going to the mall, gathering with friends without deadline, staying up all night and also other activities that are not useful and time-wasting, even students tend to postpone tasks that students should do first.

Faculty of Psychology Universitas Persada Indonesia Y.A.I has two lecture schedules, namely morning lectures and evening lectures. For the morning lecture is dominated by pure students, in the sense that students whose activity schedules are filled with academic activities, only a few student workers who take lecture time in the morning. Students in the morning lecture on average do not work and can maximally participate in activities on campus, and have more time to complete academic tasks as students. Unlike the lecture hours in the morning, evening lectures are dominated by working students, who then continue their education with a variety of reasons, for example the prerequisites for career development, obtaining additional knowledge, or just wanting a bachelor's degree that was delayed when students graduated from high school then work immediately because of economic factors or other factors. Students who are also workers need good skills in planning and organizing academic activities and activities in the office as workers, so that what is expected in work and academics can be achieved in accordance with the expectations and planned time.

But conditions on the ground for students who are also employees will usually find a lot of problems compared to students who are purely students. Students who are at the same time employees have limited time to complete all the tasks that are the responsibility of students and at the same time as employees. If students who are at the same time employees cannot plan and manage time efficiently, it will experience difficulties in completing each task and responsibility as a

student and as an employee, in the end the plan to complete the education level will be delayed which can also affect the individual's performance as an employee.

Based on conversations with night class students, students who study and work tend to have difficulty completing academic assignments and office assignments. Time is as if for less than one day, so many students don't complete academic tasks or office tasks. Many factors cause students to experience difficulties in managing time and completing tasks according to a predetermined deadline, physical conditions also become one of the individual factors in completing the tasks assigned. Night class students prioritize resting when their bodies experience fatigue rather than completing academic assignments, because if students are sick not only cannot attend lectures on campus, but more importantly is able to influence their performance as employees in the office.

Based on this phenomenon, a research was conducted on the relationship of self-control with the tendency of the behavior of academic night class students' procrastination at 2008 University of Persada Indonesia Y.A.I Faculty of Psychology.

2. Research Methods

The tendency of academic procrastination behavior is the tendency of individuals to respond to academic tasks faced by stalling time to start and finish performance intentionally to do other activities that are not needed to complete the task. Measurement is done with the scale of the tendency of academic procrastination that uses traits: there are delays in starting to complete performance in the face of a task, there is slowness in carrying out tasks, there is a deliberate time between plans with actual performance in carrying out tasks, a tendency to do other activities that are considered more bring entertainment and pleasure.

Self-control is defined as the ability to compile, guide, regulate and direct forms of behavior that can lead to positive consequences. Measured by using a scale of self-control based on aspects: the ability to control behavior, the ability to control stimuli, the ability to anticipate an event or event, the ability to interpret events or events, the ability to take decisions.

The population used in this study is the night class students of Universitas Persada Indonesia Y.A.I Faculty of Psychology in 2008 which amounted to 51 students. The population is taken with the characteristics that students who have studied more than five semesters, where students' learning motivation begins to decline and have begun to plan to make a thesis.

The sampling method used is census technique, where all members of the population are sampled, thus the number of samples used for the study amounted to 51 students.

The method used to obtain data in this study is a questionnaire method, so that the type of quantitative data can be obtained. Data collection method in this study uses a Likert scale with

five alternative answers for each scale, namely the scale of academic procrastination and the scale of self-control.

3. Results

In testing the validity and reliability of items the scale of academic procrastination is 27 valid items with the value of Corrected Item Total Correlation (rit) ranging from 0.270 - 0.597 and Alpha of 0.865. There are 23 valid self-control scales with Corrected Item Total Correlation (rit) values ranging from 0.206 - 0.526 and Alpha of 0.860.

Based on the analysis of research results, the bivariate correlation analysis between self-control and the tendency of academic procrastination behavior was obtained by $r_{xy} = (-0.725)$. Thus H_0 which states "there is no correlation between self-control and the tendency of the academic procrastination behavior of the night class students of the 2008 Persada Indonesia University Y.I Faculty of Psychology", "rejected". So H_a stated "there is a relationship between self-control and the tendency of the academic procrastination behavior of the 2008 night class students of Universitas Persada Indonesia Y.A.I Faculty of Psychology", "accepted". Therefore, it can be concluded that there is a relationship between self-control and the tendency of academic procrastination behavior with a negative correlation direction.

4. Discussion

From the results of data analysis between the scale of self-control and the scale of academic procrastination, the value of $r_{xy} = (-0.725)$ is obtained. The results of this study indicate that there is a relationship between self-control and the tendency of academic procrastination behavior in a negative direction. This means that the higher self-control, the lower the tendency of academic procrastination behavior.

The results of the study are similar to the research conducted by Abdul Muhid (2009: 588)⁷ which proves the hypothesis proposed in the study that there is a significant relationship between self control and the tendency of student academic procrastination behavior. In this case there is a significant negative relationship between self control and the tendency of student academic procrastination behavior. This means that the higher the student's self-control, the lower the student's tendency to conduct academic procrastination behavior. Conversely, the lower the student's self-control, the higher the student's tendency to conduct academic procrastination behavior.

The same thing with this research is the research conducted by Ghufroon (2003: 106) which shows that there is a very significant negative relationship between self-control and academic procrastination, which concludes that the hypothesis that there is a negative relationship between self-control and academic procrastination is proven true. The higher the score

of self-control obtained, the lower the academic procrastination.

5. Conclusion

Based on the analysis of the results of the study, it can be concluded that: there is a relationship of self-control with the tendency of the behavior of academic night class student's procrastination class 2008 Persada Indonesia University Y.A.I Faculty of Psychology, with a negative direction. This shows that the higher the self-control that is owned by students, the lower the tendency of student academic procrastination behavior, on the contrary the lower the self-control that is owned by students, the higher the tendency of student academic procrastination behavior.

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