ACADEMIC PROCRASTINATION IN STUDENTS AND HOW TO OVERCOME IT

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ABSTRACT

This scientific work aims to determine the description of academic procrastination in students. This scientific work was made using a literature study method that uses the results of existing written works or research by conducting analysis or review to obtain research data. This scientific work examines 11 research journals related to academic procrastination with different subjects and approaches. The results showed that academic procrastination in students was fairly high, with underlying factors such as internal and external factors. Furthermore, the training techniques that can be done are self-management training and cognitive restructuring techniques. The training can be done to reduce the habits that make students academic procrastination.

Keywords: *academic procrastination, self-management training, underlying factors*

INTRODUCTION

Education is one of the important factors in today's era. Therefore, continuing higher education in lectures is important, where the degree one bears is being a student. Sarwono (in Gafur, 2015) explains that students are everyone who is officially registered to take lessons at a university with an age limit of around 18-30 years. Gafur (2015) explains that a student is a status held by a person because of his relationship with a university which is expected to become intellectual candidates. One of the things that distinguishes school students and college students is life on campus. Life on campus itself does not only include teaching activities, but also organizational life that supports the skills of the students themselves. In addition, some students also carry out multiple roles, apart from studying, some also take jobs, either permanent or part-time, to make ends meet.

From the various problems that arise, such as the many demands that must be met, time management that is not good, and also the piling up of coursework, it finally causes problems for the students themselves. This was revealed by Rizki (2009) that many students complained because they could not divide the time when to start and do something so that time that should be useful was wasted. This causes the behavior of procrastinating work for students or commonly known as procrastination. Literally, procrastination is putting off or postponing until the next day (Ferrari, Johnson, & McCown, 1995). According to Solomon & Rothblum (1984)

explains that a delay is said to be procrastination if the delay is carried out on an important task, is done repeatedly on purpose, creates feelings of discomfort, and is subjectively felt by a procrastinator. Procrastination itself is divided into several types, one of which is highlighted in student life is academic procrastination.

Academic procrastination according to Schouwenburg (1995) is the nature of procrastination which results in delays in academic assignments. In this case, academic procrastination is manifested in various types, namely: delaying behavior, delaying intentions, differences in intention-behavior, or doing other things outside the academic context, where this is done to avoid a behavior, which serves to reduce anxiety (Schouwenburg, 1995). Academic procrastination is not a new thing in the world of education. According to Ferrari (1995) academic procrastination can be manifested in certain indicators and observed through certain characteristics, namely:

1) Delay to start completing the task at hand; 2) Delay in completing assignments, due to doing other things that are not needed; 3) Time gap between set plans and actual performance 4) Doing other activities that are more fun than the tasks that must be done (such as chatting, watching movies, listening to music, taking a walk).

In the case of students, this needs to be highlighted, because with procrastination behavior this will affect many aspects, especially in the academic field. Several things hinder students in the academic field, namely the decreased quality of learning such as complaining about the many assignments, decreased grades and so on, and another important thing is increasing the level of stress on students which has a negative impact on their lives.

This is based on several studies as follows, Muyana (2018) in his research on BK study program students, a total of 229 students taken by simple random sampling method, explained that 81% of students experienced academic procrastination. The underlying aspects are belief in ability, attention disorder, social factors, time management, initiative, personality and laziness. Fauziah (2015) explains that the factors that support academic procrastination are internal factors such as physical and psychological, as well as external factors such as the environment and many assignments. Vitelly (2013)

found that more than 70% of students procrastinated for some academic tasks. In addition, according to Solomon and Rothblum (1984) found that several variables that correlate with procrastination include low self-esteem, depression, irrational thoughts or ideas. From the several studies above, it is certain that academic procrastination is something that needs to be highlighted.

Therefore, in this study, researchers conducted a literature study related to academic procastination among students and what techniques can change this behavior. This scientific article has the benefits of (1) contributing thoughts related to academic procrastination. (2) Describe to the public about academic procrastination and also what techniques can reduce this behavior.

METHOD

The method used in this writing is a literature review, while the journals used are 11 journals. Melfianora (2017) said that a literature study is a study that does not require researchers to go into the field to find research subjects. Acquisition of research data obtained from literature, journal articles that have been published, and journal articles that have not been published. Marzali (2016) explained that a

literature study is a scientific search based on literary sources such as books, journals, and existing publications related to research topics. A literature study serves to produce an article that refers to a particular issue. Neuman (2014) explains that literature studies are carried out based on the awareness that science is always developing at all times and all research elements such as topics, communities, and research areas have been explored by previous researchers.

Literature review aims to produce an article or someone's work to get to know new studies related to certain topics that need to be known by the public. And also, literature review also aims to broaden insights related to research topics and assist researchers in determining appropriate studies and methods to use in research.

The procedures in this study consist of determining the research topic, determining the theory of discussion that will be allocated to the research topic, and searching for research reports related to journals, theses, or books. The last step is compiling a literature review based on the research topics that have been taken. Furthermore, the data analysis method used is the descriptive analysis method. The purpose of the descriptive analysis method

is to find out the performance of data in previous studies to draw conclusions from the results of a literature study.

RESULT AND DISCUSSION

This study describes the description of academic procrastination in students. Based on a review of 11 journals, it was found that the picture of academic procrastination in students is categorized as high. The factors that influence procrastination include internal factors and external factors. There are several variables that are positively correlated with procrastination, namely time management and self-regulation. And also based on the results of journal analysis, the therapy or training that can be done to overcome academic procrastination is time management training and also cognitive restructuring techniques. Therefore it can be concluded that academic procrastination in students is relatively high which is influenced by internal and external factors.

From the results of the analysis of journals, it is explained that on average students experience conditions of high academic procrastination. Where from the results of journal analysis it is found that there are several aspects that underlie it, namely belief in ability, attention disorders, social factors, time management, personal

initiative, and also laziness. Of the six influencing aspects, the aspect that has a major contribution to student academic procrastination is time management, which makes students procrastinate.

Furthermore, the factors that cause academic procrastination itself consist of internal and external factors. There are three factors that cause procrastination itself, namely physical, psychological and also the environment. Internal factors are physical factors, such as students feeling tired, sleepy and tired when carrying out various activities on campus and outside campus. Next is the psychological factor, the underlying thing is not mastering the material, the way the lecturer teaches or the number of assignments given by the lecturer. And next is the feeling of laziness that arises because of a lack of motivation making it difficult to start doing college assignments and preferring activities that he likes such as watching movies, playing games, and reading novels. Psychological factors that have a big influence on academic procrastination are self-concept and self-regulation. The results of the analysis of student journals who have low self-concept are less confident in their abilities so they easily experience stress when facing assignments, resulting in academic procrastination. Students who

have low self-concept will experience difficulties and are reluctant to complete academic assignments and replace them with more enjoyable activities. In the results of the analysis of this journal it is also explained that the tendency of students to procrastinate in assignments can be seen from certain beliefs, perceptions or feelings about themselves in the academic realm.

Variables regarding self-regulation are also variables that are self-regulatory. From the results of journal analysis, that the lower the self-regulation, the higher the level of procrastination. Self-regulation is the ability to control one's own behavior and is also one of the main drivers of human personality so that it can be used as a means of adaptation to the changes around it (Nisa 2019). Where aspects of self-regulation consist of three aspects, namely metacognition, individual abilities in planning, organizing or managing, self-instructing, monitoring and evaluating in learning activities. Motivation, desire within the individual himself without coercion or encouragement from other people and lastly behavior, namely the individual's efforts to regulate himself, select and utilize an environment that supports learning activities (Schunk & Zimmerman, in Ghufron and Risnawati, 2011).

External factors are also factors that have an important influence. One of the things that can affect student procrastination is organizing off-campus activities due to busy time so students forget what assignments need to be done. And then followed by a lack of interest in certain subjects and a lack of mood in doing assignments. This is in line with the explanation from Ferrari (1995) Rizvi (1997), Bruno (1998) and Wulan (2000) in Fuaziah (2015), that the main factors influencing procrastination are internal and external factors. Internal factors are factors that come from individuals who help shape procrastination behavior which includes physical and psychological factors. Furthermore, external factors, namely the environment, where students have difficulty doing the assignments given, students consider the assignments given to be too complicated, the tasks are also less understandable and so on.

Procrastination is a behavior that can be minimized. There are several ways to reduce procrastination or procrastination. Based on the results of journal analysis, there are several methods that can reduce procrastination behavior, namely by conducting self-management training and also carrying out cognitive restructuring techniques. Of the two trainings, self-

management training is easier to do than cognitive restructuring techniques. Self-management training is considered an easy method that can be used to minimize procrastination behavior. The technique used is counseling guidance and also discussions between students. The methods used go through three stages, namely self-monitoring, namely by learning to identify behaviors that give rise to procrastination behavior. In self-monitoring, participants are expected to know the behavior they want to change. The next stage is stimulus control training or stimulus control. Stimulus control is a behavior change that is carried out by students by discussing with their friends about the behaviors that cause procrastination. In this activity, participants record the causes of unwanted behavior and then define positive behaviors so they are able to control these negative behaviors. The final step is reinforcement or self reinforcement, in which participants are asked to regulate their behavior or reinforce their own behavior.

CONCLUSION

The conclusion of this research is regarding the description of academic procrastination in students. That academic procrastination among students experiences high academic procrastination, this is due to internal factors which include psychological factors such as bad time management and bad regulations. As for external factors such as a bad academic environment, lecturers who give a lot of assignments or others. The way to deal with procrastination behavior in students is by conducting self-management training, where this training is felt to be easier and also cost-effective compared to other trainings.

The suggestions from researchers for scientific articles are as follows:

1. Researchers expect developments from research related to academic procrastination in students more broadly. This is very important because it can be useful in overcoming the impact of academic procrastination, especially in the university environment.

2. Researchers hope that the method of studying literature in Psychology will be more numerous, this can add insight related to psychology with different approaches and subjects. So that this method can also provide scientific developments in the field of psychology.

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