

ACADEMIC PROCRASTINATION IN STUDENTS: A SLR REVIEW

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Abstract :

Procrastination is Thing urgent for researched because influence pattern think and Act individual in take decision . Purpose study this for study study procrastination with systematic literature review method of 15 journals from 214 databases. As for results study about things that cause someone to do academic procrastination , forms procrastination , teacher strategy bk reduce behavior procrastination , and procrastination conducted by student also.

Keywords : Procrastination, Academic, Student, Systematic Literature Review

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INTRODUCTION

Procrastination is necessary behavior managed individual for face life in academia or non- academic. The word procrastination originate from language Latin "pro" meaning push proceed or move proceed and the suffix "crastinus" which means decision day tomorrow. One synonym of procrastination is "cunctation" is suspend or postpone profession for done at another time. Procrastination could classified among them procrastination only as behavior procrastination , procrastination as something habit or pattern behavior and procrastination as a personality trait .

Procrastination academic is failure do Duty in range specified time and choose do less activity useful. As for impact on emergence procrastination academic among them Duty no done , the result no satisfactory, will raises worry even then depression, level high error because feel depressed, hard concentrate, wasted time, motivation _ as well as trust low self . _

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This era procrastination academic no foreign again for student and Becomes commonplace done . As well as being obstacle study for student . Procrastination academic carried out by student as habit behavior postpone and divert activity school with where other activities could remove focus for do activity school . Behavior postpone this conducted with aware on purpose and know later will experience something bad state because do Duty with haste. Usually student no start and do Duty in a manner live moment Duty that given. Procrastination own a number of component negative is behavior heedlessness, indecision, lack accuracy time, as well lack of planning in do something.

Tabulation of related documented article data procrastination as following :

Table 1
Existing literature review of the Procrastination

No	Paper Identity	Research object	Country	Results
1.	Restu Pangersa Ramadan Henry Winata (2016)	Prokrastinasi Akademik Menurunkan Prestasi Belajar Siswa	Indonesia	Study this use analysis regression simple for count influence procrastination academic to achievement study student in wrong a Bandung private SMK. The result significant that procrastination academic influence achievement study student.
2.	Martika Laely Munawaro, Said Alhadi, Wahyu Nanda Eka Saputra (2017)	Tingkat Prokrastinasi Akademik Siswa Sekolah Menengah Pertama Muhamadiyah 9 Yogyakarta	Indonesia	Study this use type study descriptive yield quantitative that as much as 17.2% high, 77.1% moderate, and 5.7% low. As for method for reduce behavior procrastination academic student with counseling concise focus solution.
3.	Erlan Ramadani (2020)	Analisis Prokrastinasi Akademik	Indonesia	Study this use type study descriptive quantitative reluctantly

		Siswa di Sekolah		produce score 90 .92 procrastination at SMA N 1 Muara sugian with category high . As for method for finish it with service counseling
4.	Yohanna Theresia Venty Fau , et al (2022)	Prokrastinasi Akademik Siswa SMA Negeri di Kabupaten Nias Selatan	Indonesia	Study this use type study descriptive qualitative . Forms procrastination academic student late gather task , procrastinate for start do task , and postpone time learn .
5.	Mayrika Nitami, Daharnis & Yusri (2015)	Hubungan Motivasi Belajar dengan Prokrastinasi Akademik Siswa	Indonesia	Study this use method descriptive correlative and produce procrastination academics at SMP N 25 Padang are in the category medium, motivation study student are in category height, and there is significant relationship and negative Among motivation study with procrastination academic.
6	Bayu Permana (2019)	Gambaran Prokrastinasi Akademik Siswa SMA Darul Falah Cilililin	Indonesia	Study this use questionnaire statement and produce level procrastination at Darul Falah High School enough tall
7	Fazaiz Khoirotun Chisan, and	Hubungan Antara Kontrol Diri dengan	Indonesia	Study this use approach quantitative correlational results that

	Miftakhul Jannah (2021)	Prokrastinasi Akademik pada Siswa Sekolah Menengah Atas		there is connection negative Among control self with procrastination.
8	Wilujeng Dwi Wahyuni and Prof. Dr. H. Muhari (2014)	Penerapan Konseling Kelompok Realita Untuk Mengurangi Perilaku Prokrastinasi Akademik Siswa Kelas VIII C SMP Negeri 20 Surabaya	Indonesia	Study this using a pre-experimental design with the type of pre-test post-test one group design. And the application of reality group counseling can reduce the academic procrastination behavior of class VIII C students of SMP Negeri 20 Surabaya
9	Aji Popowiranta, Ratna Widiastuti, Ashari Mahfud (2019)	Penggunaan Solution Focused Brief Counseling (SFBC) untuk Mengurangi Prokrastinasi Akademik Siswa	Indonesia	Study this use <i>randomized pretest-posttest control group design</i> . The result that student academic procrastination can be reduced by using group counseling solution focused brief counseling (SFBC).
10	Dosi Juliawati (2016)	Peran Guru Bimbingan Dan Konseling/ Konselor Dalam Mengurangi Tingkat Prokrastinasi	Indonesia	Counselor teachers or counselors also need to collaborate, namely taking approaches to adopt policies to prevent academic procrastination behavior in students so that it

		Akademik Siswa Di Sekolah		doesn't happen again at school.
11	Pratiwi Marisa Latief (2015)	Hubungan Antara Persepsi Dukungan Sosial Teman Sebaya Dengan Prokrastinasi Akademik Siswa Kelas XI Di SMA Negeri 1 Prambanan.	Indonesia	Study this use type correlational quantitative which results that the level of academic procrastination tendency of class XI students at SMA Negeri 1 Prambanan has a percentage of 46.9% and has a moderate category, The level of students' perception of social support from peers in class XI students at SMA Negeri 1 Prambanan has a percentage of 42.2% and has a moderate category, and there is a negative and significant relationship between perceptions of peer social support and academic procrastination of class XI students at SMA Negeri 1 Prambanan.
12	Giandra Ogy Pratama (2019)	Peran Regulasi Emosi terhadap Prokrastinasi Akademik Siswa	Indonesia	Study this use type correlational research that resulted that the overall level of emotional regulation and academic

				procrastination is in the high category and there is a relationship between emotional regulation and academic procrastination in students.
13	Muhammad Iqbalul Ulum (2016)	Strategi Self-Regulated Learning untuk Menurunkan Tingkat Prokrastinasi Akademik Siswa	Indonesia	Study this use quasi-experimental with <i>nonequivalent (pretest and posttest) control group design</i> .. Study this produce that <i>self-regulated learning</i> strategies urgent and effective in reducing the level of academic procrastination.
14	Muhammad Ilyas and Suryadi	Perilaku Prokrastinasi Akademik Siswa Di Sma Islam Terpadu (IT) Boarding School Abu Bakar Yogyakarta	Indonesia	Study this use a qualitative approach based on an emic perspective with a case study design. Study this yields four student academic procrastination behavior at SMA IT Abu Bakar Yogyakarta (1) waiting for the results of a friend's work (cheating), (2) delays in submitting assignments, (3) irrational believe is the belief that you can do it later or are weak in time regulation and, (4)

				not matches the subject teacher.
15	Jeehana Dwi Astuti (2019)	Upaya Menurunkan Prokrastinasi Akademik Melalui Konseling Kelompok Teknik Self Management	Indonesia	Study this use type classroom action research . Results of action research showed that self-management technique group counseling can reduce academic procrastination of class XI IPS 1 students of SMA Negeri 1 Pakem.

METHODS

Method used _ in study this is SLR (Systematic Literature Review) method . these SLRs researcher do with identify , assess , evaluate as well as interpret all available research . _ With method this researcher review and _ identify journals in a manner systematic ones on every the process follow the steps that have been set (Triandini Jayanatha , Indrawan , Werla Putra, & Iswara , 2019). For complete study this researcher gather article journal on the Google Scholar database with help the Publish or Perish application. Keywords Procrastination , Academic, Student, Systematic Literature Review. The articles collected were only articles published in the period 2014 to 2022. From various articles, the researcher selected 15 articles that were closely related to the keywords used.

The next step, the metadata of the articles is tabulated in a table which includes the author's name, year publication , title, journal name, type of research and research results. After that, the researcher reviewed and analyzed the article in depth, especially regarding the research results presented in the discussion section and the conclusion section. At the end of the study, the researcher compared the findings presented in the article and gave conclusions.

FINDINGS AND DISCUSSIONS

Things that cause someone to do academic procrastination are divided into two, namely internal and external factors as follows:

- a. Internal factors. This factor is divided into two namely physiological and psychological factors. Someone who experiences fatigue has a higher tendency to procrastinate than those who don't, not to mention if there are a lot of tasks to be done. Psychological factors are influenced by motivation, self-control and personality traits that are in regulation emotions , as well as the level of anxiety in social relations which has been described in several journal above .
- b. External factors. This factor is influenced by parenting style and social control of society as Support social peer . Social support is a way to realize love, care, and respect for others . Where Support social peer this originate from Peers provide the opportunity for children to socialize in an atmosphere where values are determined by their peers such as a sense of destiny , friends to share the same interests, can carry out creative activities, reinforce each other that they can change in a better direction and allow youth to gain a sense of comfort, security, and a sense of identity.

In Santrock, stated that Procrastination takes many forms, including :

- a. Abandoning a task in the hope that the task will occur .
- b. Underestimating the tasks that must be done or overestimating the capabilities and resources possessed.
- c. Spent hours to for Thing negative as playing games and the internet
- d. Label it themselves by stating that mediocre or poor performance is acceptable.
- e. Replacing activities that should be done with activities that are useful but less important.
- f. Believe that procrastinating tasks for done won't hurt.
- g. Dramatize responsibility for a task instead of doing it.
- h. Only focus on a small part of the task .

As a BK teacher, you need to provide services related to academic procrastination because if students are unable to overcome it academic procrastination behavior will impact on the development of potential and student achievement. Therefore, services that can be provided by counseling teachers to prevent and overcome problems of academic procrastination experienced by students, namely:

- a. Information Services

The benefit of the information is important because it serves as a guide to act and behave everyday, as a basis for decision-making and as a consideration for the direction of self-development. BK teachers can provide information services with material on the importance of learning motivation for students, regulations emotions , and the impact of academic procrastination and so on

b. Content Mastery Services

Content mastery services are provided to individuals or groups to master certain abilities or competencies through learning activities. this function to add insight, understanding, directing judgments and attitudes, mastering certain ways or habits to meet their needs and overcome their problems so that individuals are able to live their daily lives effectively. BK teachers can provide content mastery services with time management materials, activities useful , importance learning , learning styles, learning motivation, and soon.

c. Individual Counseling Services

Individual counseling services performed by the counselor to a counselee for the alleviation of counselee problems . Judging from the results of the students, individual counseling services can be given to students who have low learning motivation, low emotional regulation, and students who practice academic procrastination.

d. Group Guidance Services

Group guidance services originate from group dynamics to discuss various things that are useful for personal development and/or problem solving of individuals who are participants in group activities. The effort that can be done by the counseling teacher through group guidance services by discussing the topic of assignments about loving learning activities, and the habit of procrastinating is a disease.

Procrastination academic no only happens to students Of course , it turns out the students too do procrastination . In research based on Ramadhani's research (2019: 19) to students of the guidance and counseling study program at PGRI Palembang University that disclosing academic procrastination is an act of procrastinating in doing a task, both lecture assignments or the task of working on a thesis. Then , based on the research of Ramadhani, et al (2018: 377) there were 24 students who indicated they were experiencing delays in completing their studies. Delay in completing studies illustrates that students

delay in carrying out assignments, especially in working on their thesis. The delay is one of the symptoms of student academic procrastination in completing studies. The description of student academic procrastination in working on their thesis can be seen from the fact that there are still students who are repeating courses or are just taking courses. So based on this it can be said that students carry out academic procrastination not only in completing their thesis, but delaying in carrying out their lecture assignments .

CONCLUSIONS AND RECOMMENDATIONS

Procrastination academic happen in all attachment education no only student however students who have can think good bad still do procrastination academic . Whereas procrastination hinder implementation activity whole . The need awareness for manage yourself so you can resolve behavior procrastination academic . Study next can study more in about weakness strategy reduce behavior procrastination academically to achieve procrastination low academic/

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