

ABSTRAK

Mahasiswa keperawatan untuk mendapatkan gelar sarjana tentunya harus menyelesaikan persyaratan salah satunya penyusunan skripsi. Dalam penyusunan skripsi mahasiswa seringkali melakukan prokrastinasi akademik. Prokrastinasi akademik yang dilakukan mahasiswa dipengaruhi oleh beberapa faktor, salah satunya yaitu kontrol diri.

Tujuan penelitian untuk mengetahui hubungan prokrastinasi akademik dengan kontrol diri dalam menyusun skripsi pada mahasiswa Program Studi Sarjana Keperawatan Universitas Bhakti Kencana.

Jenis penelitiannya adalah kuantitatif dengan metode korelasional dan *design cross sectional*. Populasinya adalah seluruh mahasiswa Program Studi Sarjana Keperawatan Reguler yang sedang menyusun skripsi sebanyak 182 mahasiswa, dan sampel yang diambil sebanyak 65 mahasiswa, pengambilan sampel *Probability Sampling* dengan teknik *Stratified Random Sampling*. Alat ukur kontrol diri dan prokrastinasi akademik menggunakan kuesioner. Uji korelasi yang digunakan adalah *Spearman Rank*.

Hasil penelitian menunjukkan sebagian besar mahasiswa (69,2%) memiliki tingkat kontrol diri sedang, prokrastinasi akademik sebagian besar mahasiswa (73,8%) dalam tingkat sedang, dan ada hubungan antara kontrol diri dengan prokrastinasi akademik dalam menyusun skripsi pada mahasiswa Program Studi Sarjana Keperawatan Reguler Universitas Bhakti Kencana dengan nilai korelasi *Spearman Rank* -0,675 dan nilai $p=0,000$. Berdasarkan hasil penelitian, diharapkan institusi dapat memberikan edukasi dan menyediakan layanan konseling dalam peningkatan kontrol diri untuk mengurangi kecenderungan perilaku prokrastinasi akademik.

Kata Kunci : Kontrol Diri, Mahasiswa Keperawatan, Prokrastinasi Akademik
Daftar Pustaka : 12 Buku (2010-2020)
21 Jurnal (2018-2021)

ABSTRACT

Nursing students to get a bachelor's degree must of course complete the requirements, one of which is the preparation of a thesis. In preparing the thesis, students often do academic procrastination. Academic procrastination by students is influenced by several factors, one of which is self-control.

The purpose of this study is to analyze the relationship between academic procrastination and self-control in writing a thesis for undergraduate nursing students at Bhakti Kencana University.

The type of research used is quantitative with correlational methods and the design used cross sectional. The population in this study were all students of the Regular Bachelor of Nursing Study Program who were currently compiling a thesis as many as 182 students, and sample in this study were 65 students taken by means of Probability Sampling with Stratified Random Sampling technique. The measuring instrument self-control and academic procrastination using a questionnaire. Data was analyzed with Spearman Rank.

The results showed that most of the students (69.2%) were at a moderate level of self-control, most of the students (73.8%) were at a moderate level of academic procrastination, and there was a relationship between self-control and academic procrastination in compiling a thesis for undergraduate nursing students at Bhakti Kencana University with a Spearman Rank correlation value of -0.675 and p value = 0.000. Based on the results of the research, it is expected for institution can create a program for the management of self-control in students and the prevention of academic procrastination.

Keywords : Self-Control, Nursing Student, Academic Procrastination

Bibliography : 12 Books (2010-2020)

21 Jurnal (2018-2021)