

ABSTRAK

HUBUNGAN *SELF-CONTROL* DENGAN PROKRASTINASI AKADEMIK MAHASISWA SARJANAN KEPERAWATAN UNIVERSITAS BHAKTI

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Prokrastinasi akademik merupakan perilaku menunda tugas yang berdampak pada prestasi akademik. Salah satu faktor yang memengaruhinya adalah *self-control*. Penelitian ini bertujuan untuk mengetahui hubungan *self-control* dengan prokrastinasi akademik pada mahasiswa Sarjana Keperawatan Universitas Bhakti Kencana Bandung. Desain penelitian ini adalah kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi berjumlah 499 mahasiswa, dengan sampel sebanyak 222 responden menggunakan teknik stratified random sampling. Instrumen yang digunakan adalah *Brief Self-Control Scale* (BSCS) dan *Academic Procrastination Scale* (APS). Analisis data menggunakan analisis univariat dan uji bivariat Spearman Rank. Sebagian besar responden memiliki *self-control* sedang (68,5%) dan prokrastinasi akademik sedang (61,7%). Uji Spearman Rank menunjukkan hubungan negatif signifikan antara *self-control* dan prokrastinasi akademik ($\rho = -0,557$; $p = 0,000$) dengan kekuatan korelasi sedang. Semakin tinggi tingkat *self-control* mahasiswa, maka semakin rendah tingkat kecenderungan melakukan prokrastinasi akademik. Mahasiswa dengan *self-control* yang baik cenderung lebih mampu mengatur waktu, mengendalikan emosi, serta menunda kepuasan sesaat demi pencapaian akademik. Peningkatan *self-control* dapat dilakukan melalui pelatihan manajemen waktu, regulasi emosi, dan pendekatan *mindfulness*.

Kata kunci : Mahasiswa Keperawatan, Prokrastinasi Akademik, *Self-Control*

Daftar Pustaka : 10 buku

22 Jurnal

ABSTRACT

***THE RELATIONSHIP BETWEEN SELF-CONTROL AND ACADEMIC
PROCRASTINATION AMONG UNDERGRADUATE NURSING STUDENTS
AT UNIVERSITAS BHAKTI KENCANA BANDUNG***

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Academic procrastination is a delay behavior that negatively affects academic performance. One of the influencing factors is self-control. This study aims to determine the relationship between self-control and academic procrastination among undergraduate nursing students at Bhakti Kencana University Bandung. This research used a quantitative correlational design with a cross-sectional approach. The population consisted of 499 students, and 222 respondents were selected using stratified random sampling. The instruments used were the Brief Self-Control Scale (BSCS) and the Academic Procrastination Scale (APS). Data were analyzed using univariate analysis and the Spearman Rank test. Most respondents had a moderate level of self-control (68.5%) and a moderate level of academic procrastination (61.7%). The Spearman Rank test showed a significant negative relationship between self-control and academic procrastination ($\rho = -0.557$; $p = 0.000$) with a moderate correlation strength. The higher the self-control, the lower the level of academic procrastination. Increasing self-control can be achieved through time management training, emotional regulation strategies, and mindfulness-based approaches.

Keywords : *academic procrastination ,nursing students, self-control*

References : *10 Books*

22 Journals

3 Article