Academic Procrastination of Students in Online Learning

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Abstract. Academic procrastination is one of the behaviors or forms of procrastination that is often experienced by every student in doing something that affects the learning outcomes obtained. This study tries to find out how academic procrastination is in students of the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta when the online learning process is implemented. This study uses a qualitative method with a purposive sampling technique from several informants through interviews and documentation. Based on the results of the research conducted shows that students experience academic procrastination because it is influenced by physical conditions and psychological conditions. Students experience anxiety, feelings of boredom, and low motivation due to piled-up tasks, causing a bad time management system. Too many assignments also make students feel pressured by these conditions. Then, students experience physical fatigue due to staring at the screen for too long or this condition is called fatigue. The forms of procrastination carried out are delays in completing tasks, delays in completing assignments, time gaps, and doing more enjoyable activities.

Keywords: Academic Procrastination · Online Learning

1 Introduction

The emergence of the Covid-19 pandemic as a global epidemic has had an impact on various countries, including Indonesia. All impacts are experienced in various sectors with various changes that must be made, one of which is in the education sector. Educational institutions in Indonesia are experiencing changes in policies and learning flows from the elementary school to university levels to prevent the transmission of Covid-19. Students are transferred to online learning methods online with a more flexible time and can be remotely such as with the Classroom application, video conference, telephone, or WhatsApp group [1].

Students who are used to face-to-face learning and then transferred online, of course, have to start a new adaptation. However, the use of technology in online lectures turns out to have various impacts such as lack of effectiveness in lectures, limited use of information technology, inadequate facilities and infrastructure, and limited internet access. In addition, students also have obstacles due to lack of study time and a non-conducive environment causing the risk of poor absorption of the material provided [2].

Then, from a psychological point of view, students also get a lot of workloads that result in students experiencing fatigue, confusion, difficulty, and even boredom in doing the assigned tasks. Thus, causing students to often delay in submitting their assignments to lecturers [3].

Obstacles during the online lecture period have an effect on the emergence of academic procrastination in students. The results of Ellis and Knaus' research stated that around 70% of students procrastinate. Meanwhile, Bruno's research shows that about 60% of students experience procrastination and this behavior is considered a student's life habit [4].

In the research of Riza Noviana, et al., it is stated that there are four aspects that underlie the occurrence of academic procrastination including procrastination behavior, delays in working, time gaps between plans and performance, and doing more enjoyable activities. Among these four aspects, the behavior of delaying starting and completing thesis assignments is the dominant behavior that underlies procrastination in final year students [2]. This is also supported by Elisabet's statement [5] that many students find it difficult to divide their time and procrastinate doing their college assignments and even lose playing time.

The behavior of procrastinating or academic procrastination is a form of failure to do assignments until the specified time limit. Of course, this behavior has negative impacts such as delays in graduation, which of course is related to the level of productivity that students experience [6]. In Yong's research, it was revealed that academic procrastination can be found among students, both in public and private institutions [7]. Mutakien (2013) also stated that as many as 83.6% of students in each university were unable to complete their thesis on time because of procrastination.

Meanwhile, in a preliminary study conducted by researchers, online learning at the Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta, found that 9 out of 10 people experienced procrastination behavior in completing assignments. This is due to the many tasks, difficulty to manage time and laziness. Based on these results, researchers are interested in researching academic procrastination among students of the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta to know how procrastination occurs in students while studying at the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta.

2   Methods

This study uses a type of field research with a qualitative-descriptive method. The descriptive method here is defined by developing the data obtained in the field in the form of words, writing, or verbally from the observed individual objects [15]. The data will be obtained from the results of interviews and documentation from researchers. The research subjects in this study were students of the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta. Then, this study also uses the triangulation method as a test of the validity of the data by comparing and re-checking the informant's data. After that, the researcher will conduct data analysis with the process of data collection, data reduction, data presentation, and drawing conclusions [16].

3 Finding and Discussion

This study will analyze and explain the results of research on academic procrastination in students in online learning at the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta. This study uses a qualitative method with data obtained from the field through interview techniques on WhatsApp media. Fadli (2021) states that the qualitative method is research that interprets the phenomenon under study. Then, in qualitative method research, there is a research setting that shows the location of the research focus which consists of research subjects, research locations, research time, and research activities.

In this study, the research subjects were four students of the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta. The research location is at the Faculty of Teacher Training and Education, Mercu Buana University Yogyakarta, which is located on Jalan Raya Wates-Jogjakarta, Karanglo, Argomulyo, Sedayu District, Bantu Regency, Special Region of Yogyakarta 55752. Meanwhile, the research time is carried out in October – November 2021. Activities This research is based on the phenomenon of academic procrastination in students during the implementation of online learning during the Covid-19 pandemic.

In this study, the research subjects were selected according to the aspects that were explored more deeply. There are four students from the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta as research sources. The reason for choosing the subject, the researcher thought that he would get the desired information related to academic procrastination in online learning that was implemented at the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta.

A. Forms of Student Academic Procrastination in Online Learning

Academic procrastination is the behavior of delaying tasks intentionally and repeatedly which results in delays in completing tasks [17]. This procrastination behavior creates bad habits for students in time management because they often delay working on assignments. Based on the results of research by researchers, obtained several causes of procrastination by students at the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta, as follows:

1. Physical condition

Students' physical health conditions affect academic procrastination. From the informant data obtained by the researcher, students often experience fatigue due to staring at the laptop screen too much for learning activities and activities outside of lectures. This is in accordance with the statement by Hidayati, et al. [18] that continuous use of laptops can cause problems with vision and the body is easily tired from staring in the same position for a long time.

2. Psychological condition

In psychology, there is a personality term called a trait, which is a consistent trait in individual behavior that is stable at different times. Traits can affect the existence of academic procrastination. This is illustrated by the low motivation of students in doing assignments consistently from time to time during the Covid-19 pandemic. The low motivation of students is caused when they do not understand the material, then there is a sense of anxiety when doing assignments.

Meanwhile, students still have high motivation in doing assignments and want the task to be completed perfectly. Of course, this can also lead to perfectionism. Setiawan and Faradin [19] mention that the relationship between perfectionism and academic procrastination is the existence of irrational beliefs in students when doing assignments. On the other hand, students also need self-regulation to prevent procrastination. However, in Chita and Harahap's research [20], 71% of students have low self-regulation during online learning. The steps that can be taken care by conducting small group discussions (FGD) as an effort to approach procrastination prevention in students.

3. Bad time management

Time management consists of determining needs, setting goals, prioritizing, and planning to achieve goals [21]. However, the occurrence of academic procrastination in students is of them due to poor time management.

From the results of the data obtained by researchers, students have poor time management and cannot prioritize activities that must be done first. In addition, activities outside of lecture activities also have an impact on delays in completing coursework. Especially when the online learning policy is enforced, students get additional tasks from parents such as looking after younger siblings, cleaning the house, and other tasks. Therefore, students are required to have good time management in managing assignments.

In addition, the results of research by Turmudi and Suryadi [22] show that time management has an effect of 10.8% on student procrastination. Then Claessens et al. [23]. Time management ability is directly related to the satisfaction of lecture task performance, and can reduce anxiety.

4. Too much work

The implementation of online learning requires students to study independently. Independent learning is a method for students to be able to take roles and decisions in the learning process [24]. Meanwhile, since the online learning method, students have experienced demands with many assignments given by lecturers. A lot of assignments certainly have a decreasing impact on students' self-efficacy. This is because students

do not understand the material given because they understand better if they learn face to face.

A lot of workloads also cause stress levels because the quantity of time given for collecting assignments is too fast. According to student respondents, this causes an imbalance between the time allotted and the students' limited understanding of the material. In the end, students are not eager to complete assignments and tend to procrastinate. This is in line with research conducted by Wulandari, et al. [25] that procrastination is caused by decreased morale due to many and piling tasks. However, as for the increasing impact of online lectures on students who do not like studying together. Students can absorb and understand the material explained in more time and also use the use of communication and information media well.

5. Weak internet network

Distance learning (online) requires students and lecturers to take advantage of digital applications such as Classroom, Telegram, Zoom Meeting, and others. Thus, the internet network used must of course be adequate to expedite the learning process. However, it turns out that there are still many students who have difficulty accessing a stable internet network. This is due to several factors, such as a place to live where the internet network is difficult, it is wasteful to use internet quota, and sometimes there are disconnected connections that hinder the learning process and completing assignments. The condition of the internet which is often problematic is also the cause of academic procrastination due to stressful conditions and piling up college assignments [26].

6. Academic Influence

Mercu Buana University implements the Study Results Card (KHS) system as part of the student study records every semester. Academic procrastination experienced by students of the Faculty of Teacher Training and Education does not significantly affect student learning achievement. This is because student studies have lecturer assessment components such as attitudes, behavior, and others. The students who were respondents admitted that the completion of pending assignments still did not make them give up so that they could finish as much as possible following the time determined by the lecturer. Students just don't want to get bad grades or repeat courses. Munawaroh [27] also argue that students who procrastination have a positive impact by delaying assignments to complete them better.

B. Causes of Student Academic Procrastination in Online Learning

Online learning has various negative impacts, one of which is procrastination in students. This behavior prevents students from completing lectures or final assignments (thesis). For students of the Faculty of Teacher Training and Education, the procrastination experienced refers to the aspects put forward by Ferrari, as follows:

1. Delay to start and complete tasks

Students know that they should complete the assigned task and not procrastinate. Based on the results of interviews conducted, the reasons students procrastinate in completing various tasks include difficulty in doing assignments, failing to meet deadlines, and thinking that they are too busy. According to Wicaksono [8], delaying behavior should cause feelings of discomfort due to anxiety.

2. Limitations in doing tasks

A person who procrastinates takes longer to complete a task. In addition, in completing the task, a procrastinator does not take into account the limited time they have. This habit has an impact on the delay in completing tasks.

3. Time gap between plan and actual performance

A procrastinator has difficulty completing a task within a specified time limit. This results in delays in completing tasks because people who do procrastination have their own time to do tasks.

4. Do other activities that are more fun

Individuals who do procrastination sometimes choose to do activities that are considered more fun than completing tasks. They have not been able to determine priorities for the activities carried out first. Gunarya [8] suggested that to overcome procrastination, among others, by examining the conditions and attitudes that caused the task to be completed late. Another step that can be taken is to determine a time or schedule for the completion of the task.

C. Research Limitations

This study, it has two limitations during the research process, namely the process of collecting data by interviewing cannot be done directly due to the Covid-19 pandemic. Then, this study did not use an observation technique because of the Large-Scale Social Restrictions (PSBB) imposed at the research site.

4   Conclusion

Based on the results of the study, it can be concluded that online learning conducted at the Faculty of Teacher Training and Education, Mercu Buana University, Yogyakarta causes academic procrastination. The impact on physical conditions is that students have to stare at laptop screens for too long which causes fatigue. Then, psychological conditions cause students to have anxiety, feelings of saturation, and low self-motivation. Poor management systems, too many assignments, and a weak internet network are the causes of delays in completing assignments by students. Meanwhile, forms of procrastination include delays in completing tasks, delays in doing assignments, time gaps between plans and actual performance, and fun activities.

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