

# Parent's Expectation and Academic Procrastination of College Student

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*Abstract. Academic procrastination is a general phenomenon which occurs among college students. Parents' hope becomes one of predictor of the academic procrastination phenomenon. The aim of this research was to find out the relation between parents' hope and academic procrastination of college student. The research design used quantitative non-experimental design by using instrument of scale of parents' hope and academic procrastination. Total of subjects who were involved in this research were 344 college students using quota sampling method. The result of the research showed that there was negative and significant relation between parents' hope and academic procrastination ( $r = 0.173$ ;  $p=0.001$  ( $p<0.01$ )). It means that the higher parents' hope, the lower academic procrastination.*

**Keywords:** Parents' hope, academic procrastination, college student.

## Introduction

Procrastination is a behavioral disorder for many college students (Alexander & Onwuegbuzie, 2007). There are 89% students consider that they are procrastinators and conducting procrastination about an hour a day (Klassen, Krawchuk, & Rajani, 2008). In his research, Onwuegbuzie (2010) finds that 41.7% subjects procrastinate in writing paper, 39.3% procrastinate studying to prepare the exam and other 60% subjects carry out procrastination because of reading supporting book. Based on Tuckman (1991), procrastination consists of three aspects which are wasting time, avoiding task and blame others.

There are two factors affecting individual to conduct procrastination. Those are internal and external factors. Internal factors covers all things from within, such as the ability to manage time in planning the daily learning, perfectionism, prioritize fun activities, encouragement not to make them tired, fear of failure, consider that academic task is not important and boring, there is no instructor or assistance who help doing the task, unhealthy and bad financial condition. External factor includes things from outside, such as social environment (Abu & Saral, 2016). Social environment that becomes external effect of procrastination can come from lecturers, friends or even family including parents.

Parents as the closest environment with individual have effect in education process. The effect can give positive or negative impacts. Support, aid and motivation from parents can help individual to enhance the ability in academic. It is in line with the research which shows that there is involvement of parents' relation positively with the achievement of

children's education (Harper, Sax & Wolf, 2012; Wilder, 2016). Negative effect of family for individual's education is stress. Stress perceived by individual is the result from nonconformity between demands and expectations of the environment, whether from the school with its rules, home, family members, and other social environments with capabilities possessed (Gusniarti, 2002).

Basically, hope of parents aims to make their children's lives to be better in the future. Parents' hope arises because they want successful future for their children rather than the future of themselves (Rubie-davies, Peterson, Irving, Widdowson, & Dixon, 2007). The expectation of parents help individual to develop the ability and talent as well as increase the achievement of their academic (Kaplan, Liu, & Kaplan, 2016; Letha, 2013).

However, there is negative impact of parents' hope/expectation, especially if parents have unrealistic expectation and it is not accordance with the ability and capacity of the children. It is because the desire of parents to repeat life, fix the errors or meet their lost ambition through their children (Heffner, 2011). A research about parents' hope with Asians and Caucasian people or white people shows that Asian parents have higher standard in academic, attach importance to education and consider that children's academic success is the main goal in revealing the expectation. Same, each child has different response and perception toward their parents' expectation. The difference of this perception is caused by the subjectivity and the difference of individual (Dayakinsi & Yuniardi, 2012). The perception is a process when the individual organizes and interprets stimulus in environment (Atkinson, Atkinson & Hilgard, 1991).

Individual perception affects behavior (Siagian, 1989). for instance, it is the research conducted by (Lay, 1992) which reveals that negative perception of procrastinator disturbs their academic performance. Beside, other researches about perception also find that social environment especially parents can give effect in individual perception. This is supported by the result of the research done by Javady & Mahmoudi (2015) which shows that individual perception in permissive parenting and authoritarian relate positively and significantly toward academic procrastination.

There are various students' perception toward their parents' expectation. Some of them perceive parents' expectation as a burden and pressure. However, some consider that parents' expectation is as motivation. Those who perceive parents' expectation as a burden or pressure tend to feel sad, in fact, some of them start to rebel and do not obey the orders of the parents. Students who consider parents' expectation as motivation feel excited to improve academic achievement. The different impact of individual perception can occur because each individual has freedom to choose response toward the stimulus. However, they can't choose consequence from actions taken either it will give benefit or not. It depends on the response of the individual (Covey, 2008).

In addition, those students reveal that they conduct procrastination toward academic task. Their reasons are (1) feeling lazy to do the work, (2) choosing to do other fun activities such as hanging out with friends, watching drama, Korean reality show, (3) tending to do the task just before the deadline to submit the task. Based on the findings, it is known that procrastination can be affected by many factors. Those factors can be from the individual such as feeling lazy, being distracted by other fun activities, and external factors such as social environment, in this case, friends who encourage the occurrence of procrastination (Abu & Saral, 2016; Aziz & Rahardjo, 2012; Solomon & Rothblum, 1984).

This research is important to conduct because it gives some benefits, such as giving positive contribution in order to be able to avoid or reduce the procrastination behavior. Second, it is for parents especially in parenting to be able to direct their children to be better, especially in academic as well as giving new perspective about parents' expectation regarding academic procrastination.

## **Literature Review**

### **Academic Procrastination**

Procrastination is from Latin Language of *procrastinare* which means delay/procrastinate

until the next day (Ferrari, Johnson, & McGown, 1995). procrastination is tendency which is in individual's under control to procrastinate or fully avoid the activity (Tuckman, 1991). Procrastination can occur in all field. However, the most common procrastination is academic procrastination occurring in academic field (Khan, Arif, Noor, & Muneer, 2014). based on the explanation above, it can be concluded that academic procrastination is behavior of procrastinating and avoiding academic activities.

The aspects of procrastination according to Tuckman (1991) are (1) wasting time, it means that a procrastinator tends to waste time until they do procrastination, (2) Task avoidance, it means that a procrastinator tends to have difficulty while conducting task that they are considered not fun activity and they try to avoid if it is possible, and (3) blaming others, it is the tendency of blaming other people or circumstance outside themselves over the bad situation that happens because of procrastination they do.

### **Parents' Expectation**

Hope or expectation is desire to come true or real (Sugono, 2008). Siagian (1989) explains that expectation is as tendency of individual to obtain certain result. Parents' expectation is a trust owned by parents about their children achievement in the future (Yamamoto & Holloway, 2010). Wang & Heppner (2002) describe that parents' expectation as desire of parents toward their children's lives. It is the desire of parents about academic achievement, academic performance or career ambition of their children (Furry & Sy, 2012; Sasikala & Karunanidhi, 2011). based on the definitions above, it can be concluded that parents' expectation is desire of parents toward their children's lives including about academic, career or other achievements related to the future.

In this research, parents' expectation is seen from children's perspective. Thus it involves perception of child or individual. Perception is when an individual organizes and interprets stimulus in the environment (Atkinson et al., 1991). Perception process includes three stages, which are physical process when sense receives stimulus. When stimulus is continued to brain, it is called physiological, the last step is psychological process in which an individual understands and realizes stimulus she/he receives (Waligito, 1990). Sekuler & Blake (1985) define that perception is as the final result of receipt of stimulus by the body (physical process), then forwarded to the nerves that produce experience and behavior on an

event. According to Siagian (1989), giving certain meanings to the environment is also included in the process of perception. Based on several definitions, it can be drawn the conclusion that the definition of perception is given process of the meaning of meaning or interpretation of stimulus in the environment, thus, it makes individual realize toward the circumstance of the environment.

Object interpreted by an individual can be human, thing or event ((Siagian, 1989). in this research, object interpreted object is parents' expectation. Thus, the definition of parents' expectation in this research is an individual perception toward the desire owned by parents about academic, career or the achievement related to the future.

Parents' expectation includes three dimensions according to Wang & Heppner (2002), which are (1) personal maturity, it is related to parents' expectation regarding good behavior of individual such as self control, politeness, responsibility, maturity and obedience, (2) academic achievement related to parents' expectation about academic accomplishment and ideal career, (3) dating concern, related to parents' expectation about the choice of potential spouse.

A research conducted by Turkish psychologist finds that the dependency of parents in Indonesia is bigger than other countries, about 20.403 parents, parents in Indonesia (represented by Javanese Sundanese people) expect their children to obey them. Otherwise, people in Korea, Singapore and US expect their children to be independent (Sarwono, 2013). based on Srwono (2013), pattern of parents' expectation in Indonesia emphasizes that their children obey the parents and become what parents' want, such as high achievement at school. Beside, parents also expect their children become sholeh / sholehah, given the health, intelligence, and devotion to parents, such as a prayer that is always said when a new child is born or birthday.

Parents' expectation can give positive and negative impact in individual life. The expectation can affect academic achievement of individual. In fact, the higher parents' expectation, the academic achievement of individual will be higher (Letha, 2013). in addition, parents' expectation can also arise motivation for individual to enhance their ability. This statement is accordance with the research conducted by Kaplan, Liu, & Kaplan, (2016) that parents' expectation will help individual to keep developing the their ability and talent.

However, on the other side, parents can give negative impact. Negative impact appears if the

expectation is not the same as ability of the individual. Research done by Ang et al., (2009) involves individual who has family in Canada and Individual who has family in Asia. The result shows that individual from Asian family reveals that if they can't meet the expectation, it is considered as a shameful thing. In fact, a research shows that parents' hope has close relation with psychological disorder. It can occur if individual feels that what she/he does is not accordance with their parents' expectation, then it arises anxiety and even depression (Wang & Heppner, 2002). beside, nonconformity between demand and expectation from social environment including family make individual becomes stressful (Gusniarti, 2002).

## **Method**

Subjects involved in this research were active students at University of Muhammadiyah Malang, odd semester academic year 2017/2018 (14/12/2017). There were 33.114 students. The numbers is the total of students who were undergoing undergraduate education from all faculty at University of Muhammadiyah Malang. Based on the number, researcher determined total subject based on table of Isaac and Michael with 5% level of error, the quota sampling were 344 students.

Instrument used in this research to measure variable of parents' expectation used scale which is developed by Wang & Heppner (2002) which is LPEI (Living up to Parental Expectation Inventory) such as (1) Personal Maturity (2) Academic achievement and (3) Dating concern. One of example items from this scale is "People expect me to have good academic achievement". LPEI consists of 32 items with answer choice using likert scale with six alternatives of answer. They are 1 = very inappropriate, 2 = not suitable, 3 = less suitable, 4 = quite appropriate, 5 = appropriate, and 6 = very appropriate. After analyzing the validity and reliability, there are valid items as many as 25 items with reliability of 0.873.

To measure variable of academic procrastination, it used Tuckman's Procrastination Scale developed by Tuckman (1991), consists of 3 aspects, namely: (1) Wasting time, (2) Task Avoidance, and (3) Blaming others. An example of an item from this scale is "I procrastinate to start work that I don't want to do". TPS consists of 35 items with answer choices using the Likert scale with five alternative answer choices, namely 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree. After validity and

reliability analysis, there are 23 valid items with reliability of 0.864.

The process of data analysis used correlation analysis of the Spearman Rank correlation test which is used to determine the relationship between variables of parents' expectation with academic procrastination.

## Result and Discussion

Based on correlation test, the result showed that there was negative and significant relation between parents' expectation and academic procrastination ( $r = -0,173$ ;  $p = 0,001$ ).

Analysis result showed that there was negative and significant relation between two variables, which were parents' expectation and academic procrastination. Therefore, it meant that the higher parents' expectation toward an individual, the lower academic procrastination would get. Otherwise, the lower parents' expectation, the higher academic procrastination of individual.

Based on the results of the research, it showed that parents' expectations cannot be separated from the lives of individuals, especially students. It has been discussed previously that the expectations of parents were due to the concept of a child being dreamed of, in other words, parents wanted their children to fit their ideal criteria (Hurlock, 1980). The parents' expectation might also be motivated by greater dependence on parents in Indonesia than other countries (Sarwono, 2013).

Parents' expectation is the desire of parents toward the lives of their children including in academic, career or other achievements relating to the future. The parents' expectation arose because parents want a successful future for their children compared to the future held by their parents (Rubie-davies et al., 2007). It has been discussed previously that in this study, parents' expectations were seen from the point of view of the child or individual, so that it involved the perceptions of the individual. Individual perceptions involved in this study, in accordance with the findings of Davis-Kean, Vida, & Eccles (2001) that parents' expectations can influence children's perceptions.

Children's behavior and attitude in Asia can't be separated from expectation, encouragement and the desire of other people such as parents (Ang et al., 2009). Family is one of the important parts that can provide support and involvement during a crisis and while determining education, career, marriage, etc. (Sasikala & Karunanidhi, 2011). The involvement of parents can not be separated

from expectations, even the higher expectations, the academic achievement would be even higher (Letha, 2013). One research on parental involvement showed that there was a negative relationship between the involvement of parents with procrastination, therefore if parents engage actively in their children's lives, including in academic, social and other personal matters, would make procrastination done by children downhill. The involvement of parents was related to the amount of support with good quality, so that it could prevent academic procrastination (Rosário, González-Pienda, Núñez, & Valle, 2009).

Support from parents could be defined that the relation between parents and children was work well. Good relationships between parents and children make children motivated to meet the expectations of their parents (Fukuoka, 2017). The more individuals wanted to meet the expectations of their parents, the more he/she wanted to adjust to the expectations of his parents, including in terms of behavior. Individual behavior that was in accordance with the expectations of parents could be done so that the parents of these individuals did not feel disappointed with their children. The statement was supported by the results of research from Naumann, Guillaume, & Funder (2012) which showed that Asian students were afraid to disappoint or made their parents angry when they obtained bad grades or chose careers that were not approved by parents.

Furthermore, referring to the interpretation of the scale of Wang & Heppner (2002), the score on the expectations of high parents indicated that the expectations of parents were high or it could also mean that the behavior shown by the individual was in accordance with the expectations of his parents. This was in accordance with the results of a study from Letha (2013) which also found that children perceived their parents had high expectations of the learning process and their careers and future as well.

The high parents' expectation in the future of their children would help children or individuals to develop their abilities and talents (Kaplan, Liu, & Kaplan, 2016). The statement showed that the expectations of parents could provide motivation so that individuals continued to improve their abilities. However, if the parents' expectations were seen as a burden, then it actually decreased motivation in the individual. One study of motivation showed that a decrease in motivation would be followed by an increase in academic procrastination and vice versa, if motivation was high then academic procrastination would decrease (Rumiani, 2006).

## Conclusion

Based on the result of the research, it can be concluded that research hypothesis is acceptable because there is relation between both variable, which is negative relation between parents' expectation and academic procrastination ( $r = -0,173$ ;  $p = 0,001$ ). therefore, the higher parents' expectation, the lower academic procrastination that can occur, vice versa.

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