

Academic Procrastination in Collegians Upgrading Level (A Case Study of Upgrading Level Fisheries Collegians)

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Abstract. Upgrading level is a condition where collegians undertake further education program at the applied undergraduate program. This program is not easy thing to do, causing problems that generally occur to collegians such as procrastination. The purpose of this study was to describe the procrastination that occurs in collegians undergoing a degree upgrading level. This study used qualitative methods with intrinsic case study techniques. The Respondent of this study was the collegian of the fisheries faculty who was interviewed deeply, who did procrastination during college. The data validity was done by triangulation techniques through informants. The results of the data analysis showed that respondent did procrastination academic during the upgrading level with procrastination behavior that was common in general. This was indicated by the various characteristics of procrastination academic during lectures that affect such as the delay to start or finish the task at hand, the lateness in working on the task, the time gap between the plan and actual performance, and doing other activities that are more fun than finishing tasks.

Keywords: Upgrading level, procrastination academic

Introduction

Procrastination is a psychology term used to describe the situation where someone is putting off doing work in a long period of time, until the next day (Gufron and Risnawati, 2010). Procrastination is not a rare phenomenon that occurs in the student or students currently, where procrastination made by students are categorized as academic procrastination. Procrastination academic is the fear someone to fail, not liking the given tasks, conflicting and opposing control, reliance has in making the decision (Zimberoff & Hartman, 2001). Ferrari (1995) mentioned that according to the view of the theory of Reinforcement, procrastinator never or seldom accept punishment. Even feel benefited because by delaying the workmanship that task will be completed later. The thinking and behavior like this the more inherent in students who do so.

Students comprise some level, starting from the D-3, D-4/S1, S-2, S-3. Generally, early students between the ages of 18-22 years who belongs on the adult phase is starting phase transition between adolescence and early adulthood. According to Santrock (1999), young adults included in the transitional period of transition both physically, intellectually, and transition the transition of social roles. So this is the start of where someone claimed to be able to customize changes, one of which is the change in the pattern of learning. The learning patterns of change has also been felt by students over the level when it first became a student. The upgrading level of student is a change agent or an individual who continues his education stage after undertaking his previous education at an institution (Kamus Besar

Bahasa Indonesia, 1988). This means that the student should have a sense of changing in the pattern of their learning to become alumni but resumed his education. Where they already be familiar with the demands of the academic environment in campus and can follow the rhythm of learning.

Ferrari & McCown (1995) conclude that the notion of procrastination can be viewed from a number of specific limitations, namely: (1) procrastination is only a procrastination behavior, namely that every act to delay in carrying out a task is called procrastination, regardless of the purpose and the reason for the delay, (2) procrastination as a habit or pattern of behavior possessed by individuals, which leads to trait, delays are already a fixed response that is always carried out by someone in dealing with a task, usually accompanied by irrational beliefs, (3) procrastination as a personality trait, in this sense procrastination is not just a procrastination behavior, but procrastination is a trait that involves behavioral components and other interrelated mental structures that can be known directly or indirectly.

Millgram, Mey-Tal & Levinson (1998) states that procrastination has several aspects, which involve the element of delay in starting and completing a task, resulting in other, more distant consequences, such as delays in completing a task or failure to carry out important tasks for longer, tend to work other tasks that are not important, and produce unpleasant emotional states. This aspect also strongly demonstrates the characteristics of procrastination behavior. Ferrari & McCown (1995) describe the characteristics of procrastination such as delays in starting the task at hand; delays in completing tasks, because of doing other things

that are not needed; time gap between the planned plan and actual performance; do other activities that are more fun than the tasks that have to be done (such as chatting, watching, listening to music, sightseeing, etc.).

Procrastination can also be influenced by a number of indicators such as lack of time management, low self-confidence, thinking that you are too busy if you have to do the task, stubbornly in the sense that others cannot force them to do work, manipulate the behavior of others and assume that work cannot be done without it, making delay as a coping to avoid pressure, feeling himself as a victim who doesn't understand why he can't do something that others can do Ferrari & McCown (1995). The delaying behavior is replaced by displaying a more pleasant behavior to do so someone forgets to do things that should be the main focus.

"It used to be a lot of activities first time D3, so first it was always in the classroom to take the backseat, the corner near the pole, it was gone. If the exam is like that, it won't come out before the people come out, but while waiting for it, sleep in class, after that it's already done, but never studying at night, I want to take exams, just learn how many minutes before the exam but not all..."

-Quoting interviews with resource persons-

Based on this, procrastination can still be done by anyone, especially collegians in upgrading level of faculty of fisheries, which should no longer be done considering having been a student and facing various problems of students. The purpose of this research is to describe the procrastination that occurs in collegians undergoing a degree upgrading level, especially fisheries study programs that have been less viewed as other study programs, so that later they can improve the quality of their college.

Method

This research used a case study approach, to dig into the case in greater depth to described, studied, is meant. This qualitative research model can give researchers the opportunity to explore in detail the experience of one's life with a very clear description of how the giving of meaning by someone connected with the world of personal and their social life (Hanurawan, 2016). Respondent was gotten by using purposive sampling technique with criteria was a student upgrading level of fisheries faculty in University of Muhammadiyah Malang 2017 and delaying at least 2 assignments for at least 3 days of assignments given. The data obtained through a process of in-depth interviews and observations against the respondents, and the validity was done by triangulation technique through informants (Hanurawan, 2016).

Result

The subject was the upgrading level students at faculty of fisheries that have heavy coursework such as students in General. The subject was a person who love to procrastinate the work, whether the work of the college as well as the daily work. It influenced from within itself as well as the environment where she learned. Her habit of always putting off work to take shape since she started school from elementary to college nowadays. The subject was aware that she had done wrong, but she was happy with who she does this time and does not have the slightest fear. The subject had the thought that anything that she would make her work finished work. Although someone often reminded her to finish her job faster, but she felt that if she did not do in a state work, then the task would not be done, even when she already tried it.

The subject always did the task for 3 hours or 2 hours before collecting the task started, even when the test ever learned before he entered the classroom and did not learn

Table 1. Aspects of procrastination on collegians upgrading level

Aspect	Respondent	Conclusion
Delay to start completing the task at hand	Lazy (W1.P.006). Just lazy, I'm so lazy to started. Well, so lazy, then that alone (W1.P.010)	The main cause of procrastination comes from her self
Delay in completing the task, as do other things that are not needed	So too, so what, if it's not tight, I'm not happy (W1.P.018). Yes, whatever, the important thing is not touching the task. What I want to do is nothing. Sometimes it doesn't work, but it's just too bad, bored, it's up to you. But it doesn't work on that task, no matter what time I want, it doesn't work (W1.P.064)	The existence of a sensation or feelings trigger the desire to do this behavior, making them continue to avoid the task.
The gap of time between the specified plans and actual performance	Missed, ever. Often even (W1.P.028).	Not all the time goes according with what is expected but is not prohibitive even discourage the subject in doing so.
Do another activity that more enjoyable than doing the tasks.	Sleep. Do another, up to me. Sleep, bed, walking, whatever. ML, lazy, yeah I'm so lazy and doing another that I want except that (W1.P.062)	The existence of other activities that are more exciting and fun than the task becomes a factor in the emergence of procrastination.

in the evening. The behavior of put it off like this never get the punishment of environment, only sometimes when the time target not able to be reached and instead she should lose the point of the task, but still it is not make it feel having to grieve. The results of doing any potluck, because she was not heeding to a value, but the target has been at their settlement which gave its own pleasure for him. The emergence of other alternative when the choice of plans that have been prepared to fail or wrong, making it more sure of what has already been established.

During the delay the work, the subject is performing a variety of activities that are fun for her, ranging from sleeping, streets, shopping or lazing, whatever works for her not doing his job. However, subject still thinking about her task, what she would do, what materials would be included, but she did not feel anxious and still enjoy her activity.

Discussion

Upgrading level is an achievement of higher level education by a collegian who want to continue his education. At this level, there are many changes in duties and responsibilities carried out by collegians. For that, they are required for the better in many aspects. For collegians, procrastination are familiar to do. Where they procrastinate in carrying out a task that would eventually give the impact on their own. Young (2003) mentions that (1) person seeking thrill delaying job waiting for the last minute to feel some adrenaline, the feeling of being more creative with a little deadline, (2) fear of failure, the thought of being ridiculed by others, (3) can't make a decision to study the issue.

The result of this research was that there are several factors that trigger someone to display the behavior. The environment has a role in making someone decide to do such delays, where a less comfortable or an ignores state that's as well provides positive reinforcement will be

Reinforce behavior displayed (Bandura, 1971). The most powerful factor in supporting this procrastination

Behavior emerges is of individual itself. The pleasure sensation derived when doing work under pressure makes it happy and satisfied. The transfer tasks that so much with fun activity will make someone forgotten will be duties and responsibilities they have, with many targeting time has been designed. Various forms of personality existing in the individual will greatly affect the way someone behaves in (Ferrari & McCown, 1995).

Therefore, research is increasingly strengthening the existing research that externally as well as internally, there is a sensation of feeling like to felt to achieved, the existence of cognitive distortion respect of a situation, and the absence of goals to be achieved make a person tend to procrastinate a job. In line with research of Musslifah (2014) that there is a gap between the times of making someone do or is considered procrastination.

The subject of private hard indeed but strong-willed makes it keep doing such behavior, but so far no one has become obstacle progressing student even though such

behavior was wrong. That is because there are always plans made and various alternative that emerged at the time not everything does not go according with the plan. Although in fact, structured behavior, perseverance, and good self-control enough to prevented someone from procrastination (Edwin, Adrianta Surijah & Sia, 2015). Moderate to very high self-control will be able to prevent college student from procrastination behavior supported by their achievement motivations (W & Mastuti, 2016).

Conclusion

Based on the result and discussion of this research, it can be conclude as follows: 1) The subject has a high level of procrastination with a range of work tasks 2 or 3 hours before the assignment is submitted., 2). The fun activities and presence of sensations in the get strengthen behavior that is displayed., 3). Some of factors that cause procrastination is also in support of internal and external subject.

As for the advice that can be given based on findings obtained in the form of changes in behavior and pattern study on the respondent so as not too long put off everything and get maximum results. Weakness in this research realized by researchers so that expected to researchers who wants to conduct further research to add respondents to get more and wider results.

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