

Perbedaan Prokrastinasi Akademik Berdasarkan *Self Regulation Learning* Dan Frekuensi Penggunaan *Gadget* Remaja Di ABC School

ABSTRAK

Penelitian ini dilakukan untuk mengetahui perbedaan prokrastinasi akademik berdasarkan *self regulation learning* dan frekuensi penggunaan *gadget* pada siswa SD (kelas 6 SD) dan siswa SMP ABC School. Penelitian ini menggunakan desain penelitian kuantitatif non eksperimental dengan strategi komparatif dan menggunakan teknik sampling jenuh. Partisipan dalam penelitian ini berjumlah 160 siswa SD (kelas 6) dan siswa SMP ABC School. Hasil penelitian ini menunjukkan bahwa 1) terdapat perbedaan prokrastinasi akademik berdasarkan tingkat pendidikan (siswa kelas 6 Sd dan siswa SMP), 2) terdapat perbedaan prokrastinasi akademik berdasarkan *self regulation learning*, 3) tidak ada perbedaan prokrastinasi akademik berdasarkan frekuensi penggunaan *gadget*, 4) tidak ada perbedaan prokrastinasi akademik berdasarkan tingkat pendidikan, *self regulation learning*, dan frekuensi penggunaan *gadget*. Prokrastinasi akademik lebih tinggi terdapat pada siswa kelas 6 SD daripada pada siswa SMP dan lebih tinggi terjadi pada siswa laki-laki daripada siswa perempuan. *Self regulation learning* lebih tinggi terjadi pada siswa SMP daripada siswa SD dan lebih tinggi terdapat pada siswa perempuan daripada siswa laki-laki. frekuensi penggunaan *gadget* pada siswa ABC school termasuk dalam kategori tinggi namun bukan faktor yang mempengaruhi prokrastinasi akademik.

Kata kunci: *Prokrastinasi akademik, self regulation learning, frekuensi penggunaan gadget*



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Differences of Academic Procrastination Based on Self Regulation Learning And Frequency Of Gadget Usage In Adolescence In ABC School

ABSTRACT

This research was conducted to know the difference of academic procrastination based on self regulation learning and frequency of gadget usage in elementary school students (grade 6 SD) and students of SMP ABC School. This research uses non experimental quantitative research design with comparative strategy and using saturated sampling technique. Participants in this study consisted of 160 elementary school students (grade 6) and students of SMP ABC School. The results of this study indicate that 1) there is a difference of academic procrastination based on education level (6th grade students and junior high school students), 2) there is difference of academic procrastination based on self regulation learning, 3) there is no difference in academic procrastination based on frequency of gadget usage, 4) no academic procrastination based on education level, self regulation learning, and frequency of gadget usage. Higher academic procrastination is found in 6th grade students than in junior high school students and is higher in boys than in female students. Higher self regulation learning occurs in junior high school students than in primary school students and is higher in female students than in male students. The frequency of use of gadgets in ABC school students belongs to high categories but not factors affecting academic procrastination.

Keywords: Academic procrastination, self regulation learning, frequency of use of gadgets

