

**HUBUNGAN ANTARA *HARMONIOUS PASSION* DAN *OBSESSIVE  
PASSION* DENGAN PROKRASTINASI AKADEMIK PADA DEWASA  
AWAL DI JABODETABEK**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui hubungan antara *harmonious passion* dan *obsessive passion* dengan prokrastinasi akademik. Subjek penelitian ini adalah dewasa awal di JABODETABEK dengan jumlah 190 responden. Penelitian ini dilakukan dengan pendekatan kuantitatif dan desain korelasi, menggunakan teknik pengambilan *sampling*, yaitu *non-probability sampling*, dan metode *accidental sampling*. Instrumen yang digunakan dalam penelitian ini, yaitu *Tuckman's Procrastination Scale* dan *Passion Scale*. Seluruh analisis data dalam penelitian ini menggunakan bantuan program SPSS 24. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara *harmonious passion* dan *obsessive passion* dengan prokrastinasi akademik pada dewasa awal. Penelitian ini diharapkan dapat dikaji kembali dengan variabel yang berbeda dan dapat menjadi bahan literatur terkait penelitian selanjutnya.

**Kata Kunci:** *Harmonious Passion, Obsessive Passion, Prokrastinasi Akademik, Dewasa Awal*

**THE RELATIONSHIP BETWEEN HARMONIOUS PASSION AND  
OBSESSIVE PASSION WITH ACADEMIC PROCRASTINATION FOR  
EARLY ADULthood AT JABODETABEK**

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**ABSTRACT**

This study aims to determine the relationship between harmonious passion and obsessive passion with academic procrastination. The subjects of this study were early adults in JABODETABEK with total respondents is 190 person. This research was conducted with a quantitative approach and correlation design used non-probability sampling and the accidental sampling method. The instruments used in this research are Tuckman's Procrastination Scale and Passion Scale. All data analysis in this study used the SPSS 24 program. The results showed that there is a significant positive relationship between harmonious passion and obsessive passion with academic procrastination in early adulthood. This research is expected to be reviewed with different variables and can be used as literature material related to further research.

**Keywords:** *Harmonious Passion, Obsessive Passion, Academic Procrastination, Early Adulthood*