

# HUBUNGAN MANAJEMEN WAKTU DENGAN *PROKRASINASI* PADA MAHASISWA PRODI PENDIDIKAN NERS DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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## INTISARI

**Latar Belakang:** Mahasiswa *profesi ners* seringkali diperhadapkan dengan berbagai tuntutan tugas akademik yang lebih seperti teori dan praktek. Hal tersebut menyebabkan mahasiswa menjadi stress karena *ekspektasi* yang tinggi terhadap penugasan membuat mahasiswa sulit untuk memprioritaskan, dan akhirnya mahasiswa melakukan perilaku *prokrastinasi*. Mayoritas mahasiswa Daerah Istimewa Yogyakarta juga melakukan *prokrastinasi* akademik kategori sedang yaitu sebanyak 35,5% responden. Adapun hasil penelitian Anggunani dan Purwanto (2018) ditemukan tingkat *prokrastinasi* akademik mahasiswa Yogyakarta berada pada kategori sedang sebanyak 44,7%.

**Metode:** Jenis penelitian ini yaitu metode penelitian *analitik korelatif kuantitatif* dengan pendekatan *cross sectional*. Teknik sampel penelitian ini menggunakan *Total Sampling*, dengan jumlah 94 responden. Kuesioner yang digunakan yaitu Kuesioner *Prokrastinasi* dan Kuesioner Manajemen waktu. Uji statistik yang digunakan yaitu *Uji Gamma* dan *Somers'd*.

**Hasil:** Hasil penelitian ini menunjukkan tingkat manajemen waktu mahasiswa *profesi ners* berada pada tingkat sedang sejumlah 32 mahasiswa (34,0%) dan terdapat 44 mahasiswa (46,8%) menunjukkan manajemen waktu yang tinggi. Tingkat *prokrastinasi* mahasiswa *ners* diperoleh skor kecemasan dan tidak percaya diri memiliki nilai rata-rata tertinggi yaitu 3,3. Hasil *uji statistik* diperoleh nilai *p-value* sebesar 0,013 dengan koefisien korelasi -0,371;

**Kesimpulan:** Terdapat Hubungan antara Manajemen Waktu dengan *Prokrastinasi* Akademik pada Mahasiswa Prodi Pendidikan Ners di Universitas Jenderal Achmad Yani Yogyakarta

**Kata kunci:** *profesi ners*, manajemen waktu, *prokrastinasi*

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**THE ASESIATION BETWEEN TIME MANAGEMENT AND PROCRASTINATION  
IN NURSING EDUCATION STUDY PROGRAM STUDENTS AT THE UNIVERSITY  
OF GENERAL  
ACHMAD YANI YOGYAKARTA**

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**ABSTRACT**

**Background:** Nursing students are often faced with various academic task demands that are more theoretical and practical. This causes students to become stressed because the high expectations for assignments make it difficult for them to prioritize, and ultimately, students engage in procrastination behavior. The majority of students in the Special Region of Yogyakarta also engage in moderate academic procrastination, with 35.5% of respondents falling into this category. Furthermore, the research by Anggunani and Purwanto (2018) found that the level of academic procrastination among Yogyakarta students was categorized as moderate, with 44.7% of respondents.

**Method:** The type of research is a quantitative correlational analytical method with a cross-sectional approach. The sampling technique used in this research is Total Sampling, with a total of 94 respondents. The questionnaires used were the Procrastination Questionnaire and the Time Management Questionnaire. The statistical tests used were the Gamma Test and Somers'd.

**Results:** The results of this study indicate that the time management level of nursing profession students is at a moderate level, with 32 students (34.0%) and 44 students (46.8%) showing a high level of time management. The level of procrastination among nursing students was found to have the highest average scores for anxiety and lack of self-confidence, which was 3.3. The statistical test results showed a p-value of 0.013 with a correlation coefficient of -0.371.

**Conclusion:** There is a relationship between Time Management and Academic Procrastination among Nursing Education Students at Jenderal Achmad Yani University Yogyakarta.

**Keywords:** nursing profession, time management, procrastination

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