

## HUBUNGAN ANTARA *SELF-EFFICACY* DENGAN PROKRASTINASI AKADEMIK PADA SISWA KELAS X MAN 2 BANTUL

### RINGKASAN

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**Latar Belakang:** Masalah yang sering dilakukan oleh para siswa, yaitu seperti melakukan penundaan tugas dalam memulai atau menyelesaikan tugas yang ada. Siswa dalam menghadapi adanya penundaan tugas dibutuhkannya keyakinan diri dalam memperkirakan kemampuannya untuk mengerjakan tugas yang dibutuhkan dalam mencapai tujuan.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dengan prokrastinasi akademik pada siswa MAN 2 Bantul kelas X.

**Metode:** Penelitian ini menggunakan metode kuantitatif korelasional. Alat ukur yang digunakan adalah skala *self-efficacy* dan skala prokrastinasi akademik, yang telah melalui uji validitas dan reliabilitas. Subjek pada penelitian ini adalah siswa kelas X MAN 2 Bantul yang dipilih dengan teknik *purposive sampling*. Populasi penelitian ini sebanyak 140 siswa, dan sampel 72 siswa. Pengumpulan data dilakukan melalui skala prokrastinasi akademik dan skala *self-efficacy*.

**Hasil:** Hasil analisis korelasi *pearson product moment* menunjukkan bahwa terdapat hubungan positif antara *self-efficacy* dengan prokrastinasi akademik kepada siswa kelas X MAN 2 Bantul, dengan nilai koefisien  $r = 0,773$  dan  $p = 0,000$  ( $p < 0,05$ ). Semakin tinggi *self-efficacy* maka semakin tinggi pula prokrastinasi akademik.

**Kesimpulan:** Namun demikian, meskipun hasil statistik menunjukkan signifikansi, arah hubungan yang ditemukan bertentangan dengan teori yang umum digunakan, sehingga secara teoritis dapat disimpulkan bahwa hipotesis ditolak atau tidak terdapat hubungan yang sesuai antara *self-efficacy* dan prokrastinasi akademik pada subjek penelitian ini.

**Kata kunci:** *Self-efficacy*, Prokrastinasi akademik, Siswa MAN 2 Bantul

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## **THE RELATIONSHIP BETWEEN SELF-EFFICACY AND ACADEMIC PROCRASTINATION IN GRADE X STUDENTS OF MAN 2 BANTUL**

### **ABSTRACT**

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**Background:** A common problem faced by students is procrastinating when starting or completing an assignment. Students need to be confident in their ability to complete the tasks required to achieve their goals when faced with procrastination.

**Research Objective:** This study aims to determine the relationship between self-efficacy and academic procrastination in class X students of MAN 2 Bantul.

**Method:** This study used a quantitative correlational method. The measuring instruments used were the self-efficacy scale and the academic procrastination scale, which have undergone validity and reliability tests. The subjects in this study were grade 10 students of MAN 2 Bantul who were selected using a purposive sampling technique. The study population was 140 students, and the sample was 72 students. Data collection was carried out using the academic procrastination scale and the self-efficacy scale.

**Result:** The results of the Pearson product moment correlation analysis showed that there was a positive relationship between self-efficacy and academic procrastination in class X students of MAN 2 Bantul, with a coefficient value of  $r = 0.773$  and  $p = 0.000$  ( $p < 0.05$ ). The higher the self-efficacy, the higher the academic procrastination.

**Conclusion:** However, even though the statistical results show significance, the direction of the relationship found is contrary to the general theory used, so that theoretically it can be concluded that the hypothesis is rejected or there is no appropriate relationship between self-ability and academic procrastination in the subjects of this study.

**Key words:** Self-efficacy, Academic procrastination, MAN 2 Bantul students

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