

ABSTRAK

Febrina Chandra Puspita. 200541100017. Pengaruh *Self-Efficacy* dan *Task Commitment* Terhadap Prokrastinasi Akademik Pada Mahasiswa. Progrm Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura, 2024.

Mahasiswa memiliki banyak tugas dan tanggung jawab yang harus diselesaikan atau disebut beban studi. Salah satu kewajibannya yaitu menyelesaikan tugas akhir sebagai salah satu prasyarat mendapatkan gelar pendidikannya. Sehingga para mahasiswa membutuhkan *self-efficacy* dan *task commitment* untuk menghadapi tantangan dalam menyelesaikan tugas akhir salah satu faktornya yaitu prokrastinasi akademik. Tujuan dari penelitian ini adalah mengetahui pengaruh *self-efficacy* dan *task commitment* terhadap prokrastinasi akademik pada mahasiswa. Penelitian ini menggunakan pendekatan korelasi komparasi dengan subjek penelitian responden dalam penelitian ini merupakan mahasiswa akhir dengan jumlah 224 responden. Instrumen penelitian menggunakan kuesioner dengan skala *self-efficacy* dengan reliabilitas sebesar 0,802, *task commitment* dengan reliabilitas sebesar 0,795 dan prokrastinasi akademik dengan reliabilitas sebesar 0,741. Teknik Analisis data menggunakan uji regresi linier berganda. Hasil uji analisis regresi berganda menunjukkan terdapat pengaruh *self-efficacy* dan *task commitment* terhadap prokrastinasi akademik dengan nilai Fhitung sebesar 79,932 dengan signifikanasi sebesar 0,000 yang berarti kurang dari 0,05 artinya terdapat pengaruh *self-efficacy* dan *task commitment* terhadap prokrastinasi akademik sehingga hipotesis penelitian terbukti diterima. Berdasarkan nilai R Square diperoleh sebesar 0,420 atau 42% dimana nilai tersebut merupakan kontribusi yang disumbangkan variabel *self-efficacy* dan *task commitment* terhadap prokrastinasi akademik. Dengan demikian *self-efficacy* dan *task commitment* memengaruhi prokrastinasi akademik sebesar 42% dan sisanya dipengaruhi faktor-faktor lain. Berdasarkan hasil analisis deskriptif diperoleh hasil bahwa *self-efficacy*, *task commitment* dan prokrastinasi akademik pada mahasiswa dalam kategori sedang.

Kata Kunci: *Self-Efficacy*, *Task Commitment*, Prokrstinasi Akademik, dan Mahasiswa

ABSTRACT

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Students have many tasks and responsibilities that must be completed or called a study load. One of the obligations is to complete the final project as one of the prerequisites for getting an education degree. So that students need self-efficacy and task commitment to face challenges in completing the final project, one of the factors is academic procrastination. The purpose of this study was to determine the effect of self-efficacy and task commitment on academic procrastination in students. This study used a comparative correlation approach with the research subject respondents in this study were final students with a total of 224 respondents. The research instrument used a questionnaire with a self-efficacy scale with a reliability of 0.802, task commitment with a reliability of 0.795 and academic procrastination with a reliability of 0.741. Data analysis techniques using multiple linear regression tests. The results of multiple regression analysis tests show that there is an effect of self-efficacy and task commitment on academic procrastination with an F value of 79.932 with a significance of 0.000 which means less than 0.05, meaning that there is an effect of self-efficacy and task commitment on academic procrastination so that the research hypothesis is proven to be accepted. Based on the R Square value obtained of 0.420 or 42% where this value is the contribution contributed by the self-efficacy and task commitment variables to academic procrastination. Thus, self-efficacy and task commitment affect academic procrastination by 42% and the rest is influenced by other factors. Based on the results of descriptive analysis, it was found that self-efficacy, task commitment and academic procrastination in students were in the moderate category.

Keywords: Self-Efficacy, Task Commitment, Academic Procrastination, and College Students.