Academic Procrastination Among the Students in Thesis Writing

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Abstract. Academic Procrastination is a phenomenon of postponing work that rely on academician including college student. In terms of academic procrastination this research aims to explain academic procrastination phenomenon in final year student on their thesis writing that focus on to explain the tendency of academic procrastination and investigate the reason why the final year student tends to do academic procrastination. The participants of this research consist of 4 students from 12th semester and 4 students from 14th semester that can represent the final year student. This research used purposive sampling with semi structure interview, and it analyzed with qualitative method interactive cycle by Miles Huberman. The result showed that there is a tendency of academic procrastination in final year students, and the reason why the students do academic procrastination is divided into two branches such as internal and external. Internal factors include laziness, perfectionism, mentally unstable, social media addiction, and linguistic and conceptual factors. External factors include environment, other people's pressure, and family issues.

Keywords: Academic Procrastination, Thesis Writing, Final Year Student

INTRODUCTION

Everyone has priorities in their life, and the priorities themselves can be broken down into work that should be done. However, having many works lead people to get confused completing the work. This confusion often makes a person delay finishing the work and avoid remembering their work. This common phenomenon is often mentioned as "procrastination". Procrastination itself derives from the Latin language that is formulated by two words "pro" and "crastinus" which means tomorrow (Wilson & Nguyen, 2012). Procrastination based on Solomon and Rothblum (1984) is the act of delaying doing a task that has a significant point consciously and giving an uncomfortable feeling toward the procrastinator. According to Anderson (2019), an American psychologist, he stated that two conditions are followed by human behavior, the first is obtaining pleasure feeling, and the second is avoiding a comfortable state. The second condition is connected to procrastination which focuses on avoiding the discomfort state by doing some enjoyable activities. Generally, Procrastination is the act of postponing something important in life and doing something else that is not related to those important things.

Procrastination can appear in many aspects of life, specifically in the education setting. There is a term related to procrastination, namely academic procrastination. Academic procrastination is the behavior of postponing something based on the academic situation. It contains doing the assignment closer to the due date, postponing returning books in the library, and doing unimportant things while supposed to prepare for the examination. Academic procrastination basically means the student procrastination behavior related to the delay in doing the obligation on task. The student at the university level usually does this kind of procrastination and it can be connected to the procrastination in writing the thesis that usually do by the final year students.

Becoming an undergraduate student will make them take the responsibility to learn and do the task. Based on the rules from the Indonesian government stated that the purpose of higher education could be reached when the "Tridharma Perguruan Tinggi" had implemented. Those things can organize education, conduct research, and community service (UU RI-12 TAHUN 2012.2012). Conducting research is one of the responsibilities committed by the undergraduate student. They are responsible for making a thesis as a requirement to be declared alumna and get a bachelor's degree. In Indonesia, a thesis for undergraduate students is called "skripsi". Generally, the undergraduate student will be tasked to write the thesis as the 7th and 8th semester final exams. However, many students feel completing a thesis is a nightmare and often makes them stressed and anxious and make them do academic procrastination while the thesis writing.

In case of the procrastination, while writing the thesis process, there are several research that proposed academic procrastination related to finishing the final task. The first is done by Ritonga (2013) that emphasizes the importance of preventive action connected to academic procrastination in finishing the thesis. He states that knowing the preventive way of academic procrastination will decrease the percentage of procrastination in doing the thesis. The second came from Wulan

and Abdullah (2014) that served research about the investigation of internal and external factor that influences the performance in finishing the thesis. This research investigated internal and external factors that make students intend to do the thesis closer to the deadline. The third research emphasizes the procrastination factor in finishing the thesis and the student's behavioral pattern while postponing the thesis (Setiawan et al., 2017). The research focuses on analyzing the preferred activity chosen by the students rather than finishing their thesis. It is proven that procrastination in academic settings, especially the behavioral action of postponing while doing the thesis, is at the center of the researcher's attention.

Based on the previous existing research above, in this research, the researcher tries to conduct research that focus on investigating the academic procrastination phenomenon that still exist towards the final year students at the undergraduate level, specifically in a department that obligated to use a second language (English) as the language in their thesis. This research also explains the academic procrastination phenomenon that still rely on the current condition which many students still cannot complete their thesis on time based on the academic calendar. This phenomenon considers as the problem because we expect that every student will finish on time based on the academic calendar which obligated to finish at 8th semester, but in reality, the student who finish the thesis late still exist. The amount of student who graduate late will affect the credibility of campus.

In finding out the academic procrastination phenomenon that common among the final year students, this research intends to find out the academic procrastination tendency among the final-year student of the English Literature Department of Alauddin State Islamic University and the causes why the final year students of the English Literature Department of Alauddin State Islamic tend to do the academic procrastination.

RESEARCH METHOD

This research proposed a qualitative method that is focused on investigating the academic procrastination phenomenon that happened in final year students. The researcher used the qualitative method using interview and recording instruments with semi-structure interviews adopted from Lestiani (2022) and it analyzed using the interactive cycle by Miles Huberman and Saldana (2014) which rely on the interactive cycle that through several steps such as data collection, data condensation, data display, and conclusions and It will connected to procrastination theory by Ferrari (1995) that procrastination fulfilled by 4 characters such as (1) the delaying on starting and finishing the task (2) the delaying on working the task (3) There is a time gap between plan and the actual performance (4) Doing the activity that more enjoyable. The participants were the final year students from the English Literature Department of Alauddin State Islamic University. There are 4 students from the 12th semester and 4 students from the 14th semester representing the participants as the final year students. The requirement in choosing the participants consist of two condition such as being an active student and still involve in thesis writing subject.

RESULT AND DISCUSSION

Result

This research intends to focus on the tendency of academic procrastination from the final year students, the type of academic procrastination of the final year students, and why the students do the academic procrastination.

The Tendency of Academic Procrastination of The Final Year Students

> Student 1 : Actually yes, I realized and be like it already takes long time that I postpone, like yesterday there is one left that I did not do the thesis due to there is something that distracts me, like I supposed to do it, but I did not like that.

According to the extract above, the student has the tendency of doing academic procrastination due to delays in starting and finishing the thesis, the statement "I did not" inverse that the student does academic procrastination.

The Reason Why Students tend to do The Academic Procrastination

The researcher divided the reason why students tend to do academic procrastination into two broad categories such as:

External Factor

External Factor deals with the outer circle of the procrastinator itself. This issue is addressed by the procrastinator that deals with the outer situation or outer condition. The interview result that conducted reveals that there are many problems exist.

- Environment

The environment is the situation where the people live, the procrastinator tends to be influenced by the environment due to the environment will support how the feeling of the people with it. When the environment did not support productivity, it tended to influence the productivity of the people who live in it.

- Other people pressure

Other people pressure is pressure that comes from the people around us such as friends or best friends. Other people's pressure is so close to the Indonesian environment because they tend to ask so many questions in their environment especially asking the current business that we work on. This habit becomes an uncomfortable thing for the final year student that currently working on their thesis because it becomes pressure to answer specifically if they still have not a certain word to answer properly.

- Family Issue

A family issue is a condition where the family has a certain and complicated problem. It also affects the student who currently does their thesis because they

must divide their concertation into many different things such as focusing on the thesis and focus on the family issue.

Internal Factor

Internal factor deals with the inner circle of the procrastinator itself. This issue is addressed by the procrastinator that deals with the problem for themselves. The interview result that conducted reveals that there are many problems exist such as:

- Laziness

Laziness is an action of averting to do something. It relays on the act who does not want to do something. Laziness is also an indication that people are not motivated because they do not have a motive to do it.

- Perfectionism

Perfectionism is a behavior that expresses having perfect work that has no flaws. Perfectionists struggle with decision-making because they do not want to take the risk of weakening and sometimes end up with anxiety or depression.

- Mentally Unstable

Mentally unstable is a condition where people have unstable emotions toward themselves. They tend to be blaming themselves or tired of their situation.

- Social Media Addiction

Social Media addiction is excessive attention to social media which makes the user addicted. It causes disturbing activity especially productivity for the student. This addiction is also indicated as the reason why procrastination happens to students.

- Linguistics Factor

The Linguistics factor deals with the language issue, this factor becomes an issue why the final year students procrastinate because they are using the second language for writing and presenting their thesis.

- Conceptual Factor

The conceptual factor is linked with how the final year student arrange or organize the content for their thesis. The final year students tend to procrastinate due to getting confused and do not know how they arrange the concept for their thesis.

Discussion

Based on the findings this issue becomes more serious because the 8 students tend to academic procrastination. They tend to delay in starting and finishing the thesis but on the other hand, they are aware that they do academic procrastination itself. They also delay working on the thesis and according to their academic year they already passed the 8 semester that supposed to be graduated but due to academic procrastination they are considered late for graduating.

Besides it will influence the students themselves, it also will influence the accreditation of the university they are studying in.

One of the factors that indicated academic procrastination is the time gap between the time that has been set, and the actual performance is executed paradoxically because the actual performance is often late or not executed accurately or it is not executed at all.

The other factor is they tend to do the enjoyable thing than focus on finishing the thesis. The students themselves known as the Z generation grow up in the digital world that surrounded them. The digital world is known as the era when social media is developed extremely massive. It brings many social media that make us easy to be connected and enjoy. However, this development does not always bring a positive side, the negative side also exists for instance social media will take our time massively and makes us complacent and make us will always have unfinished business. It also will make us tend to procrastinate things and for example, the final year students that still have not graduate due to an academic procrastination. It aligns with Nwosu (2020) said that the individual or person who addicted to social media will have the tendency to spend many hours on screen and those kinds of people have a strong desire to have a tendency of procrastination.

There are many reasons why student tends to do academic procrastination. All of them are divided into two broad categories such as internal and external. The internal factor is discovered as the dealing situation between the student with their inner self while the external factor is discovered as the relationship between the student with their surroundings concerning the outer self. Internal factor mostly relays on how the mental state of the student facing academic life such as how they embrace themselves in doing the obligations and finishing the thesis.

In embracing to reduce the academic procrastination, Tice et al (2001) already explained about raising awareness of self-regulation that imply planning and monitoring skill to avoid the mismanagement activity that led people to do the procrastination. It is also important to raise awareness about taking the help seeking because academic procrastination itself can happened when somebody stuck and confuse what to do, It connected to Rickwood et al (2005) that already described that help seeking is an action to get help from other people in a context for considerate, information, care to embrace a problem that contains a stress and confusing situation. We cannot deny that involving in thesis writing probably will lead to get a confusing and stressing feeling for students. Getting a help seeking is one of the solutions to reduce the academic burden and academic procrastination itself.

CONCLUSION

The academic procrastination tendency still exists in our environment, it is proven by the result of this research that still find the tendency of academic procrastination that have done by the final year student who still involve in thesis writing and already reached the high semester in college. In conclusion, the tendency of academic procrastination still exists in the final-year students of the English Literature Department, and they do the academic procrastination because all of them tend to delay writing their thesis and the reason why the students do

academic procrastination is divided into two branches such as internal and external. Internal factors include laziness, perfectionist, mentally unstable, social media addiction. linguistic factor, and conceptual factor. External factors include environment, other people's pressure, and family issues. Raising awareness about the self-regulation which imply the planning and management skill for students and get a help seeking will make the tendency of academic procrastination can be reduced, especially for the final year students who still fight to finish their thesis for graduate.

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