

DAFTAR PUSTAKA

- 'Aisyah, S., Adi, E. P., & Wedi, A. (2021). Studi Analisis Prokrastinasi Akademik Mahasiswa dalam Mengerjakan Skripsi. *JKTP: Jurnal Kajian Teknologi Pendidikan*, 4(4), 358–367. <https://doi.org/10.17977/um038v4i42021p358>
- Abada, R., Bentahar, S., & Ramdaniar, H. (2023). Student Perspective As Agent of Change Through Education. *Jurnal Eduscience*, 10(2), 643–648. <https://doi.org/10.36987/jes.v10i2.4717>
- Abdillah, F., & Fitriana, S. (2021). Penerapan Konseling Cognitive Behaviour dengan Teknik Self Management untuk Mengatasi Prokrastinasi Akademik pada Mahasiswa. *Sultan Agung Fundamental Research Journal* //, 2(1), 11–24. <http://jurnal.unissula.ac.id/index.php/safjrj>
- Afandi, D. (2020). Hubungan Antara Minat Anak Mengikuti Pembelajaran Berbasis Lingkungan Alam dengan Kecerdasan Naturalis Anak Usia Dini. (*JAPRA*) *Jurnal Pendidikan Raudhatul Athfal (JAPRA)*, 3(2), 13–22. <https://doi.org/10.15575/japra.v3i2.9561>
- Ahmad, J. (2015). Metode Penelitian Administrasi Publik: Teori dan Aplikasi.
- Amalia, N. F., Dayati, U., & Nasution, Z. (2017). Peran Agen Perubahan Dalam Pelaksanaan Program Pemberdayaan Masyarakat Pesisir Pantai Bajulmati Kabupaten Malang. *Jurnal Pendidikan: Teori, Penelitian, Dan Pengembangan*, 2(11), 1572–1576. <http://journal.um.ac.id/index.php/jptpp/>
- Ananda, R., & Fadhli, M. (2018). *Educational Statistics Theory and Practice in Education*.
- Anastasia Suci Sekar Arum, & Natalia Konradus. (2022). Pengaruh Self Regulated Learning Terhadap Prokrastinasi Akademik Pada Mahasiswa Yang Mengikuti Kuliah Daring Di Masa Pandemi Covid-19. *Jurnal Kesehatan Dan Kedokteran*, 1(2), 1–8. <https://doi.org/10.56127/jukeke.v1i2.67>
- Andhika Mustika Dharma. (2020). Prokrastinasi Akademik Di Kalangan Mahasiswa Program Studi Dharma Acarya. *Jurnal Pendidikan, Sains Sosial, Dan Agama*, 6(1), 64–78. <https://doi.org/10.53565/pssa.v6i1.160>
- Ansori, M. (2020). Dimensi HAM dalam Undang-undang Sistem Pendidikan Nasional Nomor 20 Tahun 2003. Iaifa Press.
- Arzani, N. (2022). *Hubungan Self Regulated Learning Dengan Academic Hardiness Pada Mahasiswa Tingkat Akhir Yang Sedang Menempuh Skripsi*.
- Atiyaf, D. (2019). *Hubungan Antara Komitmen Organisasi Dengan Prokrastinasi Akademik Pada Mahasiswa Yang Aktif Di Organisasi*.
- Aviani, Y. I., & Primanita, R. Y. (2020). Conflict Resolution Dan Subjective Well

- Being Pasangan Suami Istri Masa Awal Pernikahan di Kurai Limo Jorong Bukittinggi. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 10(2), 193. <https://doi.org/10.24036/rapun.v10i2.106266>
- Azizah, U. F., & Ruhaena, L. (2022). The Role of Self-Regulatory Learning, Religiosity, and Parental Social Support with Student Academic Procrastination in Distance Learning. *Indigenous: Jurnal Ilmiah Psikologi*, 7(2), 176–188. <https://doi.org/10.23917/indigenous.v7i2.18087>
- Azwar, S. (2012). *Metode Penelitian*, Yogyakarta: Pustaka Pelajar
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar
- Babby Hasmayni. (2020). The Difference of Academic Procrastination between Students Who Are Active and Not Active in Organizations Student Activity Units in the Faculty of Psychology, University of Medan Area. *Britain International of Linguistics Arts and Education (BIO LAE) Journal*, 2(1), 411–421. <https://doi.org/10.33258/biolae.v2i1.212>
- Bagus Siaputra, I. (2012). Factor Analysis of Expectancy, Value, and Sensitivity to Delay. *Indonesian Psychological Journal*, 27(2), 85–92.
- Bashir, L., & Gupta, S. (2019). Measuring academic procrastination: Scale development and validation. *Elementary Education Online*, 18(2), 939–950. <https://doi.org/10.17051/ilkonline.2019.562076>
- Blunt, A. K., & Pychyl, T. A. (2000). Task aversiveness and procrastination: A multi-dimensional approach to task aversiveness across stages of personal projects. *Personality and Individual Differences*, 28(1), 153–167. [https://doi.org/10.1016/S0191-8869\(99\)00091-4](https://doi.org/10.1016/S0191-8869(99)00091-4)
- Cheng, S. L., & Xie, K. (2021). Why college students procrastinate in online courses: A self-regulated learning perspective. *Internet and Higher Education*, 50(April), 100807. <https://doi.org/10.1016/j.iheduc.2021.100807>
- Chotimah, C., & Nurmufida, L. (2020). Pengaruh Self Regulated Learning Dan Pola Asuh Orang Tua Terhadap Prokrastinasi Akademik Mahasiswa. *J-Mpi*, 5(1), 55–65. <https://doi.org/10.18860/jmpi.v5i1.7850>
- Eissa, M. A., & Khelifa, A. G. (2020). Modeling Self-Regulated Learning: The mediating role in the relationship between academic procrastination and problematic smartphone use among third year-middle school learning disabled students. *Electronic Journal of Research in Educational Psychology*, 18(52), 507–522. <https://doi.org/10.25115/EJREP.V18I52.2987>
- Faiz, A., & Kurniawaty, I. (2022). Urgensi Pendidikan Nilai di Era Globalisasi. *Jurnal Basicedu*, 6(3), 3222–3229. <https://doi.org/10.31004/basicedu.v6i3.2581>

- Fathizadan, A., & Tajari, T. (2021). Effectiveness of Teaching Self-Regulatory Learning Strategies on Academic Procrastination and Self-Compassion of Student Athletes Participating in Sport Olympiad. *Sport Psychology Studies*, *10*(37), 29–52.
- Ferrari, J. R., Jhonson, J. I., & McCown, W. G. (1995). Procrastination and task avoidance-theory, research and treatment. Springer US.
- Ghozali, I. (2018). Aplikasi Analisis Multivariate dengan Program IBM SPSS 25. Semarang: Badan Penerbit Universitas Diponegoro
- Ghufron, M. N., & Suminta, R. R. (2018). Teori-Teori Psikologi (Efikasi Diri). In *BRQ Business Research Quarterly* (Vol. 21, Issue 2, pp. 99–110). <https://doi.org/10.1016/j.brq.2018.02.001>
- Huang, J., & Golman, R. (2019). The Influence of Length of Delay and Task Aversiveness on Procrastination Behaviors. *International Journal of Psychological Studies*, *11*(4), 73. <https://doi.org/10.5539/ijps.v11n4p73>
- Husain, A. R., Wantu, T., & Pautina, M. R. P. (2023). Perilaku Prokrastinasi Akademik Pada Mahasiswa. ... *SULO: Jurnal Bimbingan Konseling FKIP Unsyiah*, *2*(April), 145–157. <http://www.jurnal.unsyiah.ac.id/suloh/article/view/12916>
- Inayah, N. H., Guswantiyari, S. I., & Fierputeri, V. (2023). Gambaran Perilaku Prokrastinasi Akademik pada Mahasiswa Organisatoris Rumpun Studi Saintek di Universitas Diponegoro. *Prosiding Konferensi Mahasiswa Psikologi Indonesia*, *4*, 112-122.
- Janir, D. (2012). Statistik deskriptif & regresi linier berganda dengan spss. In *Semarang University Press* (Issue April 2012).
- Koppenborg, M., & Klingsieck, K. B. (2022). Social factors of procrastination: group work can reduce procrastination among students. *Social Psychology of Education*, *25*(1), 249–274. <https://doi.org/10.1007/s11218-021-09682-3>
- Korespodensi, P., Studi Bimbingan dan Konseling, P., & Pendidikan dan Bahasa, F. (2022). *Motivasi Belajar Dan Prokrastinasi Akademik Siswa Smp Santo Fransiskus Ii Jakarta Maria Yuli Indrawati, Yoseph Pedhu* *. *20*(2), 151–164.
- Kurniawati, R., Pratikto, H., & Suhadianto. (2022). Task aversiveness dan prokrastinasi akademik pada mahasiswa. *INNER: Journal of Psychological Research*, *1*(4), 137–145.
- Lawrence A. Parwin. (2015). *Psikologi Kepribadian Teori dan Penelitian*.
- Laybourn, S., Frenzel, A. C., & Fenzl, T. (2019). Teacher Procrastination, Emotions, and Stress: A Qualitative Study. *Frontiers in Psychology*, *10*(October). <https://doi.org/10.3389/fpsyg.2019.02325>

- Ma, Y., Yang, X. M., Hong, L., & Tang, R. J. (2022). The Influence of Stress Perception on Academic Procrastination in Postgraduate Students: The Role of Self-Efficacy for Self-Regulated Learning and Self-Control. *International Journal of Digital Multimedia Broadcasting*, 2022. <https://doi.org/10.1155/2022/6722805>
- Maghfiroh, A., Sumiati, A., & Zulaihati, S. (2022). Pengaruh Self-Regulated Learning, Lingkungan Teman Sebaya, Dan Task Aversiveness Terhadap Prokrastinasi Akademik Pada Mahasiswa S1 Program Studi Kependidikan 2018 Fakultas Ekonomi Universitas Negeri Jakarta. *Indonesian Journal of Economy, Business, Entrepreneurship, and Finance*, 2(1), 65–75. <https://doi.org/10.53067/ijebe>
- Milgram, N., Marshevsky, S., & Sadeh, C. (1995). Correlates of academic procrastination: Discomfort, task aversiveness, and task capability. *Journal of Psychology: Interdisciplinary and Applied*, 129(2), 145–155. <https://doi.org/10.1080/00223980.1995.9914954>
- Muyana, S. (2018). Prokrastinasi akademik dikalangan mahasiswa program studi bimbingan dan konseling. *Counsellia: Jurnal Bimbingan Dan Konseling*, 8(1), 45. <https://doi.org/10.25273/counsellia.v8i1.1868>
- Okta, V., Monika, S., Wijaya, E., Tri, S., Sakti, M., & Tarumanagara, U. (2023). Hubungan Antara Self-Regulated Learning Dan Kecemasan Dengan Prokrastinasi Akademik Pada Mahasiswa Tingkat Akhir. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 2(1), 18–24. <https://journal-mandiracendikia.com/index.php/JIK-MC/article/view/251>
- Pradnyaswari, N. M., & Susilawati, L. K. P. A. (2019). Peran self control dan self regulated learning terhadap prokrastinasi akademik siswa Sekolah Menengah Atas (SMA). *Jurnal Psikologi Udayana*, 6(3), 32–43. <https://ojs.unud.ac.id/index.php/psikologi/article/view/52406>
- Pratitis, N. T., Suroso, S., Cahyanti, R. O., & Sa'idah, F. L. S. (2021). Self Regulated Learning dan Dukungan Sosial dengan Prokrastinasi Akademik pada Mahasiswa di Masa Pandemi. *KELUWIH: Jurnal Sosial Dan Humaniora*, 2(1), 1–7. <https://doi.org/10.24123/soshum.v2i1.3953>
- Putri, F. (2022). *Hubungan Task Aversiveness Dengan Prokrastinasi Akademik Pada Mahasiswa Psikologi Uin Ar-Raniry Banda Aceh*.
- Putri, N. I., & Edwina, T. N. (2020). Task Aversiveness Sebagai Prediktor Prokrastinasi Akademik Pada Mahasiswa. *Jurnal Studi Guru Dan Pembelajaran*, 3(1), 124–140. <https://doi.org/10.30605/jsgp.3.1.2020.242>
- Putri, P. M. (2018). Hubungan antara sikap terhadap beban tugas dengan stres akademik mahasiswa Fakultas Kedokteran. *Herb-Medicine Journal: Terbitan Berkala Ilmiah Herbal, Kedokteran dan Kesehatan*, 1(2).

- Qomariyah, N. (2016). Efikasi Diri, Ketidaknyamanan Terhadap Tugas, dan Konformitas Teman Sebaya Sebagai Prokrastinasi Akademik. *Publikasi Ilmiah*, 1–15.
- Rashaad, R. F., Dewi, A., Studi, P., Univeristas, K., & Yogyakarta, M. (n.d.). *The Correlation between Physical Activity with Body Mass index in Universitas Muhammadiyah Yogyakarta Student Hubungan Tingkat Aktivitas Fisik terhadap Indeks Masa Tubuh pada Mahasiswa Universitas Muhammadiyah Yogyakarta Pendahuluan ini berkembang sangat . 110.*
- Ribka, J., Soumilena, L., Widyorini, E., & Eryani, P. (2023). *Relationship between self-regulated learning and task aversiveness with academic procrastination in high school students in the affirmation program for secondary education. 4.*
- Rifa'i, H. R., & Syahrina, I. A. (2019). Hubungan Antara Self Regulated Learning Dan Self Compassion Dengan Prokrastinasi Akademik Pada Siswa Kelas Xi Di Man 2 Solok. *Jurnal PSYCHE 165 Fakultas Psikologi, 12(2)*, 134–143. <https://scholar.google.com/scholar?oi=bibs&cluster=11925338377921742764&btnI=1&hl=en>
- Robbi Fathoni, A., & Indrawati, E. (2022). Pengaruh Self-Regulated Learning dan Motivasi Berprestasi Terhadap Perilaku Prokrastinasi Akademik Siswa. *Jurnal Indonesia Sosial Sains, 3(7)*, 1018–1026. <https://doi.org/10.36418/jiss.v3i7.646>
- Sabaruddin, R. (2016). Pengaruh Kepercayaan Diri Terhadap Prokrastinasi Akademik Mahasiswa, (May), 31–48.
- Saifuddin, A. (2020). Penyusunan Skala Psikologi, Jakarta: Kencana
- Saman, A. (2017). 304747167. *Psikologi Pendidikan & Konseling, 3(2)*, 55–62. <http://ojs.unm.ac.id/index.php/JPPK%0AAnalisis>
- San, Y. L., Roslan, S. B., & Sabouripour, F. (2016). Relationship between self-regulated learning and academic procrastination. *American Journal of Applied Sciences, 13(4)*, 459–466. <https://doi.org/10.3844/ajassp.2016.459.466>
- Santika, W. S., & Sawitri, D. R. (2016). Self-Regulated Learning Dan Prokrastinasi Akademik Pada Siswa Kelas Xi Sma Negeri 2 Purwokerto. *Jurnal EMPATI, 5(1)*, 44–49. <https://doi.org/10.14710/empati.2016.14946>
- Santrock, J. W. (2016). *Adolescence (16th edition)*. New York, USA: McGraw-Hill Publishing Company.
- Schunk, D. H., & Zimmerman, B. J. (1998). *Self-regulated learning: From teaching to self-reflective practice*. New York, NY: The Guilford Press.
- Sehnert, K. W. (1981). *Mengendalikan stres dalam rumah tangga dan pekerjaan*. Bandung: Yayasan Kalam Hidup.

- Siaputra, I. B. (2010). Temporal Motivation Theory: Best Theory (yet) to Explain Procrastination. *Anima Indonesian Psychological Journal*, 25(3), 206–214.
- Sirois, F. M., & Giguère, B. (2018). Giving in when feeling less good: Procrastination, action control, and social temptations. *British Journal of Social Psychology*, 57(2), 404–427. <https://doi.org/10.1111/bjso.12243>
- Solomon, L. J., & Rothblum, E. D. (1984). Academic procrastination: Frequency and cognitive-behavioral correlates. *Journal of Counseling Psychology*, 31(4), 503–509. <https://doi.org/10.1037//0022-0167.31.4.503>
- Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin*, 133(1), 65–94. <https://doi.org/10.1037/0033-2909.133.1.65>
- Steel, P., Brothen, T., & Wambach, C. (2001). Procrastination and personality, performance, and mood. *Personality and Individual Differences*, 30(1), 95–106. [https://doi.org/10.1016/S0191-8869\(00\)00013-1](https://doi.org/10.1016/S0191-8869(00)00013-1)
- Stefanie, S., & Irawaty, E. (2019). Hubungan kualitas tidur dengan hasil belajar pada mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Tarumanagara Medical Journal*, 1(2), 403-409.
- Sugiyono. (2010). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Sugiyono. (2015). *Metode Penelitian Pendidikan*. Bandung: Alfabeta.
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: PT Alfabet.
- Sugiyono (2018). *Metode Penelitian Kuantitatif, Kualitatif R&D*. Alfabeta. Bandung
- Svardal, F., Dahl, T. I., Gamst-Klaussen, T., Koppenborg, M., & Klingsieck, K. B. (2020). How Study Environments Foster Academic Procrastination: Overview and Recommendations. *Frontiers in Psychology*, 11(November), 1–13. <https://doi.org/10.3389/fpsyg.2020.540910>
- Syahrial, M., Netrawati, N., Sukma, D., & Ardi, Z. (2022). Effect of Task Aversiveness and Student Academic Procrastination. *Jurnal Aplikasi IPTEK Indonesia*, 6(2), 75–82. <https://doi.org/10.24036/4.11692>
- Tata, J., Uns, A., Adila, H. N., Nurhaini, L., Ketidaknyamanan, P., Siswa, A., Smk, X., Akademik, P., Smk, S., & Surakarta, X. D. I. (2022). 1, 2, 3. 8(1), 82–94.
- van Houten-Schat, M. A., Berkhout, J. J., van Dijk, N., Endedijk, M. D., Jaarsma, A. D. C., & Diemers, A. D. (2018). Self-regulated learning in the clinical context: a systematic review. *Medical Education*, 52(10), 1008–1015.

<https://doi.org/10.1111/medu.13615>

- Wilson, B. A., & Nguyen, T. D. (2012). Belonging to Tomorrow: An Overview of Procrastination. *International Journal of Psychological Studies*, 4(1), 211–217. <https://doi.org/10.5539/ijps.v4n1p211>
- Yamada, M., Goda, Y., Matsuda, T., Saito, Y., Kato, H., & Miyagawa, H. (2016). How does self-regulated learning relate to active procrastination and other learning behaviors? *Journal of Computing in Higher Education*, 28(3), 326–343. <https://doi.org/10.1007/s12528-016-9118-9>
- Zhang, S., Liu, P., & Feng, T. (2019). To do it now or later: The cognitive mechanisms and neural substrates underlying procrastination. *Wiley Interdisciplinary Reviews: Cognitive Science*, 10(4), 1–20. <https://doi.org/10.1002/wcs.1492>
- Zimmerman, B. J. (1989). *Models of Self-Regulated Learning and Academic Achievement*. 1–25. https://doi.org/10.1007/978-1-4612-3618-4_1
- Zimmerman, B. J. (1990). Self-Regulated Learning and Academic Achievement: An Overview. *Educational Psychologist*, 25(1), 3–17. https://doi.org/10.1207/s15326985ep2501_2