

THE DANGERS OF PROCRASTINATION FOR LEARNERS

Nelani Khairun¹, Melandi Oktari², Nurmala Sari Tarigan³, Syakilla Erina Fitri⁴, Radiatul Hasanah⁵

¹Universitas Islam Negeri Sjech. M. Djamil Djambek Bukittinggi and nelanikhairun@gmail.com

²Universitas Islam Negeri Sjech. M. Djamil Djambek Bukittinggi and melandioktari@gmail.com

³Universitas Islam Negeri Sjech. M. Djamil Djambek Bukittinggi and melandioktari@gmail.com

⁴Universitas Islam Negeri Sjech. M. Djamil Djambek Bukittinggi and melandioktari@gmail.com

⁵Universitas Islam Negeri Sjech. M. Djamil Djambek Bukittinggi and nelanikhairun@gmail.com

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Abstract

Procrastination behavior in doing assignments or what is currently known in the world of education as academic procrastination, is a behavior that is very often done by some students. This procrastination itself has various impacts and can cause harm to students related to their academic life. This research will not only discuss the impact of procrastination but will also reveal what are the dangers of procrastination for students using the literature study research method. The results of this study show that procrastination can harm students from a physical, psychological, or emotional perspective. If procrastination is continuously carried out by students, there will be physical disorders in the form of health problems, psychological disorders in the form of high stress, and emotional disorders in the form of high anxiety.

Keywords: Procrastination, Learners, Academic

1. Introduction

Individuals who are studying at a certain level of education, be it formal education or non-formal education, are usually called students. According to Indonesian Law No.20 of 2003 concerning the National Education System, learners are members of society who seek to develop their potential through the learning process available at certain paths, levels, and types of education. The task of students is to study or learn and complete their responsibilities as they should. Demanding knowledge is important and has been mentioned in the Qur'an:

Meaning: "Allah will elevate those who believe among you and those who are given knowledge several degrees" (QS. Al-Mujadalah: 11).

From the explanation of the verse above, it can be concluded that by studying, one's degree can be elevated by Allah SWT. That's how important science is in Islam. In studying, students are faced with various kinds of tasks given by the teacher to improve students' understanding of learning and improve students academic achievement. However, it is not uncommon for students to be negligent in doing the assigned tasks and choose to postpone them. procrastination in doing tasks. Procrastination behavior is called procrastination behavior. Procrastination or better known as procrastination behavior can be experienced by anyone. This is a trivial thing but can have bad consequences if we instill it in ourselves (Wirajaya, 2020). Burka and Yuen state that procrastination occurs in all individuals regardless of age, gender, or status as a worker or student. Procrastination does not only occur in the world of work but also occurs a lot among students. In education, procrastination is also known as academic procrastination. Burka and Yuen estimate that 90% of students procrastinate, 25% are chronic procrastinators and they generally do not continue in college. (Ma et al., 2022)

Learners who cannot manage their time well will have difficulty in doing all the things that have become their responsibility. As a result, a lot of work that he should do is delayed, be it in terms of learning, or doing assignments. So, what is meant by academic procrastination is delaying work in the academic field. It is also explained that the word procrastinate is a word formed from two roots starting with a pro which means moving forward and ending with castings which means tomorrow's decision. It can be interpreted that procrastination is postponing or delaying until the next day. (Verešová, 2013)

Academic procrastination occurs due to irrational beliefs held by learners which are triggered by the learners' mistakes in perceiving their academic tasks. Every learner perceives that the task is something heavy and unpleasant so there are aversives of the task and fear of failure. Aversive of the task and fear of failure is an excessive fear of facing failure, learners delay doing tasks for fear of failing to complete them so that a negative assessment of their abilities arises. If students continue to be trapped in this procrastination behavior, it will endanger students. (Wicaksono, 2017)

Based on research conducted by Restu Pangrsa Ramadhan and Hendri Winata in 2016 with the title, procrastination can reduce student achievement as evidenced by the calculation of the simple regression coefficient, the results show that academic procrastination both partially and simultaneously has a significant effect on student achievement.

Based on Kristina Julia Ernita's research in 2021, procrastination can cause academic stress, this study proves that there is a positive and significant relationship between academic stress and academic procrastination. The higher the level of academic stress, the higher the level of academic procrastination.

Based on the research of Chusnul Khotimah, et al in 2023, the results of classical guidance services were found to be influential in providing understanding to students about the impact of academic procrastination that they did. BK teachers who have provided services in the form of classical guidance to students have concluded that students who procrastinate experience negative impacts felt by themselves in the form of the emergence of regret in individuals and are accustomed to delaying doing tasks.

From the above phenomenon, the author is interested in researching the dangers of procrastination for students. What are the dangers arising from procrastination committed by students?

2. Method

The method used in this research is library research (literature study). M. Nazir in his book entitled "Research Methods", suggests that literature study is a data collection technique by conducting a study of books, literature, notes, and reports that have to do with the problem being solved (Nazir, 2003). Therefore, the data sources in this research are articles, books, and journals found on Google Scholar and libraries that study domestic violence. The data collection technique in this research is the documentation technique, namely by looking for data on things or variables related to the object of research in the form of books, articles, journals, and so on (Suharsimi, 2010). The data analysis used in this research is content analysis. Content analysis is a research technique for formulating conclusions by systematically and objectively identifying

specific characteristics of a text. In the tradition of communication research, this analysis is carried out through the process of identifying and examining the messages contained in a text (Muhtadi, 2003)

3. Results and Discussion

Procrastination is the behavior of stalling when it comes to doing a certain activity. Procrastination comes from the Latin Procrastinare. Procrastinate is formed from two words, namely the prefix pro which means forward or moving forward, and the suffix cautious which means tomorrow's decision. So, the word procrastination means delaying or postponing until the next day (Zakir, 2021). In the Oxford English Reference Dictionary, procrastination means delaying action especially when there is no clear reason. Steel suggests that procrastination is an act of voluntarily delaying activities that should be done without considering the worse consequences when doing the delay (Steel, 2007). Procrastination can be seen from the aspects of students doing the following things:

- a. Delaying to start or finish the task.

People who procrastinate tend to delay starting or completing tasks such as coursework even though they realize that the task is approaching the submission time and will feel regret later because they have to catch the deadline in a hurry so they do not work optimally.

- b. Late in doing assignments

People who experience delays in doing and completing academic tasks and take longer to do and complete tasks are caused by habits that often delay their time to do other things outside of the task, such as watching television, playing social media, and so on, then the person is indicated to be procrastinating.

- c. The time gap between planning and actual work

A person who procrastinates has problems adjusting to the plans that have been previously set either a schedule provided by an institution or a schedule made by himself. When he plans something to do at a certain time and when that time comes he doesn't do anything according to his plan

- d. Tend to do other work that is more enjoyable

A person who procrastinates often uses the time that should be used to do something more enjoyable than used to do a particular task (Ferrari, Joseph R., Johnson, 1995).

Some factors influence the occurrence of academic procrastination, including (Fauziah, 2016, Triyono & Khairi, 2018):

- a. Internal factors

Internal factors are factors that originate from within an individual that influence the individual to delay doing assignments so that the individual experiences academic procrastination. These internal factors include physical and psychological conditions.

- 1) Physical condition

This physical condition can be in the form of fatigue or the individual is unhealthy. An individual who is tired or unhealthy usually tends to feel lazy to do his duties and often makes this physical condition an excuse to delay doing assignments or procrastinate.

2) Psychological conditions

Psychological conditions are related to behavioral and personality tendencies possessed by individuals or students which cause procrastination behavior. This psychological condition includes self-regulation, learning motivation, perfectionism, internal locus of control, assertiveness, and a sense of community.

b. External factors

External factors are factors that exist outside the individual that affect academic procrastination. External factors consist of:

1) Internet addiction

Students often postpone doing their coursework because they find activities that are more enjoyable than doing their assignments. These activities are usually related to the internet, such as checking social media repeatedly without stopping, watching movies or other interesting videos, replying to messages from friends, listening to music, online games, and so on.

2) Play a lot of games

Some students are indicated to be addicted to online games and find it difficult to give up gaming activities so they often neglect activities they should be doing, for example doing college assignments.

3) Parental support

Support from parents can be in the form of direction, guidance, or motivation that can help students optimize themselves to achieve achievement, but when students do not get support from parents. So, students are more likely to be unoptimistic and unskilled to meet their psychological needs so they often delay doing and completing college assignments or always carry out academic procrastination behavior.

4) Social Influence

Some students have a high influence so they will behave based on the behavior that exists in their social environment. For example, when students have a circle of friends who often delay doing assignments, they will tend to do the same behavior.

5) Too many tasks

Too much coursework can be one of the external factors for students to commit academic procrastination. When students get a lot of assignments, they will feel pressured and confused to do it so they look for other activities that are more fun.

Procrastination causes negative emotions for students, such as anxiety and stress. Anxiety is fear or worry in certain situations that are very threatening which can cause anxiety due to uncertainty in the future and fear that something bad will happen. Anxiety that can potentially be felt by students in an academic environment is called academic anxiety. Anxiety that can potentially be felt by students in an academic environment is called academic anxiety. Stress is a condition with physical and psychological disorders that occur in pressure situations when unable to fulfill desires or face certain situations. Stress is caused by stressors or factors that trigger stress reactions. Academic stressors are stressors that stem from the learning process such as pressure to

advance, length of study, cheating, multiple assignments, low achievement, decisions, and others. Negative emotions due to academic procrastination in the form of anxiety and stress if not managed or regulated properly, the impact on students will be greater which then causes the focus on completing academic tasks to be disrupted (Mercado-vinces et al., 2021, Indriyati et al., 2023).

Other impacts of academic procrastination behavior are as follows (Indriyati et al., 2023):

a. Low Academic Performance.

Low academic performance is the result of negative thoughts contained within the individual, causing negative consequences for their academic behavior.

b. High Stress

Stress is a pressure that arises in an individual's mind. Academic procrastinators tend to experience stress due to neglected tasks even though the task deadline is getting closer. This results in a stressor for individuals who commit academic procrastination.

c. Causes Disease

Procrastination in any work will have consequences in the end. Individuals must exert their mental and physical abilities to meet the target task deadline, which may result in physical exhaustion or illness.

d. High Anxiety

Academic procrastinators are aware of the consequences they have to accept. This always looms over the procrastinator's mind, causing high anxiety.

This academic procrastination can also be caused by the students themselves because students are less able to perform self-regulation. The higher the self-regulation, the lower the procrastination in completing tasks, and vice versa, the lower the self-regulation, the higher the procrastination in completing tasks.

According to Bandura, self-regulation is the ability to control one's behavior and one of the main drivers of human personality. Bandura says that the self-regulation system bridges external influences with the abilities or capital that a person has, as a basis for taking purposeful action that allows him to have individual control over his thoughts, feelings, motivations, and behavior. Self-regulation is an internal control mechanism that governs behavior, and the consequences borne by individuals as a result of their behavior. Self-regulation refers to the ability of individuals to change their behaviors. It is a process by which individuals attempt to limit unwanted things to control unwanted behaviors (Ramadhan & Winata, 2016).

The way that a student can reduce academic procrastination is by regulating himself. It is explained above that regulation means change, especially changes in behavior so that it is by the predetermined goals, namely to overcome the academic procrastination that is being experienced. Characterizes people who have good self-regulation into three aspects, namely:

a. Metacognition

Metacognition is the ability of students to plan, organize, monitor, and evaluate themselves in the learning process.

b. Motivation

Motivation is related to students' ability to push themselves and concentrate on goals and be able to manage emotions and affections so that students can adapt to the demands of the task.

c. Behavior

This aspect relates to the student's ability to manage time, organize the physical environment, and utilize other people to help the learning process.

From the explanation above, it can be seen that procrastination can harm students in terms of physical, psychological, or emotional aspects. If procrastination is continuously carried out by students, there will be physical disorders in the form of health problems, psychological disorders in the form of high stress, and emotional disorders in the form of high anxiety.

4. Conclusion

Procrastination is the behavior of stalling when it comes to doing a certain activity. It can also be said that procrastination delays an existing task, be it a task in the academic field or the field of work. When procrastination is carried out continuously, it will cause negative emotions for students, such as anxiety and stress. Another impact that can be caused by this procrastination is that students or a person can display low academics, this is obtained from negative thoughts contained in the individual so that it has negative consequences for their academic behavior. How overcome this academic procrastination can be done with self-regulation, this self-regulation is to make changes to yourself, especially in attitudes and behaviors so that you can achieve the desired goals

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