

ACADEMIC PROCRASTINATION IN LEARNING AT MAN 3 AGAM STUDENTS

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Abstract

This research is motivated by the existence of problems with MAN 3 Agam students, namely that there are students who delay doing assignments, it is evident that many students complain about doing assignments because of the difficulty of assignments given by the teacher, students choose not to do or postpone assignments because students are afraid of failing in doing the assignment, besides that students also spend a lot of time in making assignments given by the teacher, students think assignments can be done at any time. Task delays can hinder or even frustrate the achievement of goals in learning, regardless of whether the delay has a reason or not, delays in dealing with assignments are called procrastination. Academic procrastination is failure to do assignments within the desired timeframe or delaying doing assignments until the last minute. The method used in this research is descriptive qualitative research. The results of this study are the behavior that causes academic procrastination in the learning of MAN 3 Agam students, namely: 1) There is a delay in starting or completing the task at hand. 2) Delay in doing assignments where the student takes longer than others. 3) The time gap between the plan and the actual performance where the student has difficulty doing something within a specified time limit. 4) do other fun activities instead of doing the tasks that must be done.

Keywords: Academic Procrastination

1. Introduction

Education is an activity that lasts throughout human life. Education is a planned conscious time to create a learning atmosphere and learning process so that students actively develop their potential, personality, intelligence, noble character, and skills needed by themselves. Education itself cannot be separated from the term learning because learning is part of education. In addition, the learning process is a basic or main activity in the world of education. Humans will never stop learning because every human step in life will be faced with problems that require solutions and require humans to learn to deal with them.

Learning is a change from not knowing to knowing from not being able to become able. Learning activities are an educational process at school. This means that the success or failure of achieving educational goals depends a lot on how the learning process is experienced by students as students. Children are individuals who are experiencing growth and development. In achieving learning goals, students must avoid procrastination in doing tasks. The behavior of delaying academic tasks is called academic procrastination. Procrastination is the tendency to postpone or avoid responsibilities, decisions, or tasks that need to be done. Someone who tends to delay or not start work, when facing a job and task is called someone who procrastinates. It does not matter whether the delay has a reason or not. Any delay in dealing with a task is called procrastination.

Academic procrastination is the failure to do a task in the desired time frame or delaying doing a task until the last moment. Academic procrastination is a type of procrastination that is

done on formal types of tasks related to academic tasks. Student failure in procrastination is caused by two categories of factors according to M. Nur Gufron, namely:

- a. Internal factors are factors contained within the individual that affect procrastination. These factors include the physical condition of the individual and the psychological condition of the individual.
- b. External factors are factors that exist outside the individual that affect procrastination. These factors are in the form of parenting styles and a conducive environment, namely a lenient environment.

So it can be concluded that academic procrastination can be influenced by internal factors, namely factors within the individual and external factors in the form of factors outside the individual. This factor can lead to procrastination behavior or become a conducive factor that will become a catalyst so that a person's procrastination behavior increases with the influence of these factors.

Based on the results of observations at MAN 3 Agam, researchers found several phenomena that occurred there. The phenomenon is that many students procrastinate in doing their assignments, this is evident in students who complain a lot about doing assignments because of the difficulty of the assignments given by the teacher, students prefer not to do their assignments or postpone their assignments because these students are afraid of failing the assignment. In addition, researchers also saw during observations that many students ignored their assignments because they were busy playing and talking with their peers. Students also stall a lot in making assignments given by the teacher, students think that assignments can be done at any time. In addition, during the afternoon class hours, many students sleep in class and do not want to pay attention to the teacher in explaining the lesson as a result students do not understand the material and do not understand the assignments given which makes students delay the assignments given by the teacher. The physical condition of students can also cause academic procrastination such as unhealthy student conditions and fatigue because students go to school until the afternoon, this causes students factors to delay doing their assignments.

Based on the background and problems above, the researcher intends to conduct a study entitled "Academic Procrastination in Learning MAN 3 Agam Students"

2. Method

The method used in this research is descriptive qualitative research, the research location of the author is MAN 3 Agam Kubang Putiah, and the informants in this study are divided into two, namely key informants, 10 students of class XI IPK at MAN 3 Agam and supporting informants are 3 teachers at MAN 3 Agam. In this case, to obtain accurate data about the situation in the field, the authors used data collection techniques, namely observation and interviews. The analysis technique used in this research is qualitative data analysis techniques, To test the validity of the data, the authors use data triangulation techniques, namely data checking techniques from various sources in various ways and at various times.

3. Results and Discussion

Results

In this study, researchers interviewed ten students who often commit academic procrastination. Interviews were conducted with students who often procrastinate.

Interview with RAN

The first interview was conducted with RAN students, RAN is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview, RAN explained that he often procrastinated starting work on assignments because RAN often did not understand the learning material, if RAN's assignments were very many RAN would do the assignments which would be collected first and other assignments would be completed later. When the teacher tells RAN to read the material at home for the next meeting RAN often does not read because RAN when he gets home immediately helps his parents with gardening, as well as when the teacher tells RAN to summarize the learning material RAN sometimes makes noise in class and chats with friends rather than summarizing the learning material. RAN also often applies the overnight speeding system because RAN's daily life helps his parents after school and the time to do assignments is often delayed.

Interview with AR

The first interview was conducted with AR students, AR is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview AR said that he sometimes delays starting work on assignments because AR often does not understand and forgets tasks, if AR's assignments are very many AR will work on assignments which will be collected first and other assignments will be completed later if it is H-1 task collection. When the teacher tells AR to read the material at home for the next meeting AR often does not read because AR when she gets home immediately helps her parents clean up the house because both AR's parents work, as well as when the teacher tells AR to summarize the learning material AR does not do it because AR is lazy and tired of summarizing learning material. AR also often applies the overnight speeding system because AR's daily life helps their parents clean the house.

Interview with SNA

The first interview was conducted with SNA, SNA is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview SNA said that she often delays starting work on assignments because SNA often does not understand and is lazy to do assignments, if SNA's assignments are very many SNA sometimes tells her friends to do her assignments and later friends will be rewarded. When the teacher told SNA to read the material at home for the next meeting SNA never read. SNA when she got home immediately helped her parents with gardening because SNA has a garden with her parents and both parents are teachers, so when SNA's parents have activities at school then SNA works in the garden herself After SNA came home from the garden SNA sometimes went out to play and sometimes slept at home because she was tired and SNA's assignments were not done, as well as when the teacher told SNA to summarize the learning material SNA did not do it because SNA was tired of summarizing the learning material and sometimes SNA slept in class. SNA never applies the overnight speeding system because her friend's assignments make it and sometimes during other learning hours SNA does other assignments too.

Interview with LMC

The first interview was conducted with LMC students, LMC is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview LMC explained that he immediately did the assignment sometimes there were times LMC delayed

making assignments because he was tired, if LMC's assignment was very much LMC sometimes looked at his friend's assignment and copied his friend's assignment. When the teacher told LMC to read the material at home for the next meeting LMC did not read because LMC when he got home immediately helped his parents and played cellphone, as well as when the teacher told LMC to summarize the learning material LMC chatted first with his friend and then did it. LMC sometimes also often applies the overnight speeding system if LMC's assignments are too many.

Interview with KA

The first interview was conducted with KA, KA is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview, KA explained that he often delays starting work on assignments because KA lives in a dormitory so KA prioritizes dormitory assignments, if KA's assignments are very many KA will stay up late to do his assignments. When the teacher told KA to read the material at home for the next meeting KA often did not read. KA memorized the memorization for daily deposit in the dormitory, as well as when the teacher told KA to summarize the learning material KA did not do it because KA had daily activities in the dormitory, and after daily activities, KA was tired and sleepy.

Interview with FA

The first interview was conducted with FA students, FA is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview FA explained that he often delays starting work on assignments because FH often does not understand and precedes helping his parents, if FH's assignment is very much FH will do his assignment even though FH has to stay up late. When the teacher told FH to read the material at home for the next meeting FH often did not read. FH was busy helping his parents at home, as well as when the teacher told FH to summarize the learning material FH did not do it because sometimes he was lazy. FH also often applies the overnight speeding system because FH's daily life helps his parents.

Interview with RJ

The first interview was conducted with RJ students, RJ is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the RJ interview, RJ explained that he often delays starting work on assignments because RJ is often disturbed by friends and prefers to play on cellphones rather than do assignments, if RJ's assignments are very many RJ will work on assignments will be collected first and other assignments will be completed later if it is H-1 task collection. When the teacher told RJ to read the material at home for the next meeting RJ often did not read. He forgot. After all, RJ was busy playing cellphones, as well as when the teacher told RJ to summarize the learning material RJ did not do it. After all, RJ was lazy and tired of summarizing the learning material. RJ also often applies the overnight speeding system because Arsiuk's daily life is playing on cell phones and playing outside the house.

Interview with SWR

The first interview was conducted with SWR students, SWR is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview SWR explained that she often delays starting work on assignments because SWR often does not understand and is lazy, if SWR's assignments are very many SWR will work on assignments which will be collected first and other assignments will be completed later if it is H-1 task collection. When the teacher tells SWR to read the material at home for the next meeting SWR often does not read. SWR when she gets home immediately helps her parents clean the house. After all, both SWR parents work, as well as when the teacher tells SWR to summarize the learning material SWR does not do it because SWR is lazy and tired of summarizing learning

material. SWR also often applies the overnight speeding system because SWR's daily life helps parents clean the house.

Interview with HA

The first interview was conducted with HA students, HA is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview HA explained that he sometimes delays starting work on assignments because HA often does not understand and forgets the assignment, if HA's assignment is very large HA will do the assignment which will be collected first and other assignments will be completed later if it is D-1 task collection. When the teacher told HA to read the material at home for the next meeting HA often did not read because HA when he arrived home immediately helped his parents clean the house because both HA's parents worked, as well as when the teacher told HA to summarize the learning material HA did not do it because HA was lazy and tired of summarizing the learning material. HA also often applies the overnight speeding system because HA's daily life helps parents clean the house.

Interview AWF

The first interview was conducted with AWF students, AWF is one of the XI grade IPK MAN 3 Agam students who often procrastinate. Based on the results of the interview AWF explained that he sometimes delays starting work on assignments because AWF often does not understand and forgets the assignment, if AWF's assignment is very much AWF will do the assignment which will be collected first and other assignments will be completed later if it is H-1 task collection. When the teacher tells AWF to read the material at home for the next meeting AWF often does not read. AWF when he gets home immediately helps his parents clean the house because both AWF's parents work, as well as when the teacher tells AWF to summarize the learning material AWF does not do it because AWF is lazy and tired of summarizing learning material. AWF also often applies the overnight speeding system because AWF's daily life helps parents clean the house.

Discussion

Academic procrastination is the behavior of procrastinating the work of formal academic-related tasks at a predetermined time that is done consciously by the individual. Academic procrastination is a type of procrastination carried out on formal types of tasks related to academic tasks, for example, school assignments or coursework.

According to Yong, academic procrastination is an irrational tendency to delay or start or complete academic tasks. Academic procrastination occurs because of the irrational beliefs that a person has. These irrational beliefs can be caused by an error in perceiving school tasks. Therefore, a person feels unable to complete the task adequately and thus delays completing the task adequately.

According to Watson, procrastination is related to fear of failure, dislike of the assigned task, resistance, resistance to control, and also has the nature of dependence and difficulty in making decisions. Meanwhile, according to Silver, someone who procrastinates does not intend to avoid or be ignorant of the task at hand. However, they just procrastinate doing it so that it takes up the time needed to complete the task. The delay causes him to fail to complete his task on time. Ferrari et al. (in M. N. Ghufroon, and Risnawati) said that as a procrastination behavior, academic procrastination can be manifested in certain indicators that can be measured and observed in certain characteristics. The following is a description.

1. Delays in starting and completing tasks

Delays in starting and completing the task at hand. A person who procrastinates knows that the task at hand must be completed immediately. However, he procrastinates to start working on it or delays finishing it if he has started working on it before.

2. Delay in doing the task

People who procrastinate take longer than the time needed in general to do a task. A procrastinator spends the time he has to prepare himself excessively. In addition, they also do things that are not needed in completing a task, without taking into account the limited time they have. Sometimes these actions result in a person not being able to complete the task adequately. Inaction in the sense of the slowness of one's work in doing a task can be a major characteristic of academic procrastination.

3. The time gap between the plan and the actual performance

A procrastinator has difficulty doing something according to a predetermined time limit. A procrastinator often experiences delays in meeting deadlines that have been set, either by others or plans that he has set himself. A person may have planned to start working on a task at a time that he has set himself. However, when the time comes he/she does not do it according to what has been planned, causing delays or failure to complete the task adequately.

4. Doing more enjoyable activities

Doing other activities that are more enjoyable than doing the tasks that must be done. A procrastinator deliberately does not do the task immediately. However, using the time he has to do other activities that are considered more fun and bring entertainment, such as reading (newspapers, magazines, or other storybooks), watching, chatting, walking, listening to music, and so on so that it takes up the time he has to do the tasks he must complete.

According to the author's conclusion, the results of the expert opinion above can be obtained that MAN 3 Agam students in class XI IPK are indicated to experience academic procrastination based on the characteristics of the experts above and based on the results of interviews with the subject teachers and homeroom teachers and interviews with these students. This is reinforced by existing characteristics such as delays in starting and completing tasks, delays in doing tasks, time gaps between plans and actual performance, and doing more enjoyable activities, such as the results of the author's analysis based on the theoretical review and the results of interviews obtained from subject teachers and homeroom teachers and interviews with students.

4. Conclusion

Based on the results of the research that the author has previously described, it can be concluded that the cause of academic procrastination in learning MAN 3 Agam Kubang Putiah students. This is evidenced by several roles that have been carried out by students, namely:

- a. The existence of delays in starting or completing work on the task at hand is where a person knows that his task must be completed immediately and is useful for him, but he delays starting to work on it or delays finishing.
- b. Inaction in doing tasks is a person who delays doing tasks spends his time preparing excessively, or does things that are not needed in completing a task, without taking into account the limited time he has.
- c. The time gap between plan and actual performance is A procrastinator often experiences delays in meeting deadlines that have been set, both by others and plans that he has set

himself, someone may have planned to start working on a task at a predetermined time, but when the time comes he does not also do it according to what was planned.

- d. Doing other activities that are more enjoyable than doing the tasks that must be done is someone who procrastinates deliberately does not immediately do his job, but uses the time he has to do other activities that are seen as more fun and bring entertainment.

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