

**SKRIPSI**

**HUBUNGAN *SELF-REGULATION* DENGAN PROKRASTINASI  
AKADEMIK PADA MAHASISWA FAKULTAS KEPERAWATAN  
UNIVERSITAS ANDALAS**

**Penelitian Keperawatan Jiwa**



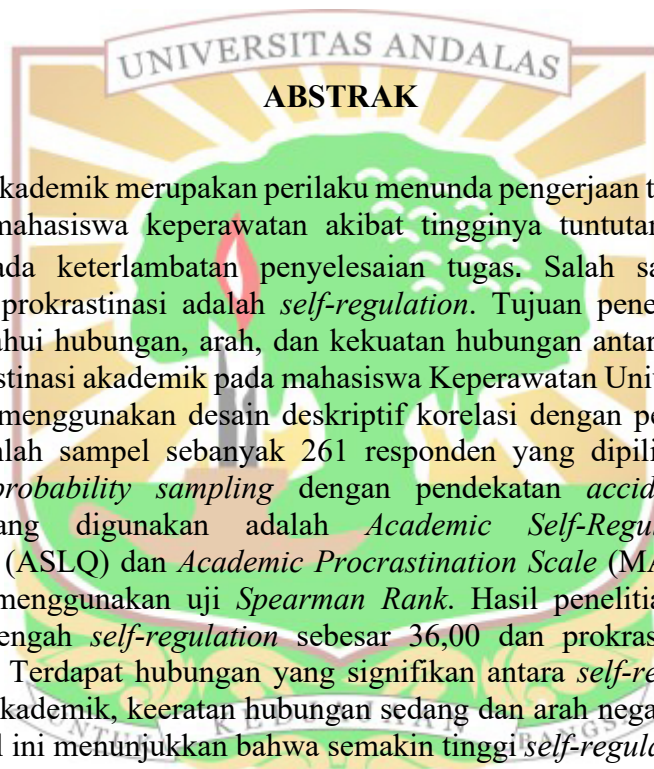
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Hubungan *Self-Regulation* dengan Prokrastinasi Akademik pada Mahasiswa  
Keperawatan Universitas Andalas



Prokrastinasi akademik merupakan perilaku menunda pengerjaan tugas yang umum terjadi pada mahasiswa keperawatan akibat tingginya tuntutan akademik dan berdampak pada keterlambatan penyelesaian tugas. Salah satu faktor yang memengaruhi prokrastinasi adalah *self-regulation*. Tujuan penelitian ini adalah untuk mengetahui hubungan, arah, dan kekuatan hubungan antara *self-regulation* dengan prokrastinasi akademik pada mahasiswa Keperawatan Universitas Andalas. Penelitian ini menggunakan desain deskriptif korelasi dengan pendekatan *cross-sectional*. Jumlah sampel sebanyak 261 responden yang dipilih menggunakan teknik non *probability sampling* dengan pendekatan *accidental sampling*. Instrumen yang digunakan adalah *Academic Self-Regulated Learning Questionnaire* (ASLQ) dan *Academic Procrastination Scale* (MAPS-15), dengan analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa nilai tengah *self-regulation* sebesar 36,00 dan prokrastinasi akademik sebesar 41,00. Terdapat hubungan yang signifikan antara *self-regulation* dengan prokrastinasi akademik, keeratan hubungan sedang dan arah negatif ( $r = -0,450$ ;  $p = 0,000$ ). Hasil ini menunjukkan bahwa semakin tinggi *self-regulation* mahasiswa, maka semakin rendah tingkat prokrastinasi akademiknya. Disarankan agar mahasiswa meningkatkan kemampuan *self-regulation* melalui kegiatan refleksi belajar secara rutin untuk mengevaluasi pencapaian dan hambatan belajar, serta melakukan peninjauan target belajar secara berkala.

Kata kunci : Mahasiswa, Prokrastinasi Akademik, *Self-Regulation*  
Daftar Pustaka : 57 (1986-2025)

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*The Relationship between Self-Regulation and Academic Procrastination among  
Nursing Students at Universitas Andalas*



ABSTRACT

*Academic procrastination is the behavior of delaying the completion of tasks that commonly occurs among nursing students due to high academic demands and results in delays in task completion. One of the factors influencing procrastination is self-regulation. This study aimed to determine the relationship, direction, and strength of the association between self-regulation and academic procrastination among Nursing students at Universitas Andalas. This research employed a descriptive correlational design with a cross-sectional approach. A total of 261 respondents were selected using a non-probability sampling technique with an accidental sampling approach. The instruments used were the Academic Self-Regulated Learning Questionnaire (ASLQ) and the Academic Procrastination Scale (MAPS-15). Data were analyzed using the Spearman Rank test. The results showed that the median score of self-regulation was 36.00 and academic procrastination was 41.00. There was a significant relationship between self-regulation and academic procrastination, with a moderate strength and negative direction ( $r = -0.450$ ;  $p = 0.000$ ). These findings indicate that higher levels of self-regulation are associated with lower levels of academic procrastination among students. It is recommended that students utilize available academic facilities and develop independent learning strategies, such as time management, task planning, and distraction control, to enhance self-regulation in the learning process.*

*Keywords : Academic Procrastination, Self-Regulation, Students*

*References : 57 (1986-2025)*