

ABSTRAK

Nadia, Verena Cindy. 2024. Hubungan Antara Adversity Quotient dan Prokrastinasi Akademik pada Mahasiswa yang sedang Mengerjakan Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *adversity quotient* dengan prokrastinasi akademik, pada mahasiswa yang sedang mengerjakan skripsi. Hipotesis penelitian ini adalah terdapat hubungan negatif antara *adversity quotient* dan prokrastinasi akademik pada mahasiswa yang sedang mengerjakan skripsi. Partisipan dalam penelitian ini ialah 430 mahasiswa yang sedang mengerjakan skripsi. Penelitian ini merupakan penelitian kuantitatif yang menggunakan teknik pengambilan sampel *non-probability* sampling. Instrumen yang digunakan dalam penelitian ini ialah dua skala yang disusun oleh peneliti, yakni skala prokrastinasi akademik yang mengacu pada teori Ferrari et al (seperti dikutip dalam Ghufroon & Suminta, 2010) dan skala *adversity quotient* yang mengacu pada Stoltz (2005). Hasil uji coba skala menunjukkan reliabilitas *alpha cronbach* pada skala prokrastinasi akademik sebesar 0,919 dan reliabilitas *alpha* berstrata pada skala *adversity quotient* sebesar 0,963. Teknik analisis data yang digunakan dalam penelitian ini ialah teknik *Spearman's rho* karena data tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *adversity quotient* dan prokrastinasi akademik pada mahasiswa yang mengerjakan skripsi ($r = -0,635$, $p = 0,000$).

Kata kunci: *adversity quotient*, prokrastinasi akademik, mahasiswa yang sedang mengerjakan skripsi

ABSTRACT

Nadia, Verena Cindy. 2024. The Relationship Between Adversity Quotient and Academic Procrastination in Students Who Are Working on Undergraduate Thesis. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This research aims to determine the relations between the adversity quotient and academic procrastination in students who are working on their undergraduate thesis (skripsi). The hypothesis of this research is that there is a negative relationship between the adversity quotient and academic procrastination in students who are working on their thesis. Participants in this research were 430 students who were working on their undergraduate thesis. This research is quantitative research that utilizes non-probability sampling techniques. The instruments used in this research are two scales compiled by researchers, namely the academic procrastination scale which refers to the theory of Ferrari et al (as quoted in Ghufron & Suminta, 2010) and the adversity quotient scale which refers to Stoltz (2005). The results of the scale tests showed that the alpha reliability coefficient of the academic procrastination scale was 0.919 and the stratified alpha reliability coefficient of adversity quotient scale was 0.963. The data analysis technique used in this research is Spearman's rho technique because the data is not normally distributed. The research results show that there is a significant negative relationship between the adversity quotient and academic procrastination in students working on their thesis ($r = -0.635$, $p = 0.000$).

Keywords: *adversity quotient, academic procrastination, students working on their undergraduate thesis*