

## HUBUNGAN ANTARA PROKRASTINASI AKADEMIK DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA YANG SEDANG MENGERJAKAN SKRIPSI

### ABSTRAK

Mayor, Edelweys Nathasya. 2025. Hubungan antara prokrastinasi akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi. *Skripsi*. Yogyakarta: Psikologi; Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara prokrastinasi akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi. Responden penelitian ini sebanyak 336 mahasiswa yang sedang mengerjakan skripsi di Yogyakarta. Hipotesis yang diajukan yaitu ada hubungan negatif antara prokrastinasi akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi di Yogyakarta. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian korelasional. Pengambilan sampel menggunakan *non-probability* dengan teknik *convenience*. Alat pengumpulan data yang digunakan yaitu Skala Prokrastinasi Akademik yang disusun oleh penulis dan *Psychological Well-Being Scale* yang telah diadaptasi oleh Penulis dan teman peneliti lainnya serta sudah memperoleh izin dari pemilik skala Carol Ryff. Uji coba skala menghasilkan koefisien reliabilitas pada skala Prokrastinasi Akademik sebesar 0.95 dan skala *Psychological Well-Being* sebesar 0.93. Data penelitian dianalisis menggunakan teknik korelasi *Spearman's Rho* karena data penelitian berdistribusi tidak normal. Hasil uji korelasi menunjukkan terdapat hubungan negatif antara prokrastinasi akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi di Yogyakarta, dengan taraf signifikansi ( $p$ ) 0.000 ( $p < 0.05$ ) dan koefisien korelasi sebesar -0.635. Artinya, semakin rendah prokrastinasi akademik maka semakin tinggi *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi di Yogyakarta.

**Kata Kunci:** prokrastinasi akademik, *psychological well-being*, mahasiswa yang sedang mengerjakan skripsi di Yogyakarta

## THE RELATIONSHIP BETWEEN ACADEMIC PROCRASTINATION AND PSYCHOLOGICAL WELL-BEING IN STUDENTS WORKING ON THESES

### ABSTRACT

Mayor, Edelweys Nathasya. 2025. The relationship between academic procrastination and psychological well-being in students working on theses. *Thesis*. Yogyakarta: Psikologi; Fakultas Psikologi, Universitas Sanata Dharma.

*This research aims to determine the relationship between academic procrastination and psychological well-being for students who are working on their thesis. The respondents for this research were 336 students who were working on their thesis in Yogyakarta. The hypothesis proposed is that there is a negative relationship between academic procrastination and psychological well-being to students who are working on their thesis in Yogyakarta. This research is quantitative research with a correlational research design. Sampling using a convenience non-probability technique. The data collection tool used was the Academic Procrastination Scale which was compiled by the author and Psychological Well-Being Scale which has been adapted by the author and other research friends and has obtained permission from the scale owner Carol Ryff. Scale testing produced a reliability coefficient on the Academic Procrastination scale of 0.95 and Psychological Well-Being scale of 0.93. Research data was analyzed using correlation techniques Spearman's Rho because the research data was not normally distributed. The results of the correlation test show that there is a negative relationship between academic procrastination and psychological well-being on students who are working on their thesis in Yogyakarta, with a significance level ( $p$ ) 0.000 ( $p < 0.05$ ) and a correlation coefficient of -0.635. This means that the lower the academic procrastination, the higher psychological well-being to students who are working on their thesis in Yogyakarta.*

**Keywords:** *academic procrastination, psychological well-being, student who is working on his thesis in Yogyakarta*