

ABSTRAK

Bulan, Aloysius W.H. 2024. Hubungan antara prokrastinasi akademik dan *fear of failure* dimoderasi oleh efikasi diri. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji apakah efikasi diri memiliki efek moderasi dalam hubungan antara prokrastinasi akademik dan *fear of failure* pada mahasiswa. Hipotesis penelitian yang diajukan adalah efikasi diri memoderasi hubungan di antara prokrastinasi akademik dan *fear of failure* pada mahasiswa. Penelitian ini adalah penelitian kuantitatif korelasional. Partisipan dalam penelitian ini berjumlah 201 mahasiswa dari berbagai wilayah Indonesia dalam kisaran usia 18-25 tahun. Alat pengumpulan data yang digunakan adalah skala *Academic Procrastination Scale* (APS) dengan koefisien realibilitas $\alpha = .904$, skala *Performance Failure Appraisal Inventory* (PFAI) dengan koefisien reliabilitas $\alpha = .944$, dan skala *General Self-efficacy Scale* (GSES) dengan koefisien reliabilitas $\alpha = .860$. Teknik analisis data yang digunakan adalah uji *moderated regression analysis* (MRA) dengan menggunakan makro *Process* Hayes. Hasil analisis data menunjukkan bahwa efikasi diri tidak memiliki efek moderasi dalam hubungan prokrastinasi akademik dan *fear of failure* pada mahasiswa, yang ditunjukkan dari taraf signifikansi interaksi $p > 0.05$ ($p = .0728$). Berdasarkan hasil penelitian yang diperoleh, disimpulkan dua hal, yaitu tidak ditemukannya hubungan di antara prokrastinasi akademik dan *fear of failure*, dan bahwa hipotesis penelitian ditolak, yang berarti efikasi diri tidak memoderasi hubungan antara prokrastinasi akademik dan *fear of failure*.

Kata kunci: prokrastinasi, prokrastinasi akademik, *fear of failure*, ketakutan akan kegagalan, efikasi diri, mahasiswa.

ABSTRACT

Bulan, Aloysius W.H. 2024. Relationship between academic procrastination and fear of failure with self-efficacy as moderating variable. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

The current study aims to study whether or not self-efficacy has a moderating effect on the relation between academic procrastination and fear of failure in college students. It is hypothesized that self-efficacy moderated the relationship between academic procrastination and fear of failure. This research is correlational quantitative study. The participants are 201 college students within the age group of 18-25 years old from various universities of different regions. Three instruments were used in the data collection, Academic Procrastination Scale (APS) with the reliability coefficient $\alpha = .904$, Performance Failure Appraisal Inventory (PFAI) with the reliability coefficient $\alpha = .994$, and General Self-Efficacy Scale (GSES) with the reliability coefficient $\alpha = .860$. Moderated Regression Analysis was used to analyze the data. Result of the data analysis showed that self-efficacy does not moderate the relationship between academic procrastination and fear of failure, which is evident by the interaction significance level of $p > 0.05$ ($p = .0728$). Based on the results of this study, there are two things that could be concluded. First, there are no relationship between academic procrastination and fear of failure. Second, the working hypothesis was rejected, as this study does not indicate that self-efficacy moderated the relationship between academic procrastination and fear of failure.

Keywords: *procrastination, academic procrastination, fear of failure, self-efficacy, general self-efficacy, students, college students*