

ABSTRAK

Pamungkas, Brigita Audia. 2025. Hubungan *Problematic Internet Use* dan Prokrastinasi Akademik pada Siswa SMA. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *Problematic Internet Use* dan *Prokrastinasi Akademik* pada siswa Sekolah Menengah Atas (SMA). Hipotesis dalam penelitian ini adalah terdapat hubungan positif antara *Problematic Internet Use* dan *Prokrastinasi Akademik* pada siswa SMA. Responden dalam penelitian ini berjumlah 300 siswa SMA. Alat ukur yang digunakan dalam penelitian ini adalah *Academic Procrastination Scale* milik McCloskey (2015) dan *Generalized Problematic Internet Use Scale 2* (GPIUS2) yang diadaptasi oleh Andesita (2022). Skala *Academic Procrastination Scale* memiliki reliabilitas *Alpha Cronbach's* sebesar 0,969, sedangkan skala *Generalized Problematic Internet Use Scale 2* memiliki reliabilitas *Alpha Cronbach's* sebesar 0,909. Analisis korelasi dilakukan dengan menggunakan metode *Spearman's Rho* dan menghasilkan nilai $r = 0,475$ dengan $p\text{-value} = 0,001$. Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa terdapat korelasi positif yang signifikan antara *Problematic Internet Use* dan Prokrastinasi Akademik pada siswa SMA. Hasil analisis tambahan menunjukkan bahwa seluruh aspek *Problematic Internet Use*, yaitu *Preference for Online Social Interaction* (POSI), *Mood Regulation*, *Compulsive Internet Use*, *Cognitive Preoccupation*, *Negative Outcome* memiliki hubungan positif yang signifikan dengan prokrastinasi akademik. Analisis tambahan berdasarkan aspek demografis menunjukkan terdapat perbedaan prokrastinasi akademik berdasarkan kelas. Tidak adanya hubungan positif antara frekuensi tugas dan prokrastinasi akademik serta tidak ada perbedaan prokrastinasi akademik ditinjau dari jenis kelamin.

Kata kunci: *problematic internet use*, siswa sma, prokrastinasi akademik

ABSTRACT

Pamungkas, Brigita Audia. 2025. *The correlation between Problematic Internet Use and Academic Procrastination in High School Students*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aims to determine the correlation between Problematic Internet Use and Academic Procrastination in high school students. This research hypothesis that there is a positive correlation between Problematic internet Use and Academic Procrastination in high school students. Respondents in this research amounted to 300 high school students. The measuring instruments used in this research are Academic Procrastination Scale by McCloskey (2015) and the Generalized Problematic Internet Use Scale 2 (GPIUS2) adapted by Andesita (2022). The Academic Procrastination Scale has an Cronbach's Alpha reliability of 0.969, and the Generalized Problematic Internet Use Scale 2 scale has an Cronbach's Alpha reliability of 0.909. Correlation analysis was conducted using the Spearman's Rho method and resulted in a value of $r = 0.475$ with a $p\text{-value} = 0.001$. Based on the results of this research, it can be concluded that there is a significant positive correlation between Problematic internet Use and Academic Procrastination in high school students. Additional analysis result show that all aspects of Problematic Internet Use, preference for online social interaction (POSI), mood regulation, compulsive internet use, cognitive preoccupation, and negative outcomes, had a significant positive correlation with Academic Procrastination. Additional analysis based on demographic aspects showed that there were differences in academic procrastination based on class. There is no positive relationship between task frequency and academic procrastination and no difference in academic procrastination in terms of gender.

Keywords: problematic internet use, high school students, academic procrastination