

**HUBUNGAN ANTARA PERFEKSIONISME DENGAN PROKRASTINASI  
AKADEMIK PADA MAHASISWA YANG SEDANG MENGERJAKAN  
SKRIPSI DI PERGURUAN TINGGI YOGYAKARTA**

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**ABSTRAK**

Penelitian ini memiliki tujuan untuk melihat hubungan antara perfeksionisme dengan prokrastinasi akademik pada mahasiswa yang mengerjakan skripsi di perguruan tinggi Yogyakarta. Partisipan pada penelitian ini berjumlah sebanyak 143 mahasiswa yang menempuh studi di perguruan tinggi Yogyakarta dan sedang mengerjakan skripsi. Adapun hipotesis yang diajukan antara lain 1) tidak ada hubungan antara dimensi-dimensi perfeksionisme dengan prokrastinasi akademik mengerjakan skripsi, 2) ada hubungan positif antara *Self-Oriented Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi, 3) ada hubungan positif antara *Other-Oriented Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi, 4) ada hubungan positif antara *Socially-Prescribed Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi. Metode penelitian yang digunakan adalah kuantitatif dengan menggunakan skala modifikasi *Multidimensional Perfectionism Scale Short-Form* milik Hewitt dkk. (2008) dan *Tuckman Procrastination Scale* milik Tuckman (1990). Analisis data yang digunakan dalam penelitian ini adalah analisis parametrik *Product Moment Pearson* untuk menguji hipotesis 1, 2, dan 3. Hasil penelitian menunjukkan bahwa 1) ada hubungan positif antara *Self-Oriented Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi ( $r = 0.643$ ;  $p < 0.001$ ), 2) ada hubungan positif antara *Other-Oriented Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi ( $r = 0.605$ ,  $p < 0.001$ ), 3) ada hubungan positif antara *Socially Prescribed Perfectionism* dengan prokrastinasi akademik mengerjakan skripsi ( $r = 0.603$ ,  $p < 0.001$ ).

Kata kunci: perfeksionisme, prokrastinasi akademik, prokrastinasi akademik mengerjakan skripsi, mahasiswa perguruan tinggi Yogyakarta.

**THE RELATIONSHIP BETWEEN PERFECTIONISM AND ACADEMIC  
PROCRASTINATION AMONG UNDERGRADUATE STUDENTS  
WORKING ON THESIS AT UNIVERSITIES IN YOGYAKARTA**

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**ABSTRACT**

This study aims to examine the relationship between perfectionism and academic procrastination among undergraduate students working on their thesis at universities in Yogyakarta. The participants consisted of 143 university students in Yogyakarta who were in the process of completing their undergraduate thesis. The hypotheses proposed in this study were: (1) there is no relationship between the dimensions of perfectionism and academic procrastination in thesis writing, (2) there is a positive relationship between Self-Oriented Perfectionism and academic procrastination in thesis writing, (3) there is a positive relationship between Other-Oriented Perfectionism and academic procrastination in thesis writing, and (4) there is a positive relationship between Socially Prescribed Perfectionism and academic procrastination in thesis writing. The research employed a quantitative method using a modified version of the Multidimensional Perfectionism Scale Short-Form developed by Hewitt et al. (2008) and the Tuckman Procrastination Scale developed by Tuckman (1990). Data were analyzed using Pearson's Product Moment Correlation to test hypotheses 1, 2, and 3. The results indicated that: (1) there was a positive relationship between Self-Oriented Perfectionism and academic procrastination in thesis writing ( $r = 0.643$ ;  $p < 0.001$ ), (2) there was a positive relationship between Other-Oriented Perfectionism and academic procrastination in thesis writing ( $r = 0.605$ ,  $p < 0.001$ ), and (3) there was a positive relationship between Socially Prescribed Perfectionism and academic procrastination in thesis writing ( $r = 0.603$ ,  $p < 0.001$ ).

Keywords: perfectionism, academic procrastination, thesis-writing procrastination, university students in Yogyakarta.