

ABSTRAK

REGULASI DIRI DALAM MENGELOLA TUGAS AKADEMIK PADA MAHASISWA YANG BEKERJA *PART-TIME*

Vincentia Giacinta Windy Susanto

Universitas Sanata Dharma

2026

Penelitian ini bertujuan untuk mendeskripsikan regulasi diri mahasiswa yang bekerja *part-time* dalam mengelola tugas akademik. Mahasiswa yang bekerja *part-time* menghadapi tantangan dalam membagi waktu antara kuliah dan pekerjaan sehingga memerlukan kemampuan regulasi diri untuk mengatur waktu, menentukan prioritas, dan menyelesaikan tugas akademik secara optimal.

Penelitian ini menggunakan pendekatan kualitatif dengan desain studi kasus. Subjek penelitian terdiri atas tiga mahasiswa yang bekerja *part-time*. Data dikumpulkan melalui wawancara mendalam dan dianalisis menggunakan teknik *coding*, pengelompokan tema, serta interpretasi data. Keabsahan data diperoleh melalui triangulasi sumber dan *member checking*.

Hasil penelitian menunjukkan bahwa ketiga partisipan memiliki regulasi diri yang baik dalam mengelola tugas akademik. Hal tersebut terlihat dari kemampuan mengatur waktu, menetapkan prioritas, menjaga motivasi, dan menerapkan strategi penyelesaian tugas. Motivasi internal, dukungan sosial, dan kedisiplinan menjadi faktor pendukung, sedangkan keterbatasan waktu dan benturan jadwal menjadi faktor penghambat. Penelitian ini menyimpulkan bahwa regulasi diri berperan penting dalam membantu mahasiswa menjalankan peran sebagai mahasiswa dan pekerja secara seimbang.

Kata kunci: regulasi diri, mahasiswa bekerja *part-time*, tugas akademik.

ABSTRACT
SELF-REGULATION IN MANAGING ACADEMIC TASKS
FOR STUDENTS WHO WORK PART-TIME

Vincentia Giacinta Windy Susanto
Sanata Dharma University
2026.

This study aims to describe the self-regulation of college students who work part-time in managing their academic tasks. College students who work part-time face challenges in balancing their time between school and work, requiring self-regulation skills to manage their time, set priorities, and complete academic tasks optimally.

This study employed a qualitative approach using a case study design. The research subjects consisted of three college students who worked part-time. Data were collected through in-depth interviews and analyzed using coding, thematic grouping, and data interpretation. Data validity was ensured through source triangulation and member checking.

The results of the study indicate that all three participants demonstrated good self-regulation in managing their academic tasks. This was evident in their ability to manage their time, set priorities, maintain motivation, and apply task-completion strategies. Internal motivation, social support, and discipline served as facilitating factors, while time constraints and scheduling conflicts acted as barriers. This study concludes that self-regulation plays an important role in helping students balance their roles as students and workers.

Keywords: self-regulation, academic tasks, part-time working students.