

ABSTRAK

KEMAMPUAN MANAJEMEN WAKTU DI KALANGAN MAHASISWA AKTIVIS
ORGANISASI KAMPUS

(Studi Deskriptif Pada Mahasiswa Aktivis BEM Universitas Sanata Dharma)

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Penelitian ini bertujuan untuk mendeskripsikan kemampuan manajemen waktu mahasiswa aktivis Badan Eksekutif Mahasiswa (BEM) Universitas Sanata Dharma, baik secara keseluruhan maupun berdasarkan masing-masing aspek manajemen waktu menurut teori Macan *et al.* (1990), yaitu *setting goals and priorities*, *mechanics of time management*, *perceived control of time*, dan *preference for disorganization*. Penelitian ini juga bertujuan untuk mengidentifikasi item-item kemampuan manajemen waktu yang menunjukkan capaian skor belum optimal, sebagai dasar dalam merumuskan implikasi bagi pengembangan layanan bimbingan dan konseling bagi mahasiswa aktivis organisasi kampus.

Penelitian menggunakan pendekatan kuantitatif deskriptif dengan subjek sebanyak 30 mahasiswa aktivis BEM yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan Kuesioner Kemampuan Manajemen Waktu berdasarkan teori Macan *et al.* (1990). Dari 69 item yang diujikan, sebanyak 56 item dinyatakan valid dengan koefisien reliabilitas Cronbach's Alpha sebesar 0,731. Analisis data menggunakan statistik deskriptif dengan pendekatan Pendekatan Acuan Norma (PAN).

Hasil penelitian menunjukkan bahwa kemampuan manajemen waktu mahasiswa aktivis BEM Universitas Sanata Dharma secara umum berada pada kategori sedang. Aspek *setting goals and priorities* dan *perceived control of time* menunjukkan capaian yang cukup baik, sementara aspek *mechanics of time management* menunjukkan capaian paling rendah di antara keempat aspek yang diteliti, terutama akibat tingginya frekuensi kegiatan organisasi yang bersifat mendadak. Adapun aspek *preference for disorganization* menunjukkan capaian tertinggi, mengindikasikan bahwa keterlibatan dalam organisasi turut melatih mahasiswa untuk bekerja secara lebih terstruktur. Temuan ini menunjukkan bahwa mahasiswa aktivis BEM pada dasarnya telah memiliki kemampuan dasar dalam mengelola waktu, namun masih memerlukan pengembangan, khususnya pada aspek teknis pengelolaan jadwal, agar mampu mengelola waktu secara lebih efektif dalam menyeimbangkan tuntutan akademik dan organisasi.

Kata kunci: Kemampuan Manajemen Waktu, Mahasiswa Aktivis, Badan Eksekutif Mahasiswa.

ABSTRACT

TIME MANAGEMENT ABILITY AMONG STUDENT ACTIVISTS IN CAMPUS ORGANIZATIONS

(A Descriptive Study of Student Activists of the Student Executive Board at Sanata Dharma University)

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This study aimed to describe the time management ability of Student Executive Board (BEM) activists at Sanata Dharma University, both overall and based on each aspect of time management according to Macan et al.'s (1990) theory, namely setting goals and priorities, mechanics of time management, perceived control of time, and preference for disorganization. This study also aimed to identify time management ability items showing suboptimal achievement scores, as a basis for formulating implications for the development of guidance and counseling services for student activists in campus organizations.

This study employed a descriptive quantitative approach with 30 BEM student activists selected using a purposive sampling technique. Data were collected using a Time Management Ability Questionnaire based on Macan et al.'s (1990) theory. Of the 69 items tested, 56 items were found to be valid, with a Cronbach's Alpha reliability coefficient of 0.731. Data were analyzed using descriptive statistics based on a norm-referenced assessment (PAN) approach.

The results showed that the time management ability of BEM student activists at Sanata Dharma University was generally at a moderate level. The aspects of setting goals and priorities and perceived control of time showed relatively good achievement, while the mechanics of time management aspect showed the lowest achievement among the four aspects studied, mainly due to the high frequency of unpredictable organizational activities. Meanwhile, the preference for disorganization aspect showed the highest achievement, indicating that involvement in organizations helps train students to work in a more structured manner. These findings indicate that BEM student activists generally possess a basic ability to manage time, but still require further development, particularly in the technical aspects of schedule management, in order to manage time more effectively while balancing academic and organizational demands.

Keywords: *Ttime Management Ability, Student Activists, Student Executive Board.*