



# PROKRASINASI AKADEMIK MAHASISWA: URGENSI DAN SOLUSI

*ilfiandra@plasa.com/08122312908*



## **Ayat utama:**

**“much of the stress that people feel doesn’t come from having too much to do. It comes from not starting what needs to be done and then finishing what they started”**

**(David Allen)**

# 7 Habits of Highly Effective Students

- Winning Attitude
- Organization
- Time Management
- Good Listening & Note Taking
- Study Strategies
- Test Preparation and Test Taking
- Stress Management

# Why are Students Not Successful?

- Competing Priorities
- Motivation
- Learned Helplessness
- Attitude - Self Esteem
- Procrastination
- Perfectionism
- Boredom
- Lack of direction or future vision

# Apa itu prokrastinasi ?

- *Procrastination is the thief of time;*
- *To put off doing something, especially out of habitual carelessness or laziness; to postpone or delay needlessly;*
- *To keep delaying something that must be done, often because it is unpleasant or boring*
- *Procrastination is the art of keeping up with yesterday and avoiding today*
- *To put off intentionally the doing of something that should be done*
- *Defer action, especially without good reason; be dilatory;*
- *To postpone doing something, especially as regular practice*

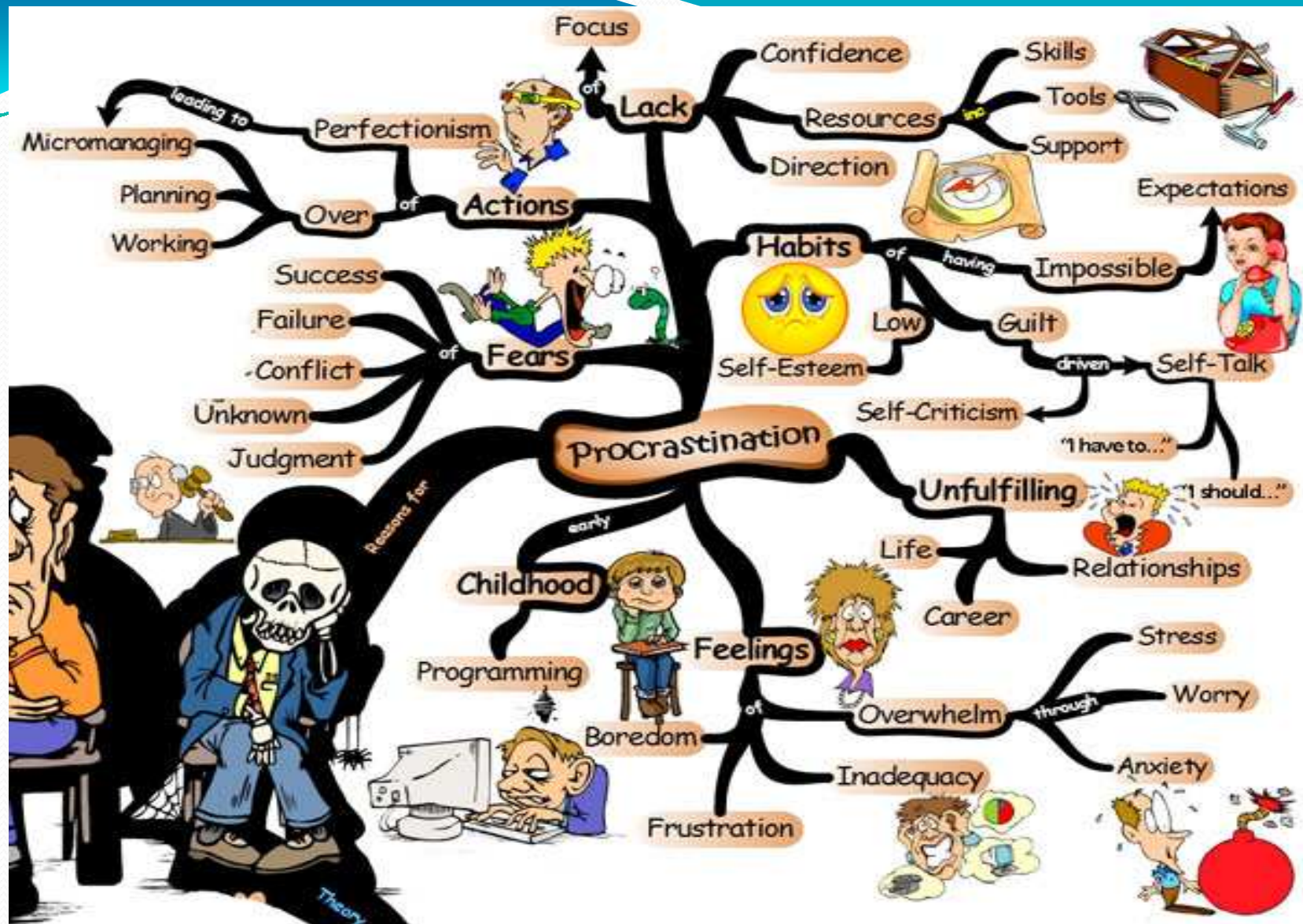
# Components of procrastination

- A behaviour sequence for postponement
- Often resulting in a substandard product
- Involving a task that is important to do
- Resulting in a state of emotional upset

## Berapa banyak yang mengalaminya ?

- 90% mahasiswa melakukan prokrastinasi, 25% termasuk kronis dan banyak yang akhirnya dropping out (William Knaus);
- 65% mahasiswa menunda menyusun makalah;
- 62% mahasiswa menunda mempersiapkan diri menghadapi ujian;
- 55% mahasiswa menunda membaca referensi kuliah;
- Tahun 1978, sebanyak 15% mahasiswa melakukan prokrastinasi, 1% termasuk kronis, data tahun 2002 menunjukkan 60% mahasiswa melakukan prokrastinasi dan 6% terindikasi sudah kronis (Van Wyk)
- Sejalan dengan temuan Nurjanni (2005), Andrieta, Ranggi, Rani, Sifa, Honey (2007) prokrastinasi dialami oleh hampir 20% dari sampel;







# Bagaimana pikiran prokrastinator

- Merasa tidak memiliki energi untuk belajar
- Pikiran melayang selama belajar
- Meragukan kemampuan diri
- Mempertanyakan mengapa harus belajar
- Merasa memiliki waktu yang banyak sehingga tidak perlu segera belajar
- Merasa melakukan banyak hal sehingga tidak memiliki waktu lagi untuk belajar
- Tidak menyukai mata kuliah
- Merasa panik
- Merasa takut gagal
- Merasa tertekan ketika belajar
- Merasa heran mengapa harus belajar
- Merasa benci belajar
- Bosan dengan mata kuliah tertentu

# Perilaku prokrastinator

- Menangguhkan belajar
- Mengalihkan perhatian dari belajar
- Berhenti belajar karena merasa tidak sehat
- Sulit konsentrasi belajar
- Menyerah ketika belajar tidak seperti yang direncanakan
- Berhenti belajar untuk mengerjakan hal menyenangkan
- Berhenti lebih awal belajar dari yang direncanakan
- Menunda kembali belajar meskipun telah merencanakan sebelumnya
- Lupa mempersiapkan belajar
- Mempersiapkan diri untuk belajar, kemudian tidak jadi

## **Dalam hal apa prokrastinasi prokrastinasi?**

- Persiapan ujian
- Membaca referensi
- Menulis makalah/laporan
- Konsultasi
- Administrasi akademik
- Menghadiri kuliah/praktikum

# Anda termasuk tipe apa ?

- ❖ The sometimes-procrastinator (dialami oleh 20% populasi)
- ❖ The cronic procrastinator (all areas of his life)

## *Relaxed type*

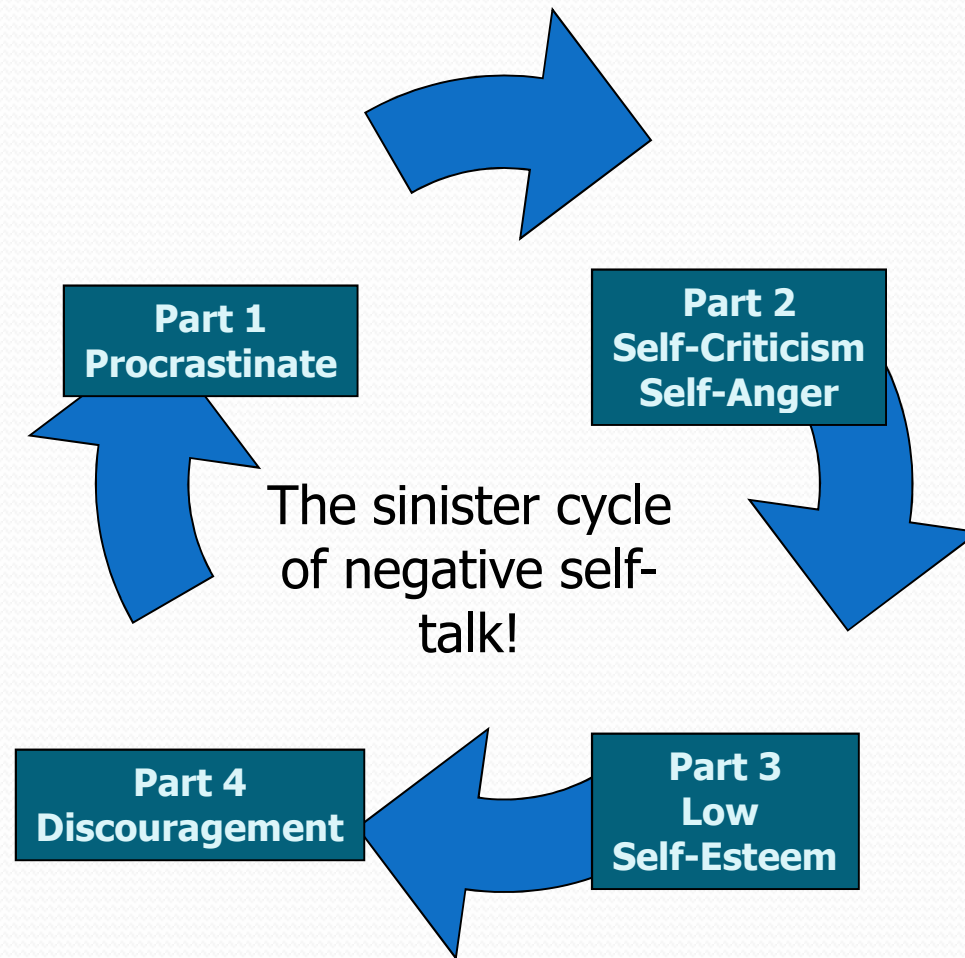
- Bersikap negatif terhadap diri/tugas (
- Mencoba melupakan tugas (push away from his work)
- Menghindari stres dengan melupakan tugas dan konsentrasi pada hiburan
- Deniel-based;concentrating on having fun
- Self-indulgent, mudah frustrasi, menolak realitas
- the gain is not worth the pain
- I can't stand being bored

# **Anda termasuk tipe prokrastinator apa ?**

## **The tense-afraid type**

- **Feeling overwhelmed by pressure**
- **Being realistic about time**
- **Being uncertain about goals**
- **Dissatisfied with accomplishment**
- **Indecisive**
- **Blaming other or circumstances for his/her failures**
- **Lacking in confidence**
- **A perfectionist**

# Self-talk of procrastination



# Apa dampak prokrastinasi ?

- Merasa bersalah, inadequacy, depresi, self-doubt;
- Stress;
- Mengganggu pencapaian sukses pribadi dan akademik;
- Prestasi rendah;

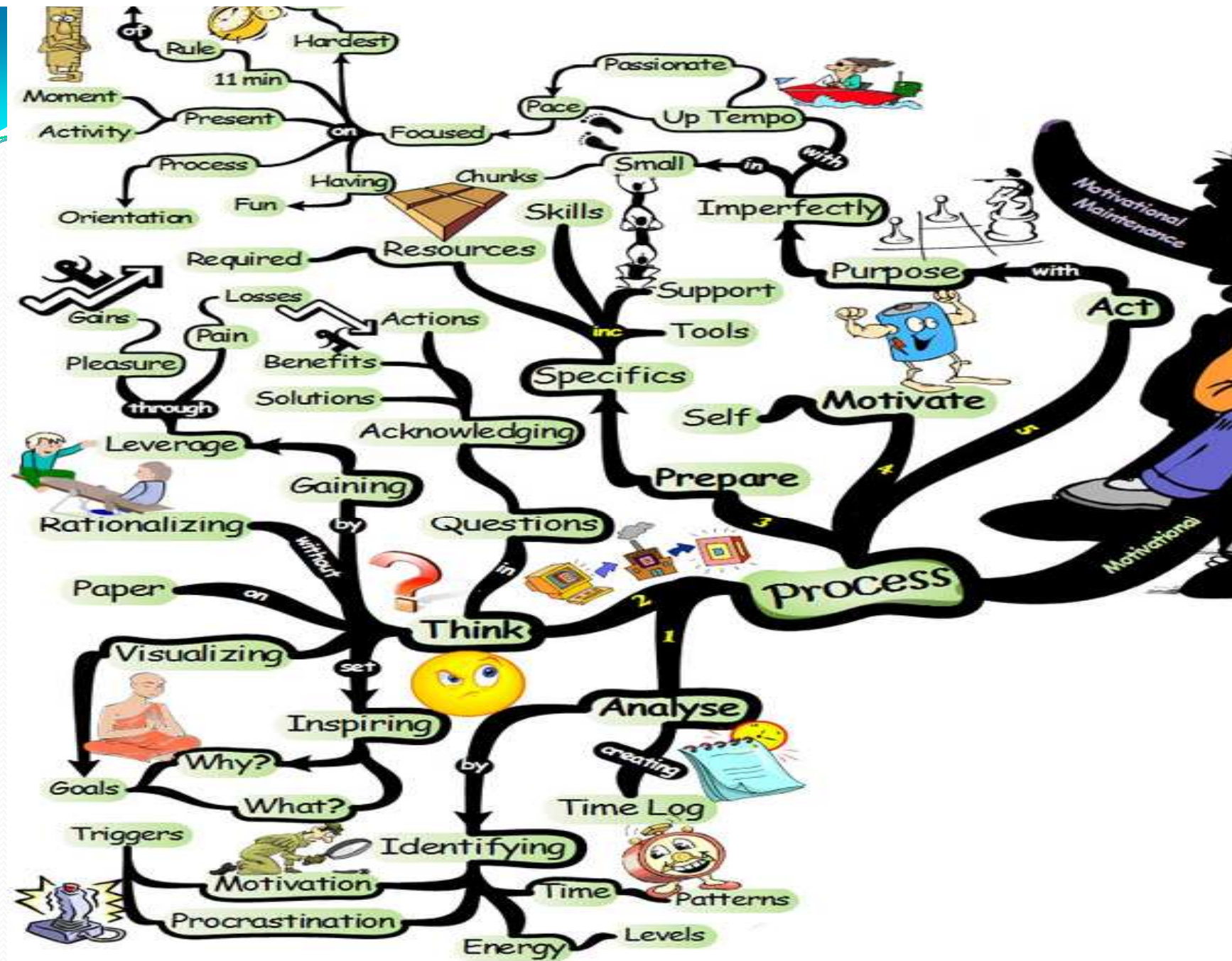
## Konkrit

- ✓ Missed deadline
- ✓ Lost opportunities
- ✓ Lost income
- ✓ Lower productivity
- ✓ Waste of time lost standing among associates

## Emosional

- ✓ Lower morale
- ✓ Heightened stress
- ✓ Frustration and anger
- ✓ Lower motivation





# Causal Dimensions of Time Management Problems for Students

## Intrinsic/Emotive



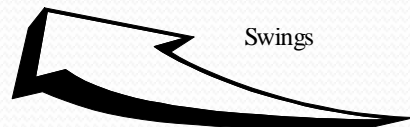
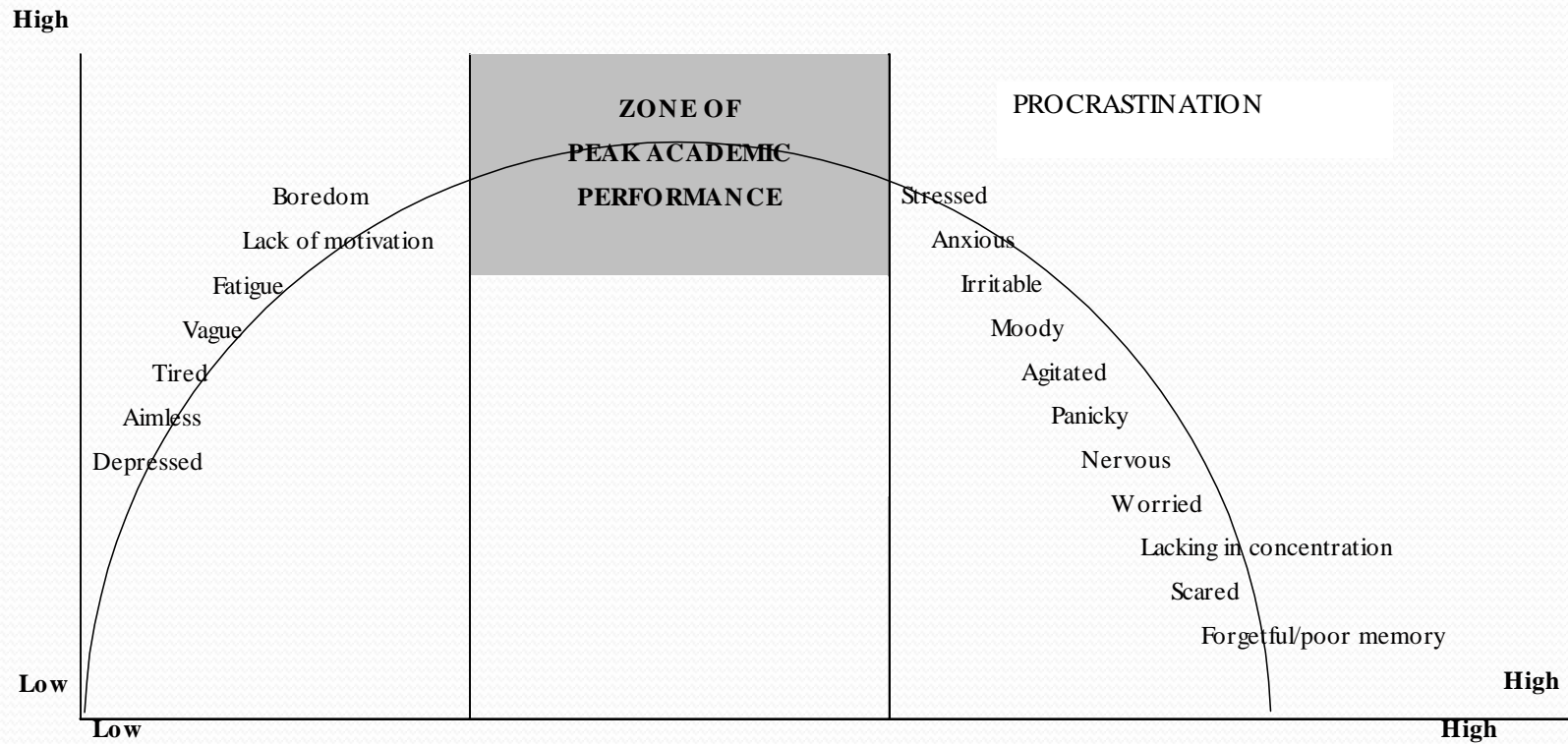
## Extrinsic/External

- Feel overwhelmed & 'frozen' by all the tasks
- Anxiety about what is expected of them
- Anxiety about writing: worried about the quality of their work
- Wanting to live up to other people's standards
- Wanting to live up to their own image of themselves
- Bored – motivation is low

- Workload is heavy & appears overwhelming
- Lack of clarity about what is expected
- Student not experienced in managing time independently
- Cultural dimensions: come from a society that is relaxed about time
- Course is not interesting

# STAYING IN THE "ZONE"

## Performance



Swings



Level of Body Arousal

# Overcoming Procrastination

- Set realistic goals.
- Use good time management skills.
- Long term planning.
- Break down large tasks.
- Some tasks are not fun.
- Plan rewards.
- Learn to see the relevance.
- Take action!





# Managing procrastination

- Decide goal
- Set priorities
- Chunk tasks
- Use time line
- Write contract
- Use positive self talk
- Affirm your ability
- Motivational messages
- Challenge perfectionism
- Write reminders
- Reward yourself
- Develop a routine
- Work with colleagues
- Writing buddy
- Work before noon



# Overcoming Procrastination

## Time Management

- Do unpleasant tasks.
- Set a starting time.
- Assign a time slot for work on a task.
- Develop a daily priority list.
- Guard against diversions.
- Always have your datebook-calendar-organizer with you.





## Tips untuk prokrastinator

- Doing reasonable things, in a reasonable way, within a reasonable time;
- Tenang dan sabar sebelum menulis,
- Sebelum siap, kumpulkan informasi dan buat kerangka gagasan
- Rinci tugas kedalam aktivitas harian
- Beristirahat ketika diperlukan
- Seimbangkan gagasan dengan kerja
- Kelola emosi
- Hindari melibatkan emosi secara berlebihan
- Ijinkan orang lain mengkritisi pekerjaan
- Jangan hamburkan energi



# Tips untuk prokrastinator

- Visualisasikan kemajuan
- Optimalkan potensi sukses
- Tetapkan batas waktu penuntasan tugas
- Mulai lah bekerja sebelum “feeling in mood”
- Hindari rasionalisasi
- Fokuskan satu kegiatan dalam satu waktu
- Hadapi hambatan awal dalam bekerja
- Bersikap fleksibel terhadap tujuan
- Kurangi kebutuhan akan kesempurnaa
- Berikan penghargaan atas kemajuan yang dicapai

NOW.....

JUST  
DO IT!