

ABSTRACT

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The Relationship Between Self-Regulation and Procrastination Behavior in Students who were Writing Thesis at The University of X; Dr. Fransisca Iriani R. Dewi, M.Si. & Yeni Anna Appulembang, M.A., Psi. Undergraduate Program in Psychology, Tarumanagara University, (i-x; 55 pages, R1-R5, Appendix 1-31).

Thesis preparation process which is long and complex resulted in many students who do termed delay or procrastination. Having self-regulation may be one factor that can significantly reduce procrastination behaviors that also can affect the success of the individual. This study is a quantitative non-experimental research with correlation analysis, which aims to determine the relationship between self-regulation with procrastination. Measuring instrument used was a questionnaire of self-regulation which consists of 23 items and procrastination questionnaire that consisting of 15 items. Subjects were 87 students at the University of X which is currently writing their thesis and the preparation process has taken more than one semester. Subjects obtained by purposive sampling method. From the analysis of the data, the value of $r(86) = -0.698$; $p = 0.000$, which means there is a negative and significant relationship between self-regulation with procrastination on students who are writing their thesis at the University of X. This results was known that the higher student's self-regulation, the lower procrastination is, and the lower student's self-regulation, the higher procrastination is.

Keywords: self-regulation, procrastination, thesis, and students