

**THE CORRELATION BETWEEN SELF-REGULATION AND
ACADEMIC PROCRASTINATION OF CLASS VIII
STUDENTS AT MTSN 10 NGAWI ON ACADEMIC YEAR
2024-2025**



By:

Nur Fatimah Azzahra

422021118113

DEPARTMENT OF ISLAMIC EDUCATION

FACULTY OF TARBIYAH

UNIVERSITY OF DARUSSALAM GONTOR

1446 H/2024 M

**THE CORRELATION BETWEEN SELF-REGULATION AND
ACADEMIC PROCRASTINATION OF CLASS VIII STUDENTS AT
MTSN 10 NGAWI ON ACADEMIC YEAR 2024-2025**

A THESIS

Presented

In Partial Fulfilment of Requirements

To Complete the Licentiate Program

Department of Islamic Education

Faculty of Tarbiyah

By

Nur Fatimah Azzahra

NIM: 42. 2021. 1. 1. 8113

Supervisor:

Ahmad Saifulloh, Ph.D.

DEPARTMENT OF ISLAMIC EDUCATION

FACULTY OF TARBIYAH

UNIVERSITY OF DARUSSALAM GONTOR

2024



UNIDA
GONTOR

UNIVERSITAS DARUSSALAM GONTOR

ABSTRAK
KORELASI ANTARA SELF-REGULATION DAN PROKRASTINASI
AKADEMIK KELAS VIII DI MTSN 10 NGAWI TAHUN AJARAN 2024-2025

Nur Fatimah Azzahra

422021118113

Self-regulation merupakan kemampuan individu untuk mengendalikan perilaku, emosi, dan pikirannya dan berperan penting dalam membantu siswa mengelola waktu dengan efektif. ketika self-regulation rendah dalam akademik, siswa cenderung terlibat dalam prokrastinasi akademik, yang didefinisikan kecenderungan untuk secara sadar menunda aktivitas yang penting seperti menunda penyelesaian tugas akademik.

Tujuan penelitian ini adalah untuk mengetahui: 1) Bagaimana tingkat *self-regulation* dan prokrastinasi akademik siswa kelas 8 di MTsN 10 Ngawi. 2) mengetahui korelasi antara *self-regulation* dan prokrastinasi akademik siswa kelas 8 di MTsN 10 Ngawi.

Penelitian ini dilakukan dengan metode penelitian kuantitatif dengan teknik survey. Populasi dari penelitian ini adalah seluruh siswa kelas 8 MTsN 10 Ngawi dengan jumlah sampel 60 siswa. data dikumpulkan melalui kuisioner skala likert yang dimodifikasi menjadi empat skala penilaian, yang kemudian dianalisis menggunakan *Korelasi Rank Spearman* yang diuji menggunakan SPSS versi 25.0.

Dari penelitian ini diperoleh Kesimpulan, 1) bahwa siswa kelas VIII di MTsN 10 Ngawi memiliki Tingkat self-regulation tinggi (rata-rata 57.47) dan tingkat prokrastinasi akademik yang cukup tinggi tetapi belum sangat tinggi (rata-rata 45.57). 2) terdapat korelasi yang signifikan antara self-regulation dan prokrastinasi akademik siswa, dengan nilai signifikansi 0.046 ($p < 0.05$). Dan koefisien korelasi negatif sebesar -0.259, yang berarti semakin tinggi self-regulation, semakin rendah prokrastinasi akademik siswa.

Berdasarkan Kesimpulan, penelitian mengajukan beberapa saran, bahwa: 1) pendidik perlu aktif membimbing siswa dalam mengatur waktu dan memberi perhatian khusus bagi yang memiliki self-regulation rendah. 2) siswa mampu meningkatkan manajemen waktu dan memahami dampak negatif dari menunda-nunda tugas dan pembelajaran.

Kata Kunci: *Self-regulation, Prokrastinasi Akademik, Korelasi, MTsN*

ABSTRACT
**THE CORRELATION BETWEEN SELF-REGULATION AND ACADEMIC
PROCRASTINATION OF CLASS VIII STUDENTS AT MTSN 10 NGAWI ON
ACADEMIC YEAR 2024/2025**

Nur Fatimah Azzahra
422021118113

Self-regulation is an individual's ability to control behavior, emotions, and thoughts. Self-regulation plays an important role in enabling students to manage time effectively. When self-regulation is deficient in academic settings, students frequently exhibit tendencies toward academic procrastination. This phenomenon can be defined as the inclination to deliberately postpone crucial tasks, such as completing academic assignments.

The purpose of this research was to find out: 1) How are the level of self-regulation and academic procrastination of class VIII students at MTsN 10 Ngawi. 2) To know the correlation between self-regulation and academic procrastination of class VIII students at MTsN 10 Ngawi.

This research was conducted using quantitative research methods with survey techniques. The population of this study was all class VIII students of MTsN 10 Ngawi, with sample size of 60 students. The data were collected through a Likert scale questionnaire modified into four rating scales, which were then analyzed using the Spearman Rank Correlation, and tested using SPSS version 25.0.

From this study, it was concluded, 1) That class VIII students at MTsN 10 Ngawi have a high level of self-regulation (average 57.47) and a high level of academic procrastination but not very high (average 45.57). 2) There is a significant correlation between self-regulation and academic procrastination, with a significance value of 0.046 ($p < 0.05$) and a negative correlation coefficient of -0.259, which means the higher the self-regulation, the lower the student academic procrastination.

Based on the conclusion, the research proposes several suggestions, that: 1) educators need to actively guide students in managing time and pay special attention to those who have low self-regulation. 2) students can improve time management and understand the negative impact of procrastinating tasks and learning.

Key Words: *Self-regulation, Academic Procrastination, Correlation, MTsN*

APPROVAL OF SUPERVISOR



Faculty of Tarbiyah كلية التربية

LETTER FROM THE SUPERVISOR TO THE DEAN

Honorable,

Dean of Faculty of Tarbiyah
University of Darussalam Gontor
Ponorogo

Bismillahirrahmanirrahim,

Assalamu 'alaikum Wr. Wb.

It is my honor to present the thesis written by:

Name : Nur Fatimah Azzahra

Student Number : 42.2021.11.8113

Title : The Correlation Between Self-Regulation and Academic Procrastination of Class VIII Students at MTsN 10 Ngawi on Academic Year 2024/2025

I declare that this thesis has been processed and corrected to fulfill the requirement for the degree of Licentiate in the Faculty of Tarbiyah. Therefore, I request that the thesis could be examined soon.

Wassalamu 'alaikum Wr. Wb

Gontor, 22 Jumadal Ula 1446 H

24 November 2024

Supervisor,


Ahmad Saifullah, Ph.D

UNIVERSITAS DARUSSALAM GONTOR

DECISION OF DEAN



Faculty of Tarbiyah كلية التربية

DECISION OF DEAN

Bismillahirrahmanirrahim,

Assalamu'alaikum Wr. Wb.

The Faculty of Tarbiyah, University of Darussalam Gontor, Ponorogo Indonesia has received a thesis written by:

Name	: Nur Fatimah Azzahra
Student Number	: 42.2021.11.8113
Title	: The Correlation Between Self-Regulation and Academic Procrastination of Class VIII Students at MTsN 10 Ngawi on Academic Year 2024-2025

In partial fulfillment of the requirement for the degree of Licentiate in Islamic Education in The Faculty of Tarbiyah, academic year 1446-1447/2024-2025.

Wasalamualaikum wr. wb.

Gontor, 20 Jumadal Akhir 1446 H

22 December 2024

Dean of Faculty of Tarbiyah,

Dr. Agus Budiman, M.Pd.

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

DECISION OF THE TEAM



Faculty of Tarbiyah كلية التربية

DECISION OF THE TEAM

The committee of the thesis examination in partial fulfillment of the requirements for the degree of Licentiate in Islamic Education in The Faculty of Tarbiyah, University of Darussalam Gontor, Indonesia, declared that the thesis written by:

Name : Nur Fatimah Azzahra
Student Number : 42.2021.11.8113
Title : The Correlation Between Self-Regulation and Academic Procrastination of Class VIII Students at MTsN 10 Ngawi on Academic Year 2024-2025

Had been examined on December 21, 2024.

The board of examiners has decided to grant her passed in the thesis examination. Hence, she is eligible to be awarded the degree of Licentiate in Islamic Education in The Faculty of Tarbiyah.

Gontor, 20 Jumadal Akhir 1446

22 December 2024

Chairman,

Ahmad Saifulloh, Ph.D.

First Examiner: Dr. Azmi Zarkasyi, M.Pd. ()

Second Examiner: Syarifah, M.Pd.I. ()

UNIVERSITAS DARUSSALAM GONTOR

STATEMENT OF ORIGINALITY



Faculty of Tarbiyah
كلية التربية

STATEMENT OF ORIGINALITY

Hereby,

Name : Nur Fatimah Azzahra

Student Number : 42.2021.11.8113

Faculty : Tarbiyah

Program of Study : Department of Islamic Education

The Title : The Correlation Between Self-Regulation and Academic
Procrastination of Class VIII Students on Academic Year 2024-2025

I declare sincerely that this thesis originally belongs to my own work and does not belong to other researchers for different degree. Furthermore, the thesis is not work published before, except some parts with their original references.

Otherwise, if it found that this thesis obtains plagiarism, I'm ready to be ceased academically.

Gontor, 11 Jumadal Ula 1446 H
13 November 2024

Researcher,


Nur Fatimah Azzahra

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

MOTTOES

قال الله تعالى في القرآن الكريم:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ



إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾ فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾

“Indeed, with hardship (will be) ease, so when you have finished (your duties), then stand up (for worship). And to your lord direct (your) longing”

-(Q. S Al-Insyirah: 6-8)-

“Don't let failure define you. It's how you learn and grow. Embrace it as the key to success.”



DEDICATION

I dedicate this thesis to:

My dear beloved father and mother,

Abdul Sukur and Siti Murni

Who always pray for my success and my goodness

My beloved brothers and sisters Abdul Rasyid and Muhammad Taufiq

Mubarak, Meylani Adita

Who listens to my confessions and makes me laugh when I feel sad

My beloved friends and classmates in the Islamic Education Program

All Teachers of MTsN 10 Ngawi, and All parties of MTsN 10 Ngawi were
involved in this research

I also dedicate this thesis to good people sent by God Allah who have been
willing to help directly or indirectly

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

AKNOWLEDGEMENTS

Allah SWT said:

وَمَنْ يَشْكُرْ فَإِنَّمَا يَشْكُرُ لِنَفْسِهِ (لقمان: 12)

Meaning: “And whoever gives thanks, he gives thanks for (the good of) himself”
(QS. Luqman: 12)

مَنْ لَمْ يَشْكُرِ النَّاسَ لَمْ يَشْكُرِ اللَّهَ (رواه الترمذي)

Meaning: “Whoever is not thankful to the people, then he is not thankful to Allah”
(HR. Tirmidzi)

Alhamdulillah praise be to the lord of all words for his blessings and abundances, researcher can accomplish the study and overcome various challenges and obstacles during conducting the research. Gratitude keeps pouring due to his entire grace towards the comprehensiveness of completing research.

Prayers and peace be upon our Prophet, Muhammad SAW, along with His family and companions. As well, hopefully we are categorized among the ones who deserve to gain syafa`at later on the Day of Resurrection Aamiin.

Although this research is far from perfect, researcher expects the pleasure of Allah SWT on how everything has been conducted here. Moreover, this result of studies contributes to self-useful and beneficial for other. Within this chance, researcher would like to acknowledge the profound gratitude to:

1. Leader of Modern Boarding School of Darussallam Gontor: K.H. Hasan Abdullah Sahal, Drs. K.H. M. Akrim Mariyat, Dipl. A.Ed., and Prof. Dr. K.H. Amal Fathullah Zarkarsyi, M.A. May Allah entirely protect and keep them.
2. Rector of University of Darussalam Gontor, Prof. Dr. K.H. Hamid Fahmy Zarkasyi, M.A.Ed., M.Phil.; Vice Rector I of Academics, Research and Innovation, Dr. Abdul Hafidz Zaid, M. A.; Vice Rector II of Human Resources and Institutional Development, Dr. Setiawan Bin Lahuri, M.A; Vice Rector III of Boarding, Student Affairs, Cooperation, and Internasional Affairs, Dr. Khoirul Umam, M.Ec.; and Vice Rector IV Dr. Royyan Ramdhani Djayusman,

M.A, of Finance, Assets and Family Welfare. Who continually motivate and instruct us, may Allah lighten their steps in carrying out the mandate at University of Darussalam Gontor.

3. Dean of Faculty of Tarbiyah, Dr. Agus Budiman, M.Pd.; Vice Dean I of Academic and Students Affair, Dr. Ihwan Mahmudi, S.H.I., M.Pd.; Vice Dean II of Finance Dr. Azmi Zarkasyi, Lc., M.A. and Vice Dean III of Research and Cooperation, K.H. Heru Saiful Anwar, M.A., who sincerely and heartfelt teach and educate us about the meaning of struggle.
4. Head of Islamic Education Department, Saiful Anwal, M.Pd. and the lecturers who continuously provide guidance and instruction. Through their bringing up, we are finally standing in this step. May Allah reciprocate each kindness by pouring rewards.
5. Dr. Ahmad Saifulloh, Ph.D., who constantly and patiently supervises us to finish this research. May Allah bestow wherever he is.
6. All the lecturers who have taught and educated during the learning process at University of Darussalam Gontor both in and out class.
7. Parents, siblings, partners, and friends who morally and materially contribute and support researcher to conquer this study.

May their dedicated deeds be pious reward in the sight of Allah SWT, all their sins are forgiven, and all their dedications are lightened up, as well they are bestowed by happiness both in this world and hereafter. Allahumma Aamiin.

Gontor, 24th Jumadal Ula 1446

Oktober 27, 2024

Your Sincerely,

Nur Fatimah Azzahra