

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

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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 negative 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 negative 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**

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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*