

## CHAPTER 1

### INTRODUCTION

#### A. BACKGROUND OF THE PROBLEM

Education has become a major impact on the challenges facing civilization in the era of Society 5.0. The education sector must adapt to digitalization, with the educational system evolving due to rapid and significant technological advancements. As we enter the society 5.0 era, the field of education is crucial for improving the quality of human resources. Preparing for the future and advancing knowledge is mainly the job of the education sector, especially for Generation Z, who are the most technologically educated and demographically advantaged generation. Today, it's not just basic skills like reading and writing, we also need skills like critical thinking, creativity, communication, and problem-solving.<sup>1</sup>

The technological advancements experienced by Generation Z have shown that people can perform any activity using digital systems. This also affects interpersonal relationships, as this habit is not only widespread in urban areas but also in rural areas. The influence of digital technology can lead to changes on behavior, language, attitudes, and more. Therefore, there is a need for character education for the current generation.<sup>2</sup>

Humans are social beings and naturally want to interact with others in their daily lives. With the advancement of digital technology in this era of globalization, society today is different from the past when people didn't understand the benefits of technology or social media. The presence of social media has the advantage of making communication easier and limitless.<sup>3</sup>

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<sup>1</sup>Adam Wildan Alfikri, "Peran Pendidikan Karakter Generasi Z Dalam Menghadapi Tantangan Di Era Society 5.0," *Prosiding Seminar Nasional Pascasarjana Universitas Negeri Semarang*, 2023, p. 22.

<sup>2</sup>Astri Sulastris, Fany Octaviany, and Cucu Atikah, "Analisis Pendidikan Karakter Untuk Gen-Z Di Era Digital," *Edukatif: Jurnal Ilmu Pendidikan* 5, no. 6 (2023). p. 2372–2378.

<sup>3</sup> Nova Dwi Andreyani, (2021). "Hubungan Antara Intensitas Bermedia Sosial Dengan Prokrastinasi Mengerjakan Skripsi Pada Mahasiswa Fakultas Psikologi UNISSULA" Skripsi. Semarang: Fakultas Psikologi Universitas Islam Sultan Agung, p. 6-8.

When someone is active on social media, they can easily lose track of time because they are having fun. Social media usage can affect students' behavior, such as procrastination on their assignments, making it a common issue. If this behavior continues and doesn't change, it can impact their daily life.<sup>4</sup> Social media users, such as the use of the TikTok application, have consequences for students which result in the student's academic procrastination behavior or delaying a job.

In the midst of technological advances and a modern education system, the world needs quality human resources. Students have great potential for success. Students are the next generation who will contribute to the progress of the world, country, or family. One of the factors that causes a student's failure is academic procrastination. This procrastination can occur in various aspects of life, including in daily activities and academics, and it is often found among students.<sup>5</sup>

Procrastination is the habit of procrastinating, either intentionally or unintentionally. Individuals who experience procrastination often fail to complete work or tasks on time.<sup>6</sup> Academic procrastination behavior refers to a person's habit of delaying doing and completing various activities such as doing assignments, homework, or preparing for exams. Procrastination is a habit that involves repeated or deliberate postponement of academic tasks and replacing them with useless money activities, so that tasks are not complete.<sup>7</sup>

Procrastination is basically a form of self-sabotage that a person does by delaying important decisions or actions, and avoiding remedial steps so that

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<sup>4</sup> Muhamad Nurdin, (2021). "*Hubungan Antara Kontrol Diri Dengan Prokrastinasi Akademik Mahasiswa Bimbingan Penyukuhan Islam (BPI) IAIN Ponorogo*" Skripsi. Ponorogo: Fakultas Ushuluddin, Adab dan Dakwah Institut Agama Islam Negeri (IAIN), p. 1.

<sup>5</sup> Pinta Ito Harahap, (2020). "*Hubungan Regulasi Diri Dan Dukungan Sosial Dengan Prokrastinasi Akademik Pada Siswa Di SMAN 1 Sunggal*" Skripsi. Medan: Program Pascasarjana Universitas Medan Area, p. 2.

<sup>6</sup> Santika Arizky Pratama, (2020). "*Prokrastinasi Siswa Pengguna Media Sosial Di SMP N 1 Sungai Tarab*" Skripsi. Batusangkar: Fakultas Tarbiyah dan Ilmu Keguruan Universitas Islam Negeri Mahmud Yunus, p. 11

<sup>7</sup> Susanna Vonny Noviana Rante and Harmelia Tulak, "*Pengaruh Penggunaan Aplikasi Tiktok Terhadap Perilaku Prokrastinasi Akademik Siswa Kelas VI SDN 4 Makale Utara,*" *JIMPS: Jurnal Ilmiah Mahasiswa Pendidikan Sejarah* Vol. 8, no. 3 (2023).p. 3228.

the problem continues to drag on. As a result, procrastination can lead to unacceptable situations, making a person feel hopeless in completing their tasks.<sup>8</sup> If the students are working on school assignments and get caught up in procrastination, and it is not addressed immediately, they will get caught in the same cycle. Despite being aware that procrastination is a negative behavior, they remain stuck in the pattern and struggle to complete the task on time, which makes the completion time even longer.<sup>9</sup>

One of the causes of academic procrastination in students is difficulty in self-regulation. The main problem that increases academic procrastination is the lack of understanding of the importance of self-regulation.<sup>10</sup> Therefore, individuals with good organization have the ability to direct themselves to be more responsible for academic tasks and not do academic procrastination.<sup>11</sup> According to Santrock, someone who has good self-regulation skills will be better at setting learning goals to deepen knowledge, increase motivation, and manage emotions so that they do not interfere with learning activities.<sup>12</sup>

MTsN 10 Ngawi is a school that uses digital media as a means to acquire knowledge. There are several lessons that use electronic devices such as cell phones for some access to learning. Every student at MTsN 10 Ngawi has an electronic device, when the class starts the electronic device is collected or entrusted to the respective homeroom teacher, expect for classes that have learning that must use the electronic device. However, if the learning is finished the student's electronic device must be returned to the homeroom teacher.

The result of interviews taken by researchers regarding the condition of students with homeroom teachers at MTsN 10 Ngawi. The teacher said that

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<sup>8</sup> Imam Turmudi and Suryadi, "Manajemen Perilaku Prokrastinasi Akademik Mahasiswa Selama Pembelajaran Daring," *Al-Tazkiah* Vol. 10, no. 1 (2021). p. 41–42.

<sup>9</sup> *Ibid...* p. 43.

<sup>10</sup> Lismawati, (2023). "*Hubungan Antara Self-Regulation Dengan Prokrastinasi Akademik Pada Siswa Kelas Xi Di Sma Panca Budi Medan*" Skripsi. Medan: Fakultas Psikologi Universitas Medan Area. p. 5.

<sup>11</sup> Sedyawati, "Hubungan Regulasi Diri Dengan Prokrastinasi Akademik," *Jurnal Pembelajaran, Bimbingan, Dan Pengelolaan Pendidikan* Vol.1, No. 10 (2021). p. 862.

<sup>12</sup> M Ammar Muntazhim, "Hubungan Regulasi Diri Dengan Prokrastinasi Akademik Pada Mahasiswa Yang Sedang Menyusun Skripsi," *Acta Psychologia* Vol. 4, No. 1 (2022). p. 22–23.

students at MTsN 10 Ngawi have a variety of characters. In addition, there are problems that often occur in some students in the class, such as low self-awareness or responsibility, so many students procrastinate in completing class assignments. Some students also rely on friends to complete assignments and they copy their friends' work, and feel too lazy to do assignments because they feel unable to do the assignments and are influenced by classmates who invite them to do activities that are more fun than doing school work. There are also some students who look lethargic and lazy because they stay up late doing unproductive activities.<sup>13</sup>

In addressing the problem of academic procrastination that occurs in today's digitalization era, researchers will conduct further discussion with a holistic and integrated approach. This includes the relationship between self-regulation in the problem of procrastination that occurs among adolescents today and being able to understand their weaknesses and strengths so that they can manage themselves as well as possible. Therefore, the title taken from the researcher is **“The Correlation Between Self-Regulation and Academic Procrastination of Class VIII Students at MTsN 10 Ngawi on Academic Year 2024-2025”**.

## **B. PROBLEM FORMULATION**

1. What is the level of *self-regulation* among class VIII students at MTsN 10 Ngawi?
2. What is the level of academic procrastination among class VIII students at MTsN 10 Ngawi?
3. Is there a correlation between *self-regulation* and academic procrastination of class VIII students at MTsN 10 Ngawi?”

## **C. RESEARCH OBJECTIVES**

1. To find out the level of *self-regulation* among class VIII students at MTsN 10 Ngawi.

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<sup>13</sup> Result of The Interview with Teacher at MTsN 10 Ngawi, Code Number of The Interview: 01/W/VIII/21/2024. Mantingan, 21 Agustus 2024.

2. To find out the level of academic procrastination among class VIII students at MTsN 10 Ngawi.
3. To find out of the correlation between *self-regulation* and academic procrastination of class VIII students at MTsN 10 Ngawi.

#### **D. RESEARCH BENEFITS**

The result of this study is expected to be useful, both in theoretical and practical benefits.

##### **1. Theoretically Benefits**

The results of this study add to the treasure of knowledge and can provide thoughts on solving academic problems, especially those related to self-regulation of academic procrastination.

##### **2. Practically Benefits**

- a. For Schools: it helps schools obtain additional information to find out the relationship between *self-regulation* and academic procrastination.
- b. For Teachers: Help teachers analyze the problems faced by students regarding self-regulation and academic procrastination.
- c. For Students: helping students understand the importance of improving *self-regulation* to prevent academic procrastination.
- d. For Researcher: this research is expected to be a reference and material for further research.

#### **E. SYSTEM OF WRITING**

To facilitate the author in writing the thesis, the researcher divides the discussion into 5 chapters, as follows:

CHAPTER I This chapter contains the background of the problem, problem formulation, research objectives, research benefits, and systematization of writing.

CHAPTER II This chapter contains the theoretical basis, relevant research results, framework of thinking, and research hypotheses.

CHAPTER III This chapter contains research methodology which includes; research techniques and time, research methods, population and samples, data

collection techniques, validity and reliability testing, data analysis techniques, and statistical hypotheses.

CHAPTER IV This chapter contains data presentation, data analysis and discussion about *self-regulation* on students` academic procrastination.

CHAPTER V This chapter contains a closing which includes; Conclusions and suggestions from the research.

