

**HUBUNGAN ANTARA *SELF-REGULATED LEARNING* DENGAN  
PERILAKU PROKRASINASI AKADEMIK SISWA SMA  
PANGUDI LUHUR SANTO YOSEF SURAKARTA**

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**ABSTRAK**

Penundaan dalam mengerjakan tugas-tugas sekolah memiliki dampak negatif dalam hasil belajar dan penurunan prestasi akademik, sehingga diperlukannya pengaturan waktu, motivasi dan pengendalian sistem belajar yang baik.

Penelitian ini bertujuan mengetahui hubungan antara *self regulated learning* dengan prokrastinasi akademik siswa SMA Pangudi Luhur St. Yosef Surakarta, Hipotesis yang diajukan yaitu terdapat hubungan negatif antara *self regulated learning* dan prokrastinasi akademik.

Penelitian ini menggunakan metode kuantitatif . Subjek dalam penelitian ini adalah siswa SMA Pangudi Luhur St. Yosef Surakarta yang berjumlah 77 orang. Pengambilan data menggunakan dua skala, skala *self regulated learning* dan skala prokrastinasi akademik Metode analisis data yang digunakan adalah korelasi *Product Moment* dari Karl Pearson dengan bantuan *SPSS 25.0 for windows release*.

Hasil analisis menunjukkan koefisien korelasi sebesar  $r_{xy} = -0,817$  dengan  $p = 0,000 (p < 0.05)$ . Hal tersebut membuktikan terdapat hubungan negatif yang signifikan antara *self regulated learning* dengan prokrastinasi akademik sehingga hipotesis yang diajukan dalam penelitian ini diterima.

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Kata Kunci : *self regulated learning*, Prokrastinasi akademik

***RELATIONSHIP BETWEEN SELF-REGULATED LEARNING AND ACADEMIC  
PROCRASTINATION BEHAVIOR IN PANGUDI LUHUR SANTO YOSEF  
SENIOR HIGH SCHOOL SURAKARTA***

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***ABSTRACT***

*Delays in doing school assignment will have a negative impact on learning outcome and a decrease in academic achievement, so that time management, motivation and control of learning systems are needed.*

*This study aims to determine the relationship between self regulated learning and academic procrastination by student in senior high school Pangudi Luhur St. Yosef Surakarta. The hypothesis proposed is that there is a negative relationship between self regulated learning and academic procrastination by those student.*

*This study uses a quantitative method. 77 student in senior high school Pangudi Luhur St. Yosef Surakarta. are selected as research subjects. the data collected with two scale, self regulated learning scale and academic procrastination scale. Meanwhile, the method of data analysis is Karl Pearson's product-moment correlation supported by SPSS 25.0 for windows release.*

*The result of the analysis shows that the correlation coefficient is  $r_{xy} = -0,817$  with  $p=0.000$  ( $p < 0.05$ ). It proves that there is a significant negative relationship between self regulated learning and academic procrastination, so the hypothesis proposed in this study is accepted.*

***Keyword : self regulated learning, academic procrastination***