

Hubungan antara Self-Regulated Learning dengan Prokrastinasi Akademik pada Siswa-Athlet Sekolah Khusus Olahragawan (SKO) Ragunan DKI Jakarta = The Relationship Between Self-Regulated Learning and Academic Procrastination on Student-Athletes at Sekolah Khusus Olahragawan (SKO) Ragunan DKI Jakarta

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara self-regulated learning dengan prokrastinasi akademik pada siswa-atlet di SKO Ragunan DKI Jakarta. Partisipan dalam penelitian ini adalah siswa-atlet di SKO Ragunan DKI Jakarta sejumlah 86 siswa. Penelitian ini menggunakan alat ukur Academic Procrastination Scale yang disusun oleh McCloskey & Scielzo (2015) untuk mengukur prokrastinasi akademik dan alat ukur Academic Self-Regulation Scale yang disusun oleh Magno (2010) untuk mengukur self-regulated learning. Berdasarkan uji korelasi dengan teknik analisis Pearson Correlation, ditemukan bahwa terdapat korelasi negatif yang signifikan antara self-regulated learning dengan prokrastinasi akademik ($r = -0.230$, $n = 86$, $p < 0.01$, one-tailed). Berdasarkan hasil analisis tersebut dapat dikatakan bahwa terdapat hubungan antara self-regulated learning dengan prokrastinasi akademik pada siswa-atlet di SKO Ragunan DKI Jakarta.

.....This study aims to examine the influence of Self-Regulated Learning towards Academic Procrastination on Student-Athletes at SKO Ragunan DKI Jakarta. The participant in this study were student-athletes who attended SKO Ragunan DKI Jakarta with total 86 students. This study uses a measuring instrument Academic Procrastination Scale compiled by McCloskey & Scielzo (2015) to measure academic procrastination. In addition, this study uses the Academic Self-Regulation Scale compiled by Magno (2010) to measure self-regulated learning. Based on the correlation test using the Pearson Correlation analysis technique, it was found that there was a significant negative correlation between self-regulated learning and academic procrastination ($r = -0.230$, $n = 86$, $p < 0.01$, one-tailed). Which means, that there is a relationship between self-regulated learning and academic procrastination in student-athletes at SKO Ragunan DKI Jakarta.