

CHAPTER I

INTRODUCTION

A. BACKGROUND

Students of university are people who registered and studying in University. In average their old are for about 18-25 years old. According to several psychologist, in this age named early adulthood. F.J Monk said that, “*At that age a person is considered mature and the next is considered to have responsibility for his actions*”.¹

As adolescents mature, sometimes college student think can do whatever they want. They have consider that their life just on their own hand with full. No one has a hand in this case. However, it does not mean they can run away from their responsibilities as college students, which is accomplishing academic tasks. For example, working papers, join in the semester exams, and accomplishing the thesis until pass.

As college student, they cannot be separated from the academic tasks, beside its as their responsibility also as their obligations, which is must be completed within the limit time that is specified. But, the fact is different at the site. Some students have difference respons. Sometimes they can manage it well by theirselves for example using regulation for theirself, sometimes they can not do it well, so delay is alternative, or even they just resignation without action. Deliberately or not, many college students putt of the things or delay in carrying through the task. Delayed tasks in psychology called procrastination.

Procrastination not related to academic tasks only, but daily activities also. In the psychology’s term, procrastination divided into two categories. *First*, everyday procrastination is doing in the daily activities. *Second*, academic procrastination is all of the matters that relating to delay in completing academic

¹F.J. Monks-A.M.P, Knoers, and Siti Rahayu Haditono, *Psikologi Perkembangan: Pengantar Dalam Berbagai Bagianya*, Gadjah Mada University Press, Jogjakarta, 1999, p.291.

tasks including delay graduation which is marked by not the end of thesis work yet.

Procrastination phenomenon is like something that has been civilizing in society. Not from common people only, but the intellectualls like college student doing the procrastination also. This statement is like what Asep Candra says in his wrting. That is:

Approximately 20% of the people identify theirselves as people with chronic procrastination. For them procrastination is like a lifestyle even though it does not mean a failure to adapt. They usually do not pay bills on time, lose the opportunity to buy concert tickets, or late to send a letter of taxes.²

In a research conducted by Ellis & Knaus (1977), suggested that almost 70% of students doing the procrastination in the wide meaning. Usually college student waiting for inspiration sometime come on the last time. Then Milgram (1991) also mention that procrastination is doing solely to complete the task optimally. However, the delay did not make a better job; it leads to delays that are not useful.³

Procrastinasion is outstanding common problems.⁴ whatever the reason, procrastinate has been waste a lot of time. Somebody should be able to finish one task and move to other tasks. In the contrary, they only stagnan and just waiting for suitable time o completing the things.

Norman Milgram confirmed this, he said that:

Procrastination is not merely a curious human aberration, one of the many instances in which people failed to pursue their interest in an efficient and productive manner. It represents a dysfunction of human abilities that are

²Asep Chandra, “Awas Terjerat Prokrastinasi!,” *KOMPAS.com*, accessed December 21, 2012.

³Rumiani, *Prokrastinasi akademik ditinjau dari motivasi berprestasi dan stres mahasiswa*, “ in Jurnal Psikologi UNDIP vol.3 No.2 (Desember, 2006), p.2.

⁴ Milgram also emphasized that procrastination is essentially a modern malady, nothing that its occurence is only relevant in countries where technology is advanced and schedule adherence is important. There is substantial truth to this assertion. The more industrialized a society, the more salient the construct of procrastination becomes. More detail see in Joseph R. Ferrari, Judith L. Johnson, and William G. McCown, *Procrastination and Task Avoidance: Theory, Research, and Treatment*, Springer, 1995, p.3-4.

important, if not essential, for coping with the myriad tasks, major or minor, that accumulate daily on our desks, in our memo books, or in our minds when we procrastinate we waste time, miss opportunities, and do not live authentic lives...⁵

The people who doing the procrastinate is called procrastinator. Glenn said that procrastination is related to some various psychiatric syndromes. The procrastinator usually has unhealthy sleep, have chronic depression, cause of stress, and other various causes of aberrations psychological.⁶ Beside that, procrastination caused the other factor is the nearest family even their environment.⁷

According to Briody, factors of academic procrastination can be categorized into three types, are:

1. The Characteristic of task that students perceived, is the task as a fun or boring task. It can influence students to delay completion of the tasks. The boring tasks usually make the student doing the procrastination.
2. The factor of procrastinator personality's. An Individual who has low self-esteem will be more prone to procrastination.
3. The effect of situational factors, disruption or distraction of environment affects a person's to delay his job.⁸

Meanwhile, an another research reveal that there are two factors that affect student perform procrastination. *First*, internal factors is the factor that come from the students themselves become barriers, such as anxiety, perceptions of lecturers, and the inability to manage the time. *Second*, external factors is the factor that

⁵Ibid., p.1.

⁶M. Nur Gufron and Rini Risnawati, *Teori-Teori Psikologi*, Ar-Ruzz Media, Jogjakarta, 2010, p.151.

⁷In a research mention that the support from other people like a family especially parent's support is significant to reduce the procrastinate. See more in thesis by Irmawati Dwi Fibriani, *Hubungan Antara Dukungan Sosial Orangtua Dengan Prokrastinasi Akademik Dalam Menyelesaikan Skripsi Pada Mahasiswa Fakultas Psikologi Universitas Diponegoro Semarang*, Thesis, Universitas Diponegoro, Semarang , 2009.

⁸Siti Anisa Rizki, *Hubungan Prokrastinasi Akademis dan Kecurangan Akademis pada Mahasiswa Fakultas Psikologi Universitas Sumatera Utara*, Thesis, Universitas Sumatera Utara, Sumut, 2009, p.26.

come from outside of the student, such as lack of support, difficulties in obtaining raw materials, lack of facilities and infrastructure, and any other activities.⁹

Irmawati, in her Thesis said that minimum student is studying 3.5 years or 7 semesters, they will pass the final phase of the study, namely the thesis or research.¹⁰ Whereas Solomon and Rothblum reveal that indicate of academic procrastination is a five-year study period and or more.¹¹ In general, college student in that semester has followed all the matter in university. It means that they already do not have the academic task than completing the final task. Although there are some students, who had already completed lecture in semesters seventh and eighth.

Likewise student in IAIN Walisongo Semarang, there are many students that procrastinate the graduation till last semester. At least student of Ushuluddin Faculty there are 31 student at force 2006-2007 indicate still become a student. It means that they put off about the final assignment.¹² This procrastinate can be characterized by the initial delay in completing academic tasks, such as writing their thesis. As a student who pursue the Islamic sciences, they considered to interpret more about the importance of time. In Islam, procrastinate is not allowed because it will impede the work and other. this is explained on the Holy Qur'an. Allah SWT., said:

فِإِذَا فَرَغْتَ فَانصَبْ^{١٣}

“Therefore, when thou art free (from thine immediate task), still labour hard.”

The proverb said that “*Al-waktu Kasy-syaif*, time is a sword”. If you do not able to manage it well, it will cut your own throat.¹⁴ This proverb reminding

⁹Irmawati Dwi Fibrianti, *Hubungan Antara Dukungan Sosial Orangtua dengan Prokrastinasi Akademik dalam Menyelesaikan skripsi pada Mahasiswa Fakultas Psikologi Universitas Diponegoro Semarang*, Thesis, Universitas Diponegoro, Semarang, 2009, p. 17.

¹⁰*Ibid.*, p. 16.

¹¹Rumiani, *Jurnal Psikologi UNDIP* vol.3 No.2 Desember 2006, p.37.

¹²This documentation taken by researcher from the announcement in Mading Department of Islamic Theology, on April 9, 2013.

¹³Qs. Al-insyirah [94]:7.

how importance of time. So as muslim should use for the time as good as possible. Of course it will give many advantages, for example we can complete the task or job with the limit time and if we fail we will not to late for repair it.

In the procrastination behaviors, someone has wasted a lot of time. Regardless the work is difficult or not. In this situation, procrastinators tend to be lazy for starting to accomplish the task, so that they more like to lean to do something even to finish it. Seemingly it has done in order to decreasing the stress. It is like coping, in term of psychology coping is All efforts, healthy or unhealthy, positive or negative, to prevent and eliminate stressors of stress.

In facing difficulty and obstacle when have some responsibilities and obligation, college students have to endeavor or make effort seriously especially in finishing thesis. In other hand the endeavor process is not enough, so need the inner motivation that is *tawakkal*.

In the Sufism studies, a resignation is known as *tawakkal*. Hasyim Muhammad said, "*Tawakkal* is basically a logical consequence of the *maqam Sabar*." Therefore, somebody that achieve the degree of *sabar*; otomatically he/she is a person who has reached the degree of *tawakkal*.¹⁵ He also explained that there were several opinions regarding the resignation by some scholars about tawakkal. Relating to procrastination, someone who will be patient for the urge to postpone everything, then he will quickly realize and start work again.¹⁶

Relating the case, students should have a way to cope their academic tasks. Especially to understanding concept of *tawakkal* as a form of religious practice,

¹⁴Toto Tasmara, *Kecerdasan Ruhaniah (Transcendental Intelligence): Membentuk Kepribadian yang Bertanggung Jawab, Profesional, dan Berakhhlak*, GEMA INSANI PRESS, Jakarta, 2001, p.154.

¹⁵While, *Sabar* is a manifestation of self-consistency in holding principle. Patience is also something that can provide a power in the event of disruption in him. Associated with procrastination, someone who will be patient the urge to postpone everything, then he will quickly realize and start their job again. More clear see in Hasyim Muhammad, *Dialog antara tasawuf dan psikologi: telaah atas pemikiran psikologi humanistik Abraham Maslow*, ed. M. Adib Abdushomad, Pustaka Pelajar, Walisongo Press, 2002, p.43-44.

¹⁶For more details see in Wiwit Atiningsih , "Hubungan antara Kesabaran dengan Prokrastinasi Akademik Pada Mahasiswa yang sedang Mengerjakan Skripsi, Thesis, Universitas Islam Indonesia, Jogjakarta, 2008.

and regulate their learning process. Therefore, the researchers want to know correlation of *tawakkal* of student that experiencing the procrastination that is as students they should have self-regulation.

Mostly, some people to understanding of *tawakkal* concept is just resignation only for what somebody plan and do. Whereas Allah has been asked to human being for make effort to get a result. Allah swt. will not change a people's destiny so they will change by their ownself. This is mean the human have to make effort to get what they want.¹⁷

Whereas, Imām al-Gazālī explained the *tawakkal* is about *iman*, *iman* arranged by ‘ilmu, state and ‘amal. ‘Ilmu as basic and guide, state as representation of the will of *tawakkal* and ‘amal as it product. He also explained, “Ilmu is bequeathing the state. It led to a state of charitable deeds. Sometimes people think that the meaning of resignation is: to leave effort with the body, leaving the arrangement with the heart and fell on earth.”

The main elements in the *tawakkal* are:

- a. The existence of science or knowledge
- b. Condition (conditions and feelings)
- c. Product realization of ‘amal charitable (deeds)

Ibnu Qayyim explained, there are some steps in *tawakkal* process in a specialized field, that are:

- a. Determine the targets that would be achieved
- b. Doing the appropriate effort
- c. Surrender completely to Allah

¹⁷ See Q.s Ar-Ra’d [13] :11.

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ وَإِذَا أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ وَمَا لَهُمْ مِنْ دُونِهِ مِنْ وَالِ (١١)

“Allah does not change a people's lot unless they change what is in their hearts. But when (once) Allah willeth a people's punishment, there can be no turning it back, nor will they find, besides Him, any to protect”.

- d. Accept the Allah decision's with a heart *taslim*.
- e. Evaluate the program.

Allah Swt. said:

فَإِذَا عَزَّمْتَ فَتَوَكَّلْنَ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ ﴿١٥٩﴾¹⁸

“Then, when thou hast Taken a decision put thy trust in Allah. For Allah loves those who put their trust (in Him)”.

In *tawakkal*, there are two kinds of effort. *First*, effor of *zahîr* is effort that be done with the real activities like work. *Second*, effort of *batîn* is that be done by resting heart only. From here, we can see the correlation between tawakkal with *zahir* effort, the form is self-regulation. Self-regulation is individual efforts to organize themselves in an activity with the ability to include metacognition, motivation, and active behavior.¹⁹

Previously the self-regulation theory has been point out by Albert Bandura. He replaced it with social cognitive theory. The concept is individuals cannot adapt to their environment effectively, as long as they are able to make sense of control over the process of psychology and behavioral. It means that each result of human behaviour depend on how the human can manage their ownself. Are they will influenced by the environment or they will lead the environment by their self regulation.

Several figures have definition about self-regulation. According to Schunk & Zimmerman, self-regulation is the ability to control their behavior. Self-regulation is using a process that activates thoughts, behaviors, and feelings continuously in an attempt to achieve the stated goals.²⁰ Whereas, Susanto said

¹⁸Qs. Al-Imrân [3]:159.

¹⁹M. Nur Gufron and Rini Risnawati, p.57.

²⁰Nitya Apranadyanti, *Hubungan antara Regulasi Diri Dengan Motivasi Berprestasi pada Siswa Kelas X SMK IBU KARTINI Semarang*, Thesis, Fakultas Psikologi Universitas Diponegoro, Semarang, 2010, p.10.

that Self-regulation is one of factors that influence a person's success in carrying out the process of their education.²¹

According to Zimmerman self-management that is associated with the generation of self-good thoughts, feelings, and actions that planned and the feedback tailored to the achievement of personal goals. In other words, self-management related to Meta-cognitive, motivational, and behavioral that participates actively to achieve personal goals.²²

Zimmerman and Pons mention there are three factors that influence in self Regulation, are:

- a. An individual (self)
- b. behaviour
- c. Environment.²³

Of course, three of them can not be separated each other. for having knowledge especially about self and ability of self to get the goal. So that somebody can devide their attitude suitable with their goal. Then, to get it somebody has to capable choose supporting environment's. Though somebody has strong will to change theirself, but if the environment is not support them, the result is not maximum.

Howell and Watson said that procrastination as like to have a deficit in regulating their cognition.²⁴ Whereas McCown, Petzle, and Rupert reported that procrastinator underestimated some of necesssary time to complete a task and failed to allot sufficient time.²⁵ In addition, the cognitive aspect of self-regulation is deficient, procrastinator also showed low regulation behavioral. For example, procrastinator has lacking of time management skills and busy in the disorder.

²¹*Ibid.*, p.11.

²²In M.Gufron, 2010, p.58.

²³*Ibid.*

²⁴Seung Won Park, Rayne A. Sperling , *Academic Procrastinators and Their Self-Regulation*, PDF, (The Pennsylvania State University, 2012), p.12.

²⁵*Ibid.*, p.12.

College Students that have an understanding of *zahir tawakkal*, they will create a self-regulation. That is to regulate, control and do not forget to evaluate them in order to the better goal. So, college students will not delay to complete the thesis anymore.

B. RESEARCH QUESTION

Based on explanation above, the problem of this research is formulated into the question as below:

1. Is there correlation between *tawakkal* and self-regulation with tendency of procrastination of college students in IAIN Walisongo Semarang?

C. EXTENT OF THE PROBLEM

To reduce miss understanding in this paper, researcher want to confine the problem of this thesis, are:

- a. Procrastination it means delay, postpone. In this paper, researcher will confine the question about the procrastination that is academic procrastination in delaying thesis arrangement.
- b. The student of IAIN Walisongo Semarang
That is male and or female University student that still active in IAIN Walisongo Semarang at nine to fourteen smester.

D. AIM AND SIGNIFICANCE OF RESEARCH

Based on the research question, this research aims to test empirically the correlation between *tawakkal* and self-regulation with tendency of procrastination of college student in IAIN Walisongo Semarang.

The expected benefits of this research are as follows:

1. Theoretical

Theoretically, for this research is to provide a scientific contribution to the development of science that deals with the correlation between *tawakkal* and self-regulation with tendency of procrastination of college student in IAIN Walisongo Semarang generally and Ushūluddīn Faculty in particular.

2. Practical benefits

The result of this research is expected can help to give knowledge about *tawakkal*, procrastination and self regulation, also as consideration for the college students to avoidance for the procrastination behavior.

E. PRIOR RESEARCH

Talking about the title of this paper is “Correlation between *Tawakkal* and Self-regulation with Tendency of Procrastination for College Student in IAIN Walisongo Semarang”. The writer realize that the writer is not first person who discuss about *tawakkal*, procrastination, and self-regulation, but this title has never been studied before. There are many thesis that told about *tawakkal*, self-regulation, and procrastination, that support this research. They are:

1. Thesis written by Irmawati Dwi Fibrianti, *Hubungan Antara Dukungan Sosial Orangtua Dengan Prokrastinasi Akademik Dalam Menyelesaikan Skripsi Pada Mahasiswa Fakultas Psikologi Universitas Diponegoro Semarang*, (2009). In her writing explained that the delay in the academic or called academic procrastination, performed by students as a form of coping to avoid stressful situations. Social support is one of the factors that can significantly reduce the negative effects of stress. According to Burka & Yeun, stress incurred is most often caused people do procrastination.
2. Thesis written by Mia Kusumaatmaja, *Prokrastinasi dalam Menempuh Skripsi Ditinjau dari persepsi terhadap disiplin orangtua*, (2010). Procrastination can be caused by some factors, beside from inside that is from individual itself also from outside, like supporting from parents. The results from this thesis there is

positive correlation between procrastination in taking the thesis with perceptions of parental discipline.

3. Thesis written by Andreas Provita Prima, *The Relationship between Academic Self-Concept and Academic Procrastination in College Students*, (2007). This thesis explained about Academic Self-Concept and Academic Procrastination. The result that is there is negative correlation. And this thesis using Simple regression methodology.
4. Thesis written by Wiwit Atiningsih, *Hubungan antara Kesabaran dengan Prokrastinasi Akademik Pada Mahasiswa yang sedang Mengerjakan Skripsi*, (2008). In this thesis she uses Mikam Theory about patience, according to him person who has patience never give up for all disaster that befallen. An individual always spirit in whorship, sosial, and intelectual. So an individual will not procrastinate. And theory of procrastination of this research is based on Solomon and Rothblom's theory. This thesis explained that there is significant effect between patience and procrastination behavior.
5. Thesis written by Siti Annisa Rizki , *Hubungan Prokrastinasi Akademis dan Kecurangan Akademis pada Mahasiswa Fakultas Psikologi Universitas Sumatera Utara*, 2009. According to Solomon some disatvantage due to the procrastination is the task not resolved, resolved but the results are not satisfactory because people hurried to complete the task to catch the deadline, causing anxiety to depression. Finally it can cause cheating in academic. The results from this research that a positive relationship between academic procrastination and academic cheating on student in psychology faculty of University of North Sumatra.
6. Thesis written by Kumala Anatania Dharmawan, *Manajemen Waktu Pada Mahasiswa Bekerja Ditinjau Dari Pengaturan Diri*, *Fakultas Psikologi UNIKA Soegijapranata, Semarang*, 2011. The result from this research reveal that for about 70,5% of self-regulation that contributes to the management of time. The higher the setting, the higher the self-management of time is done.
7. Thesis written by Prapti Ningsih the student of Ushuluddin Faculty of IAIN Walisongo Semarang 2013, *Pengaruh Tawakkal Terhadap Adversity Quotient*

Pada Santri Putra-Putri Pondok Pesantren Al-Ishlah Mangkang Kulon Tugu Semarang. According to Syaikh Abdul Qādir Al-Jailānī *Tawakkal* is a symbol from awareness of Allah's decision, and can be responded by positively and actively. So an individual that resignation to Allah always spirit to be alive better. The results of this study is that there is a positive influence and significant between *Tawakkal* and Adversity Quotient of student in boarding school of Al-Ishlah Mangkang Kulon Tugu Semarang.

Based on the literature review's above, researcher will research the correlation between *tawakkal* and Self-regulation with tendency of procrastination of college student in IAIN (State Institute for Islamic Studies) Walisongo Semarang, as far as researcher knew, not everybody has write about this title yet.

F. WRITING SYSTEMATIC

Writing systematic of this research is below:

Chapter I: Introduction

This chapter is an outline description of the thesis. Consists of background, research question, extends of the problem, aims and significants research, prior research and writing systematic.

Chapter II : Theoretical basis

This chapter includes a review of theoretical, which is will be a reference in the discussion of issues. Contains the theoretical basis that will explain more detail related to theories, and related to research variables such as definition of *tawakkal*, definition of self-regulation, definition of tendency of procrastination, the correlation between *tawakkal* and self-regulation with tendency of procrastination on college student, and also hypothesis.

Chapter III : Research Methodology

In this chapter consists of research methods that researchers use to be. That describes the identification of research variables, population, and sample, data collection methods, instruments used, the validity and reliability of the measurement tool, until the procedures of implementation research.

Chapter IV: Analysis

This chapter will explain the result of data analyzed by using statistics.

Using the data analysis, Partial correlation and also discussion.

Chapter V: Conclusion and Suggestions

This is the last chapter consists of conclusion, suggestion and closing.