

CHAPTER IV

RESULT OF THE RESEACH AND DISCUSSION

A. Orientation of Research Field

The orientation of this research field is in IAIN (Institute State for Islamic Studies) Walisongo Semarang. in the founding history's, the idea to building it coming from a thoughtfulness of Muslim figures in Central Java to have Islamic University.

Based on two reason. *First* bacause most of inhabitant in Central Java are muslim so needful University that has Islamic identity. *Second*, on that time there was not Islamic University. So the building of Islamic University is a requirement for muslim in Central Java.

After long process, institutionally State Institute for Islamic Studies (IAIN) Walisongo Semarang established and inaugurated on April, 06th 1970 by decision of Minister of Religious Affairs Number 30 and 31 in 1970.¹ Physically this college is divided into 3 locations: Campus I, II, and III and centered on Campus I located in Jrahah, Tugu district, Semarang. Moreover, there are four Faculties. That are Tarbiyah Faculty, Islamic Theology Faculty, Syari'ah Faculty, and Dakwah Faculty.

B. Research Preparation

The first preparatory step of research began with arranging of measuring instrument. Instrument that used in this research was arranged and modification by researcher. It is scale. Scale of *tawakkal* is arranged based on synthesis of *tawakkal* aspects by Ibn Qayyim, Amrū Khalid, and Yūsuf Qarḍawī. The scale has been drawn representing those characteristics minimally one characteristic is represented by at least one item. The total number items of *tawakkal* scale are 53 items. After those items were analyzed, the sum of valid item was reduced from 53 items to 40. With 40 valid items, the data will be analyzed.

¹Tim Penyusunan Buku Panduan Program Sarjana (S1) tahun Akademik 2009/2010, *Buku Panduan Program Sarjana (S1) Tahun Akademik 2009/2010, IAIN Walisongo Semarang*, Semarang, 2009, p. 35.

Whereas the scale of self-regulation is based on Schunk and Zimmerman's theory that said there are 4 aspects in self regulation, are: motivation, planning, self-awareness, and behavior aspect. The total number of self-regulation scale are 24 items. After those items were analyzed, the sum of valid items was reduced from 24 items to 20 items. With 20 valid items, the data will be analyzed.

Whereas the scale of procrastination is based on Ferrari's theory that said there are 3 aspects in procrastination, are: Delay to start and complete the task (*Avoiding*), Doing anything else than completing the task (*Engaging In More Reward Activities*), and argue lack of time (*Escaping*) motivation, planning, self-awareness, and behavior aspect. The total number of self-regulation scale are 36 items. After those items were analyzed, the sum of valid items was reduced from 36 items to 29 items. With 29 valid items, the data will be analyzed.

Table. 14
***Tawakkal*, Self regulation, and Tendency of Procrastination Total Score of Subject**

No.	Subject	<i>Tawakkal</i>	Self Regulation	Tendency of Procrastination
1.	A	125	55	65
2.	B	122	57	73
3.	C	127	55	69
4.	D	139	59	77
5.	E	134	67	92
6.	F	125	53	67
7.	G	101	52	70
8.	H	131	61	59
9.	I	148	69	46
10.	J	146	69	46
11.	K	125	58	61
12.	L	139	61	62
13.	M	130	59	48
14.	N	143	60	67
15.	O	112	47	74
16.	P	131	68	57
17.	Q	129	54	68
18.	R	117	58	69
19.	S	124	56	68
20.	T	116	51	74
21.	U	121	51	65

22.	V	131	60	58
23.	W	122	52	71
24.	X	118	54	70
25.	Y	128	57	62
26.	Z	119	49	81
27.	AA	127	53	77
28.	AB	99	49	72
29.	AC	129	59	63
30.	AD	135	65	62
31.	AE	146	64	62
32.	AF	137	60	61
33.	AG	122	58	72
34.	AH	104	45	80
35.	AI	139	57	64
36.	AJ	137	64	82
37.	AK	140	61	68
38.	AL	129	61	68
39.	AM	114	52	71
40.	AN	125	56	62
41.	AO	124	55	62
42.	AP	132	58	62
43.	AQ	144	56	91
44.	AR	121	56	67
45.	AS	134	56	66
46.	AT	139	56	74
47.	AU	126	61	52
48.	AV	153	66	56
49.	AW	133	60	64
50.	AX	145	63	71
51.	AY	122	59	64
52.	AZ	139	64	62
53.	BA	137	52	74
54.	BB	125	50	73
55.	BC	137	47	80
56.	BD	125	52	71
57.	BE	135	64	56
58.	BF	118	46	80
59.	BG	114	58	66
60.	BH	126	53	67
61.	BI	144	65	69
62.	BJ	145	64	57
63.	BK	136	70	52
64.	BL	131	62	64
65.	BM	126	50	73

66.	BN	137	52	74
67.	BO	135	57	63
68.	BP	152	69	55
69.	BQ	119	57	75
70.	BR	116	51	75
71.	BS	138	60	65
72.	BT	154	74	35
73.	BU	139	68	52
74.	BV	136	65	42
75.	BW	153	76	44
76.	BX	160	77	41
77.	BY	140	67	67
78.	BZ	140	57	67
79.	CA	134	64	63
80.	CB	146	64	64
81.	CC	142	67	61
82.	CD	145	65	54
83.	CE	146	48	56
84.	CF	92	63	73
85.	CG	132	60	46
86.	CH	136	62	45
87.	CI	127	62	69
88.	CJ	123	58	70
89.	CK	125	56	59
90.	CL	127	62	69
91.	CM	153	74	35
92.	CN	139	52	74
93.	CO	125	55	62
94.	CP	126	57	62
95.	CQ	111	47	74
96.	CR	134	67	92
97.	CS	128	55	69
98.	CT	124	55	65
99.	CU	122	58	72
100.	CV	121	51	65

C. Implementation of Research

Step implementation is begun after validity and reliability test of measuring instrument is done. Then the instrument can be used to measure the subject. Collecting data is done by visiting 100 respondents even in faculty or visiting their dormitory. Researcher tries to accompanying respondents in answering questioner and sometimes researcher entrust the questioner to

respondent then researcher take it the day after. Spreading of the questioner to the respondents started on November, 10-2013 and finished on November, 15-2013.

D. The Result of Research

1. Descriptive of Data

The following is description of data. Its purpose as a general overview about descriptive of data completely. Can be seen in the following table. (for more clear see in attachment F in page 165).

Table. 15
Research Description

Scale	Sum of Subject	Hypothetical Data				Empirical Data			
		x min	x max	M	SD	x min	x max	M	SD
<i>Tawakkal</i>	100	40	160	120	20	92	160	1.3074	12.270
Self regulation	100	20	80	60	10	45	77	58.71	6.806
Tendency of Procrastination	100	29	116	87	15	35	92	65.10	10.862

Explanation :

M : Mean

SD : Standar Deviation

a. *Tawakkal* scale

Tawakkal scale will be categorized to determine the high and low score of subject. To give meaning has diagnostic value of raw scores need to be derived and referred to a norm categorization.² Categorization is done is to assume that the scores of population are normally distributed, so the hypothetical scores are distributed according to the normal models.³ The minimal values that will be gotten by subject is $40 \times 1 = 40$ and maximal score that can be gotten by subject

²Saifuddin Azwar, *Penyusunan Skala Psikologi*, Jogjakarta, Pustaka Pelajar, 2002, p.106

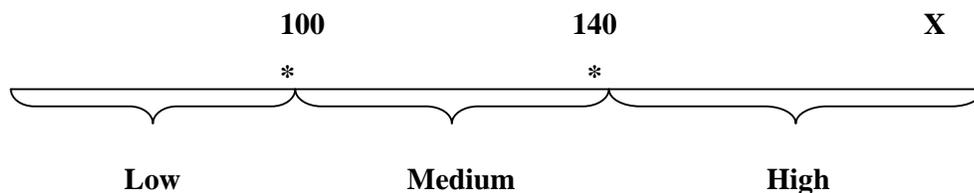
³*Ibid*, Second edition 2, p.146

is $40 \times 4 = 160$, so the right range is $160 - 40 = 120$ and every standar deviation unit have value (σ) is $120 : 6 = 20$, whereas the hipotetyct average is (μ) $40 \times 3 = 120$. When subjects were classified into 3 categorization, will be obtained the categorization and subjects scores distribution such as in the following table:

Table. 16
***Tawakkal* Scale Categorization**
and Distribution Subject Scores

Standar Deviation	Score	Category	Subject	
			Frequency (N)	Percentage (%)
$X < (\mu - 1,0 \sigma)$	$X < 100$	Low	2	2%
$(\mu - 1,0 \sigma) \leq X < (\mu + 1,0 \sigma)$	$100 \leq X < 140$	Medium	77	77%
$(\mu + 1,0 \sigma) \leq X$	$140 \leq X$	High	21	21%
Total			100	100%

By calculation above will got the reality as below:



Based on the table above can be concluded that 2% of students IAIN Walisongo Semarang has a low level of *tawakkal*, 77% of students IAIN Walisongo Semarang has a medium level of *tawakkal*, and 21% of students IAIN Walisongo Semarang has a high level of *tawakkal*. Therefore, in general students in IAIN Walisongo Semarang have a medium level of *tawakkal*. (For more details can be seen in the graph in attachment F in page 165).

Based on the table above can be concluded that 8% of students IAIN Walisongo Semarang has a low level of self-regulation, 48% of IAIN Walisongo Semarang has a medium level of self-regulation, and 44% IAIN Walisongo Semarang students have a high level of self-regulation. Therefore, in general student IAIN Walisongo Semarang has medium levels of self-regulation. (For more details can be seen in the graph in attachment in page 167).

c. Tendency of Procrastination Scale

Tendency of Procrastination scale will be categorized to determine the high and low score of subject. To give meaning has diagnostic value of raw scores need to derived and referred to a norm categorization.⁶ Categorization is done is to assume that the scores of population are normally distributed, so the hypothetic scores are distributed according to the normal models.⁷ Minimum score is obtained by subject is $29 \times 1 = 29$ and the maximum score that can be obtained by subject is $29 \times 4 = 116$, then the right range is $116 - 29 = 87$ and every standard deviation of unit is worth (σ) is $87 : 6 = 14,5$ (15), whereas the average hypothetic (μ) $29 \times 3 = 87$. When subjects were classified into three categorization, will be obtained the categorization and subjects scores distribution such as in the following table:

Table.18
Tendency of Procrastination Scale Categorization
and Distribution Subject Scores

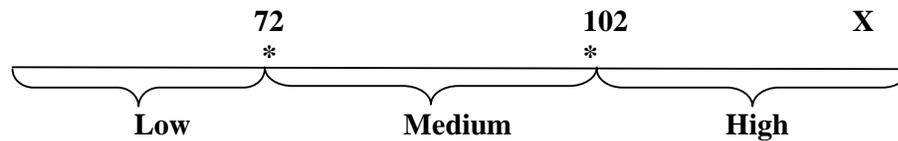
Standar Deviation	Score	Category	Subject	
			Frequency (N)	Percentage (%)
$X < (\mu - 1,0 \sigma)$	$X < 72$	Low	77	77%
$(\mu - 1,0 \sigma) \leq X < (\mu + 1,0 \sigma)$	$72 \leq X < 102$	Medium	23	23%

⁶Saifuddin Azwar, *Penyusunan Skala Psikologi*, Jogjakarta, Pustaka Pelajar, 2002, p.106

⁷*Ibid*, Second edition 2, p.146

$(\mu + 1,0 \sigma) \leq X$	$102 \leq X$	High		
Total			100	100%

By calculation above will got the reality as below :



Based on the table above can be concluded that 77% of students IAIN Walisongo Semarang has a low level of tendency of procrastination, 23% of IAIN Walisongo Semarang has a medium level of tendency of procrastination. Therefore, in general student IAIN Walisongo Semarang has medium levels of tendency of procrastination. (For more details can be seen in the graph in attachment F in page 168).

2. Data Analysis

After collecting the data the next step is analysis. But, before it, there are many steps that should to do. They are:

1). Editing

Editing is checking process the data that has been collected, this step has purpose to checked about the completeness to be done next step.

2). Coeding

Coeding is certain coding activities in each data includes the same category.

3). Scoring in accordance with the answer provision

After ensuring that the data is complete, the next step should be done is scoring data in accordance with the answer provision likes as table.

4). Tabulation

Tabulation is data grouping into certain table in accordance with its characteristics. Score tabulating has purpose to make easier in entering the data on computer.

5). Data analysis: assumption and hypothesis test

a. Assumption test

Based on data analysis, hypothesis test in this research is use Partial Correlation. That method requires the fulfillment of the assumptions of distribution normality and linearity. Therefore, before hypothesis test done, firstly should be done distribution normality and linearity test.

1. Distribution normality test

This test is for knowing score of examined variable is following normal distribution or not. Theorem that used is when $p > 0.005$, it means the distribution is normal. And when $p < 0.005$, it means the distribution is not normal. The method that's used to test the distribution normality is "Kolmogorov-Smirnov." It is used to test uniformity among distribution of observed values and distribution of certain theory. The calculation result of normality test can be seen below: (for more detail see in attachment F page 164).

Table.19
The result of normality test with
One-Sample Kolmogorov-Smirnov Test

Variable	K-SZ	Sig (p)	Status
<i>Tawakkal</i> (X_1)	0.637	0.812	Normal
Self Regulation (X_2)	0.715	0.685	Normal
Tendency of Procrastination (Y)	1.277	0.077	Normal

From Table above, it explains that distribution of independent variable (X_1) is normal with $Z = 0.637$ and $p = 0.812$, distribution of independent variable (X_2) is normal with $Z = 0.715$ and $p = 0.685$ whereas distribution of dependent variable is normal with $Z = 1.277$ and $p = 0.077$ It can be concluded that $pX_1 = 0.812 > 0.05$, $pX_2 = 0.685 > 0.05$ and $pY = 0.077 > 0.05$, so distribution of three variables is clarified normal.

2. Linearity test

Linearity is done to know what some variables have linear correlation or not. Helped by *Statistical Packages For Social Sciences (SPSS) for Windows Release 16*, it is gotten the result of linearity test as below: (fore more detail see in attachment F page 163-164).

Table. 20
Result of Linearity test

Variable	F	Sig (p)	Correlation
X ₁ with Y	32.083	0.000	Linear
X ₂ with Y	5.088	0.000	Linear
X ₁ with X ₂	4.720	0.000	Linear

The result of this test describes that correlation among Dependent Variable (Y) and Independent Variable (X₁) has linear characteristic with F = 32.083 dengan P = 0.000. Thus, P = 0.001 < 0.005 it means it's reasonable to do partial correlation test. Then correlation among Dependent Variable (Y) and Independent Variable (X₂) has linear characteristic with F = 5.088 with P = 0.000. Thus, P = 0.000 < 0.005 it means it's reasonable to do partial correlation test. And correlation among Independent Variable (X₁) and Dependent Variable (X₂) has linear characteristic with F = 4.720 with P = 0.000. Thus, P = 0.000 < 0.005 it means it's reasonable to do partial correlation test.

3. Hypothesis

The hypothesis in this research is there is negatif correlation among *tawakkal* and self regulation with tendency of procrastination of college student in IAIN Walisongo Semarang. When their *tawakkal* and self regulation are high, so is the level of procrastination tendency of college student.

The analysis used to verifying a hypothesis is accepted or not. After test assumption, then doing the hypothesis test in this research with partial correlation. This correlation technique used to testing the hypothesis that is ordered by researcher to know whether negative correlation among *tawakkal* and self

regulation with tendency of procrastination of college student in IAIN Walisongo Semarang. below is table of hypothesis test,⁸ (for more detail see in attachment F page 174):

Table.21
Result of Partial Correlation

Correlation	R	Sig (p)	Significant Level	Status
X ₁ between Y	-0,466	0,000	0,001	Significant
X ₂ between Y	-0,586	0,000	0,001	Significant
X ₁ between X ₂	0,661	0,000	0,001	Significant
X ₁ between Y control for X ₂	-0,129	0,202	0,001	Not Significant
X ₂ between Y control for X ₁	-0,419	0,000	0,001	Significant

Based on table 21 above the result calculation of the correlation between *tawakkal* and procrastination control for self regulation, it can be seen that coefficient of *r* is -0,129 with significant (P) is 0.202. $P = 0.202 > 0.001$. It means correlation between *tawakkal* and tendency of procrastination with control for self regulation is not significant. But the correlation between self regulation and tendency of procrastination control for *tawakkal*, it can be seen that coefficient of *r* is -0,419 with significant (P) is 0.000. $P = 0.000 < 0.001$. It means correlation between self regulation and tendency of procrastination with control for *tawakkal* is significant.

E. Discussion

1. Result of Correlation Partial Analysis.

The result analysis with partial correlation is known that there is no significant correlation between *tawakkal* and tendency of procrastination if control for self regulation. It can be seen that coefficient of *r* is -0,129 with significant (P) is 0.202. $P = 0.202 > 0.001$. It means correlation between *tawakkal* and tendency of procrastination with control for self regulation is not significant.

⁸This step uses formula according to Tulus Winarsunu, see in this thesis on Chapter III p.58.

It can be concluded that H_0 is accepted and H_a is rejected. Control for self-regulation means that self-regulation is stagnant or even vanished. In partial correlation, the purpose is to know more the real correlation between independent variable to dependent variable. Here the independent variable is *tawakkal* (X_1) and the dependent variable is tendency of procrastination (Y) and control variable is self-regulation (X_2).

There are two definitions about *tawakkal* itself according to several scholars' opinions. *First*, somebody conceiving it only resignation to Allah, without any action. As Sirri as-Saqathī said: “*Tawakkal* is to abandon the effort and strength (ability to try).”⁹ As Dzun Nuun al-Mishry said that “*Tawakkal* for Allah swt. means leave all effort or endeavor, because a servant only able to resignation for Him if they understand that Allah swt Most know and Most observe for his condition.”¹⁰ Abu Nashr as-Sarraaj also said that *tawakkal* is as Abu Bkar ad-Daqqaq said “bounding to care about seeking for livelihood one day only, and not hope anything for tomorrow.”¹¹

Definition above as if *tawakkal* is passive without action. Different with the second definition, according to Sahl bin Abdullah *tawakkal* is spiritual condition (*haal*) of Prophet Muhammad saw, and endeavor is his Sunnah. So who everybody in his condition, do not leave his Sunnah.¹² Ibnu Masruq assert that *tawakkal* is hand over the self to slot of *Qada'* and Allah decision.¹³ These definitions allow somebody to make effort seriously.

From empirical data above shows that *tawakkal* without self-regulation is not correlated with tendency of procrastination. So somebody has to make effort seriously to face their problem, moreover to college students in facing thesis. Beside *tawakkal* they have to regulate their self to reach their goal.

⁹ Kalābadzī, *Ajaran-Ajaran Sufi*, Pustaka, Bandung, 1985, p.134.

¹⁰ Abu al-Qasim al-Qusyairi An-Naisābūrī, *Risalatul Qusyairiyah (Ar-Risalatul Qusyairiyah fi 'Ilmi at-Tashawwufi)*, terj. Mohammad Luqman Hakiem, Surabaya, Risalah Gusti, 1996, p.181.

¹¹ *Ibid.*,

¹² *Ibid.*, p.182.

¹³ *Ibid.*, p.183.

In Hadis said that:

لَوْ أَنَّكُمْ كُنْتُمْ تَوَكَّلُونَ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقْتُمْ كَمَا يُرْزَقُ الطَّيْرُ تَعْدُو جَمَاصًا وَتَرُوحُ بِطَانًا. (زواه الترمذی عن عمر بن الخطاب).

"If your sole trust in God with true resignation, then indeed He will bestow luck to you, as He bestows sustenance to birds who go (looking for food) in the morning with hungry condition and returns in the afternoon with satiety condition". (Hr.al-Turmuzi from Umar bin al-Khattab).

This is show that the higher level of *tawakkal* so the level of tendency of procrastination is low. Without regulation someone who has *tawakkal* will increase the procrastination but not maximal. However they have to make any effort for their activity. According to Amin Syukur *tawakkal* must be accompanied by effort. He also said that it does not called *tawakkal* if it "free fall" without effort.¹⁴

It is shown that based on table 21 above, the result calculation of the correlation between *tawakkal* and tendency of procrastination, it can be seen that coefficient of *r* is -0,446 with significant (P) is 0.000. $P = 0.000 < 0.001$. It means correlation between *tawakkal* and tendency of procrastination is significant.

And It can be seen from the result *tawakkal* distribute 77% to tendency of procrastination. While self regulation only distribute 48% to tendency of procrastination. It means *tawakkal* contribute more than self regulation for tendency of procrastination.

Based on table 21 above the result calculation of the correlation between self regulation and tendency of procrastination control for *tawakkal*, it can be seen that coefficient of *r* is -0,419 with significant (P) is 0.000. $P = 0.000 < 0.001$. It means correlation between self-regulation and tendency of procrastination with control for *tawakkal* is significant. It Show that someone who has regulation of their self on *tawakkal* condition will decrease the tendency of procrastination.

According to Schunk and Zimmerman self regulation can be understood as a process that use to activates of thought, behavior, and Affects (feelings) are

¹⁴Amin Syukur, Sufi Healing : *Terapi dalam literatur Tasawuf*, Semarang: IAIN Walisong Semarang, 2000, p. 73

continuous in an effort to achieve the goals set.¹⁵ No matter how much human effort he will still need help from outside himself. It has become a common phenomenon when people feel powerless, he will return to the religion and his God.

The return of humans to religion and God as a place to dependent when they aware of the powerlessness of self it is described by Islam through *tawakkal*. *Tawakkal* is faith demands so anyone who believes he should turn over all his problems to anyone that he had faith, which is Allah. *Tawakkal* is absolute submission to Allah, but it must be preceded by human effort.¹⁶

Based on the result that researcher analysis, someone who place one self trust in God will always submit to Allah after doing effort, will not give up to face difficult and not easy to get caught up in the face of burdens and stress in life, because Allah has provided a way out.

Allah SWT., said in the holy Qur'an:

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجاً ﴿٢﴾¹⁷

“And for those who fear Allah, He (ever) prepares a way out”.

And Allah also promised that after difficulty there is easy of way if indivudal now and alway make an effort, like Allah said in the Holy Qur'an:

لَا يُكَلِّفُ اللَّهُ نَفْساً إِلاَّ مَا آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا ﴿٧﴾¹⁸

“Allah puts no burden on any person beyond what He has given him. After a difficulty, Allah will soon grant relief”.

Based on table 21 above the result calculation of the correlation between self regulation and procrastination, it can be seen that coefficient of r is -0,586 with significant (P) is 0.000. $P = 0.000 < 0.001$. It means correlation between self

¹⁵Handy Susanto, *Mengembangkan Kemampuan Self Regulation untuk Meningkatkan Keberhasilan Akademik Siswa*, Jurnal PendidikanPenabur, No.07/Th.V/Desember 2006, Pdf, p. 66.

¹⁶Aftinanurulhusna, 2012, *Integrasi Tawakkal dalam Cognitive Behavioral Therapy*. Retrieved on 24 November, 2013, from <http://aftinanurulhusna.wordpress.com/2012/10/21/integrasi-tawakkal-dalam-cognitive-ehavioral-therapy/>.

¹⁷Qs. at-Ṭalāq [65]: 2.

¹⁸Qs. at-Ṭalāq [65]:7.

regulation and procrastination is significant. The internal factors that influence procrastination is inability to manage the time.¹⁹

Finally the result calculation of the correlation between *tawakkal* and self regulation, it can be seen that coefficient of *r* is 0,661 with significant (P) is 0.000. $P = 0.000 < 0.001$. It means correlation between *tawakkal* and self regulation is significant. To get *tawakkal* an individual must go through the door of faith, where faith is based on faith in the existence of God (Unity of God). If they had already put their trust the faith of a higher meaning and people will better understand the essence of faith in their lives of both themselves and others.

People who put their trust to Allah will better understand and fulfill their religion, including the regulation itself and those who put their trust related to effort, both physically and spiritually. So that Muslims who really want to get provisions from God, then they will try to do something that it needs. Allah says in the Qur'an:

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ ﴿١١﴾²⁰

“Allah does not change a people's lot unless they change what is in their hearts”.

As muslim should understand that may not to give for everything in their live. Even all prophet has suffer and disaster in their life. But it cause Allah will raise their high rank among human in the world. Allah SWT explain in the holy Qur'an:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾ فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾²¹

“So, verily, with every difficulty, there is relief, Verily, with every difficulty there is relief, Therefore, when thou art free (from thine immediate task), still labour hard, And to thy Lord turn (all) thy attention”.

¹⁹Irmawati Dwi Fibrianti, *Hubungan Antara Dukungan Sosial Orangtua dengan Prokrastinasi Akademik dalam Menyelesaikan skripsi pada Mahasiswa Fakultas Psikologi Universitas Diponegoro Semarang*, Thesis, PDF, Universitas Diponegoro, Semarang, 2009, p.17.

²⁰Qs. Ar-ra'd [13]: 11.

²¹Qs. Asy-Syarah [94]: 5-8.

From the verses above can take conclusion that live must bravery in the face of problems. No need to put off, so if it has been completed one matters then go to the others. And only to Allah human resignation for all endeavor. So it can be concluded that if a person is at a high level of *tawakkal* that can affect the two forms of behavior related to psychological that increase self-regulation and decrease tendency of procrastination.

2. *Tawakkal* level of college student in IAIN Walisongo Semarang at nine to fourteen semester.

Based on the analysis in Table 16 it can be seen that most of the students IAIN Walisongo Semarang has a medium level of *tawakkal*. It can be seen from the data has obtained from 100 college students as research subjects IAIN Walisongo that 77% (77 students) are in the medium category, and 2% (2 students) are in the low category and 21% (21 students) are in the high category.

The results of these studies indicate that the majority of the level of *tawakkal* in students at the semester in medium category. This indicates that they have an understanding and interpret of *tawakkal* enough. Student accepted enough and resigned to the provisions of Allah in a positive, it can be seen by the presence of an effort in the face of problems in the environment.

Based on Table 16 is also found that college students have a high level of *tawakkal* with the percentage of 21%, the high levels of *tawakkal* indicates that the student is able to realize the attitude of all his resignation including the various aspects well, such as have true beliefs about the power and the will of Allah and surrender to Him, Submit all matters to Allah after trying as much as possible, and having a sense of calm and peace in any condition

Therefore, college student have make an effort to their responsibility as student as much as possible, and surrender the result to Allah. They will never have anxiety about their live bacause believe that everything in their live is from Allah and surely better. According to Imam Al-ghazali, someone that place

oneself trust in God should have the knowledge,²² that is the true meaning about *tawakkal*.

Meanwhile the college student that have low level of *tawakkal* is account 2 person with 2%. It means they have not understand the trully of *tawakkal* yet. Usually they just resting heart without make any effort as much as possible like others.

3. Self regulation level of college student in IAIN Walisongo Semarang at nine to fourteen semester.

Based on the analysis report in table 17. It can be seen that the level of self regulation of college student is medium. From 100 subject, 48 college student have medium level with percentege 48%. 44 person with percentege 44 % in high level and 8 person with percentege 8 % in low level.

That result indicate that the college student have self regulation enough. They have motivation and planning in their activity and also self awareness to do something. According to Zimmerman there are three factors that influencing self regulation that are individual, behavior, and environment.²³ From these factors if someone can combine it well so the person will have good regulation.

On other hand there are 8 college student with percentege 8 % that have low self regulation. They show lacking of self regulation caused individual, behavior, and also awareness to regulate their self.

4. Tendency of Procrastination level of college student in IAIN Walisongo Semarang at nine to fourteen semester

Based on the analysis report in table 18. It can be seen that the level of procrastination tendency's of college student is Low. From 100 subject, 77 college student have low level with percentege 77%. 23 person with percentege 23 % in medium level.

²²Imam al-Ghazali, *Ihya Ulumuddin Jilid VII...*, p. 319.

²³Nur Ghufron and Rini Risnawati, *Teori-Teori Psikologi...*,p.61-63.

The result indicate that generally college student in this semester is low. This indicate that they always completing the task early and not delay to start and complete tasks. They have some regulation to finishing the task, and capable to manage the time.

Avoiding tendency of procrastination will give many advantages, such as can finishing the task completely, and do not hurried doing something that very urgent.