

Factor Analysis of Expectancy, Value, and Sensitivity to Delay

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One of the way to gather information on procrastination is using a specific measuring instrument/ scale based on a theoretical construct and which is able to explain procrastination comprehensively. Thus, the scale can be used as a predictor of procrastination. Unfortunately, that kind of scale is still limited. This study aims to validate the scale that can be a predictor of procrastination, namely Temporal Motivational Test (TMt), which is based on Temporal Motivational Theory (TMT), a theoretical construct that can explain procrastination comprehensively. In this study, validity of scale obtained from correlating each component in this scale with valid procrastination scales. The results show significant correlation between each component of TMT and valid procrastination scales ($r > .3$ and $p < .005$). The second way is to test the internal structure. The result is, two of the three components of the scale is measuring the same thing, namely persistence.

Keywords: procrastination, validation, TMT, TMt

Salah satu cara mengumpulkan informasi tentang prokrastinasi adalah menggunakan instrumen/ alat yang berdasarkan konstruk teoretis yang mampu menjelaskan prokrastinasi secara terpadu. Dengan demikian skala itu dapat dipakai sebagai prediktor prokrastinasi. Sayangnya sekali skala demikian masih langka. Studi ini memvalidasi skala yang mampu memprediksi prokrastinasi, yaitu Temporal Motivational Test (TMt), yang didasarkan pada Temporal Motivational Theory (TMT), sebuah konstruk teoretis yang dapat menjelaskan prokrastinasi secara terpadu. Dalam studi ini, validitas skala diperoleh dari mengorelasikan tiap komponen dalam skala ini dengan skala prokrastinasi yang valid. Hasil menunjukkan korelasi yang bermakna antara tiap komponen TMt dan skala prokrastinasi yang valid ($r > .3$ dan $p < .005$). Cara kedua adalah menguji struktur internalnya. Hasilnya menunjukkan, dua dari tiga komponen skala ini mengukur hal yang sama, yaitu ketekunan.

Kata kunci: prokrastinasi, validasi, TMT, TMt

Procrastination is a tendency to put-off doing a task that makes individuals feel uncomfortable (Solomon & Rothblum, 1984). Actually, procrastination is not a new thing to be investigated. Various references to procrastination has existed at least since 3,000 years ago (Steel, 2007). This indicates that procrastination has been known at least since 3,000 years ago. The literature in the early days of the Roman Empire and Greece have mention procrastination. Procrastination itself has a variety of adverse effects, some of them are unpleasant emotions for individuals such as regret, guilt feeling (van Eerde, 2000), as well as poor performance (van Eerde, 2003).

Eventhough it has been known at least since 3,000 years ago and has been known that it has a devastating effect such as poor performance, procrastination still exist until today, and even increased (Steel, 2007). This may occur because of procrastination also gives some 'positive'

effect, that is as a way to avoid the stress for a while (Wyk, 2004). By procrastinating, individuals will temporarily directly are working on the assignment. Another positive effect is by procrastinating, individuals may get additional information in doing a task (van Eerde 2003).

In Solomon & Rothblum (1984), Ellis and Knaus said that 95% of students engage in procrastination. In addition, Steel (2007) also said that procrastination also have the opportunity to tend to increase in workers. This indicates that research about procrastination is a serious matter and can not be put-off (Steel, 2007). Hopefully, through research on procrastination, a variety of adverse effects caused by procrastination can be overcome. The more we delay the study of procrastination, it would cause the rate to increase so that the research on procrastination is really critical.

Before examining the various issues related to procrastination, authors should gather information about procrastination; one of the way to get it is by using a scale. The scale should be based on comprehensive theoretical framework to get more wholistic information. Steel (2007) proposed

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