

## Academic Procrastination and Achievement Motivation

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The purpose of this research is to test the Temporal Motivation Theory (TMT) by correlating academic procrastination and achievement motivation on psychology students. Subjects were every psychology student of University of Surabaya from generation 2008 to 2011, focusing on those who were still active on the first semester of the 2011/2012 study term ( $N = 518$ ). Data were collected with three instruments: Aitken Procrastination Inventory (API), Achievement Motivation Inventory (AMI) (short version), and the Utilitas Tugas (UT) Inventory. Results show a negative correlation between academic procrastination and achievement motivation ( $r = -.481$ ). One of the aspects of achievement motivation, the task-related motivation, is found to be the root of relation between academic procrastination and achievement motivation.

*Keywords:* academic procrastination, achievement motivation

Tujuan penelitian ini adalah menguji Temporal Motivation Theory (TMT) dengan mengorelasikan prokrastinasi akademik dan motivasi berprestasi pada mahasiswa psikologi. Subjek adalah mahasiswa psikologi Universitas Surabaya dari angkatan 2008 hingga 2011, terfokus pada mereka yang masih aktif pada semester gasal tahun akademik 2011/2012 ( $N = 518$ ). Data dikumpulkan melalui penggunaan tiga instrumen: Aitken Procrastination Inventory (API), Achievement Motivation Inventory (AMI) (versi singkat), dan Angket Utilitas Tugas (UT). Hasil menunjukkan adanya korelasi negatif ( $r = -.481$ ). Salah satu aspek motivasi berprestasi, yaitu motivasi terkait-tugas, ditemukan menjadi sumber adanya hubungan antara prokrastinasi akademik dan motivasi berprestasi.

*Kata kunci:* prokrastinasi akademik, motivasi berprestasi

According to Aitken (1982), Procrastination is "...habitual delay which continues until a deadline elicits a spurt of activity" (p. 29). The definition which Aitken stated shows that a procrastinator start working on something at a particular deadline. Similar to Aitken, Solomon and Rothblum (1984) stated that a procrastinator usually finishes their tasks at the last moment.

Steel (2011) explained that procrastination can happen in 12 areas of life, one of them being the area of academic. Procrastination that happens in the area of academic is called academic procrastination (Liu, 2010). Rothblum, Solomon, and Murakami (1986) defined academic procrastination as the self-reported tendency to nearly always or always delays doing an assignment and nearly always or always feel anxious when doing procrastination.

The tendency in self-reporting as a person that often or always delays doing academic assignments is found in some of psychology students of University of Surabaya

(Ubaya). From the results of the second preliminary study conducted by the first author on May 7th, 2011<sup>1</sup>, it was found that most of the subjects from the 2008 generation admitted more frequently in delaying working on academic papers. In other words, the phenomenon of academic procrastination was also found in the vicinity of the first author, who was also a student of Ubaya's Faculty of Psychology.

One of procrastination phenomena is cramming, could be seen from the results of the first preliminary study conducted on March 20th, 2011 to students of the Faculty of Psychology. According to Sommer (1990), the behaviour of college students in doing assignments in a short period of time (cramming) after procrastinating happens quite often in academic environment. The term cramming itself is more known as sistem kebut semalam (SKS) by the college students from

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<sup>1</sup> Data collection in the preliminary study on May 7th, 2011 and March 20th, 2011 was done by using the *Blackberry Messenger* facility on *Blackberry*® with hopes of being able to collect data from several different generations (2007, 2008, and 2009) of psychology students of Ubaya.