

## If “No” Say It, If “Yes” Do It! Assertiveness and Procrastination in Psychology Students

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Procrastination is a deliberate delay, and repetitive, with no rational reason. The delay was done despite knowing the negative impact of the result of postponement. A study concerning procrastination found 90% of students procrastinate (Klassen, Krawchuk, & Rajani, 2008). Assertiveness is one of some aspects affecting procrastination. The aim of this study was to correlate assertiveness and procrastination in students who are participating in the Test Construction (Penyusunan Alat Ukur=PAU) ( $N=131$ ), due to the high frequency of procrastination occurring in the academic sphere (Liu, 2010). The author also assesses two variables with Temporal Motivation Theory (Steel, 2007) as the conceptual frame. Data was analyzed using SPSS 13.0 for Windows, assertiveness scale using Rathus Assertiveness Schedule (Rathus, 1973), and Pure Procrastination Scale. A correlation of  $-.372$  was found. The causes are further discussed.

*Keywords:* procrastination, temporal motivation theory, assertiveness

Prokrastinasi merupakan penundaan yang dilakukan secara sengaja, dan berulang, dengan alasan yang tidak rasional. Hal ini dilakukan walaupun mengetahui adanya dampak negatif atas akibat penunda-nundaannya. Studi tentang prokrastinasi mendapati 90% mahasiswa berprokrastinasi (Klassen, Krawchuk, & Rajani, 2008). Salah satu aspek yang memengaruhi prokrastinasi adalah asertivitas. Tujuan penelitian adalah mengorelasikan asertivitas dan prokrastinasi pada mahasiswa yang sedang mengambil matakuliah Penyusunan Alat Ukur (PAU) ( $N=131$ ), mengingat seringnya prokrastinasi yang terjadi di lingkup akademik (Liu, 2010). Peneliti juga mengaji kaitan dua variabel menggunakan *Temporal Motivation Theory* (Steel, 2007) sebagai kerangka konseptual. Data kemudian dianalisis dengan program *SPSS 13.0 for Windows*. Skala asertivitas menggunakan *Rathus Assertiveness Schedule*, dan *Pure Procrastination Scale*. Studi ini mendapatkan hasil korelasi sebesar  $-.372$ . Sebab-sebabnya didiskusikan lebih lanjut.

*Kata kunci:* prokrastinasi, teori temporal motivasi, asertivitas

Postponement in the completion or execution of a task is called procrastination. Procrastination also occurred in the area of higher education that has become a classic problem among students (Liu, 2010). Results of a study of Klassen, Krawchuk, and Rajani (2008) showed that there were nearly 90% of students who have become the executants of procrastination. Results of a study at Universitas Surabaya (UBAYA) conducted by Tjia (2012) showed that the percentage of the very high category procrastination was 1.3%,

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while the highest percentage was the percentage frequency scores of high category procrastination (42.7%). Other studies in UBAYA found that there were variables that play a role in the occurrence of procrastination. Sugito (2012) found that achievement motivation plays a role in reducing procrastination ( $r = -.481$ ), while Purnamasari (2012) found that procrastination was positively correlated with emotional exhaustion ( $r = .64$ ). Another study beyond the scope of UBAYA conducted by Husetya (2010) found that assertiveness is also taking part in academic procrastination ( $r = -.561$ ).

Based on the study of Husetya, the author was interested in the assertiveness aspect and its effect on procrastination in psychology students of