

**HUBUNGAN ANTARA *ADVERSITY QUOTIENT* DENGAN  
PROKRASTINASI AKADEMIK DALAM PENYELESAIAN SKRIPSI DI  
MASA PANDEMI COVID-19 PADA MAHASISWA UNIVERSITAS  
DIPONEGORO**

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**ABSTRAK**

Mahasiswa tingkat akhir memiliki kewajiban yang harus diselesaikan yaitu skripsi. Tidak jarang beberapa dari mahasiswa mengeluhkan adanya kesulitan dan hambatan saat mengerjakan skripsi terutama di masa pandemi COVID-19. Mahasiswa yang mengalami kesulitan dalam pengerjaan skripsi tentu akan menghindari dan melakukan penundaan tugas akademik atau prokrastinasi akademik. Mahasiswa membutuhkan daya tahan yang tinggi untuk dapat bertahan mengatasi kesulitan yang dihadapinya yaitu *adversity quotient*. Dengan memiliki AQ, mahasiswa menjadi lebih optimis dalam mengatasi kesulitan atau hambatan sehingga penyelesaian skripsi dapat tepat waktu. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *adversity quotient* dengan prokrastinasi akademik dan seberapa besar *adversity quotient* berperan terhadap prokrastinasi akademik dalam penyelesaian skripsi di masa pandemi COVID-19 pada mahasiswa Universitas Diponegoro.

Populasi dalam penelitian ini berjumlah 6197 mahasiswa aktif Universitas Diponegoro yang mengambil mata kuliah skripsi dengan sampel sebanyak 158 orang. Pemilihan subjek dilakukan dengan menggunakan *cluster sampling*. Data dikumpulkan menggunakan Skala *Adversity Quotient* dan Skala Prokrastinasi Akademik. Hasil uji coba skala *adversity quotient* terdiri dari 45 aitem dengan  $\alpha = 0,936$  dan skala prokrastinasi akademik terdiri dari 42 aitem dengan  $\alpha = 0,959$ .

Data dikumpulkan menggunakan Skala *Adversity Quotient* (45 aitem,  $\alpha = 0,936$ ), dan Skala Prokrastinasi Akademik (42 aitem,  $\alpha = 0,959$ ). Analisis non-parametrik *Spearman Rho* menunjukkan nilai koefisien  $r_{xy} = -0,596$  dengan nilai signifikansinya 0,000 ( $p < 0,05$ ) memberikan gambaran adanya hubungan negatif yang signifikan antara *adversity quotient* dan prokrastinasi akademik. Hal tersebut menunjukkan semakin tinggi *adversity quotient* maka akan semakin rendah prokrastinasi akademik pada mahasiswa. Sebaliknya semakin rendah *adversity quotient*, maka semakin tinggi prokrastinasi akademik pada mahasiswa.

Kata Kunci: *adversity quotient*, prokrastinasi akademik, Universitas Diponegoro

**THE CORRELATION BETWEEN ADVERSITY QUOTIENT AND  
ACADEMIC PROCRASTINATION IN THE COMPLETION OF THESIS  
DURING THE COVID-19 PANDEMIC IN DIPONEGORO UNIVERSITY  
STUDENTS**

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**ABSTRACT**

Final year students have an obligation that must be completed, namely a thesis. Not infrequently some of the students complain of difficulties and obstacles when working on their thesis, especially during the COVID-19 pandemic. Students who have difficulty in working on their thesis will certainly avoid and delay academic assignments or academic procrastination. Students need high endurance to be able to survive the difficulties they face, namely the adversity quotient. By having AQ, students become more optimistic in overcoming difficulties or obstacles so that the completion of the thesis can be on time. The purpose of this study was to determine the relationship between adversity quotient and academic procrastination and how much the adversity quotient plays a role in academic procrastination in thesis completion during the COVID-19 pandemic for Diponegoro University students.

The population in this study amounted to 6197 active students at Diponegoro University who took thesis courses with a sample of 158 people. Subject selection was carried out using cluster sampling. Data were collected using the Adversity Quotient Scale and the Academic Procrastination Scale. The trial results of the adversity quotient scale consist of 45 items with  $\alpha = 0.936$  and the academic procrastination scale consists of 42 items with  $\alpha = 0.959$ .

Data were collected using the Adversity Quotient Scale (45 items,  $\alpha = 0.936$ ), and the Academic Procrastination Scale (42 items,  $\alpha = 0.959$ ). Spearman Rho's non-parametric analysis shows the coefficient value of  $r_{xy} = -0.596$  with a significance value of 0.000 ( $p < 0.05$ ) illustrates the existence of a significant negative relationship between adversity quotient and academic procrastination. This shows that the higher the adversity quotient, the lower the academic procrastination of students. On the other hand, the lower the adversity quotient, the higher the academic procrastination of students.

Keywords: adversity quotient, academic procrastination, Diponegoro University