

**HUBUNGAN PROKRASINASI DAN REGULASI DIRI TERHADAP
HASIL BELAJAR SISWA KELAS V SEKOLAH DASAR DI GUGUS
IV KECAMATAN MENGWI TAHUN AJARAN 2022/2023**

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Abstrak

Penelitian ini bertujuan untuk mengetahui (1) hubungan prokrastinasi terhadap hasil belajar siswa kelas V sekolah dasar di gugus IV Kecamatan Mengwi Tahun Ajaran 2022/2023, (2) hubungan regulasi diri terhadap hasil belajar siswa kelas V sekolah dasar di gugus IV Kecamatan Mengwi Tahun Ajaran 2022/2023, (3) hubungan prokrastinasi dan regulasi diri terhadap hasil belajar siswa kelas V sekolah dasar di gugus IV Kecamatan Mengwi Tahun Ajaran 2022/2023. Penelitian ini menggunakan rancangan penelitian *ex post facto*. Populasi pada penelitian ini adalah seluruh siswa kelas V SD Gugus IV Kecamatan Mengwi yang terdiri atas 11 kelas dengan jumlah siswa 243 orang. Sampel penelitian ini ditetapkan dengan menggunakan teknik *simple random sampling*. Jumlah sampel penelitian ini adalah 150 orang. Metode pengumpulan data pada penelitian ini yaitu non tes berupa angket dan pencatatan dokumen. Uji hipotesis pada penelitian ini menggunakan uji regresi linear sederhana dan uji regresi linear ganda. Berdasarkan hasil uji analisis yang telah dilakukan, dapat disimpulkan bahwa, (1) terdapat hubungan signifikan prokrastinasi terhadap hasil belajar dibuktikan berdasarkan nilai $F_{hitung} = 5,64 > F_{tabel} = 3,91$ dan kontribusinya sebesar 4%, (2) terdapat hubungan signifikan regulasi diri terhadap hasil belajar dibuktikan berdasarkan nilai $F_{hitung} = 8,36 > F_{tabel} = 3,91$ dan kontribusinya sebesar 3,4%, (3) terdapat hubungan signifikan prokrastinasi dan regulasi diri terhadap hasil belajar dibuktikan berdasarkan nilai $F_{hitung} = 5,153$ dan $F_{tabel} = 3,06$ dan kontribusinya sebesar 6,4%. Hasil penelitian ini dapat dijadikan sebagai referensi bagi peneliti lain untuk mendalami objek penelitian sejenis.

Kata kunci: hasil belajar, prokrastinasi, regulasi diri

Abstract

This study aims to determine (1) the relationship of procrastination to the learning outcomes of fifth grade students of elementary schools in cluster IV of Mengwi District for the 2022/2023 Academic Year, (2) the relationship of self-regulation to the learning outcomes of fifth grade students of elementary schools in cluster IV of Mengwi District for the Academic Year 2022/2023, (3) the relationship of procrastination and self-regulation to the learning outcomes of fifth grade elementary school students in cluster IV, Mengwi District, 2022/2023 Academic Year. This study used an ex post facto research design. The population in this study were all fifth grade students at SD Gugus IV, Mengwi District, which consisted of 11 classes with a total of 243 students. The research sample was determined using simple random sampling technique. The number of samples of this study were 150 people. The data collection method in this study is non-test in the form of questionnaires and document recording. Test the hypothesis in this study using a simple linear regression test and multiple linear regression test. Based on the results of the analysis tests that have been carried out, it can be concluded that, (1) there is a significant relationship between procrastination and learning outcomes as evidenced by the value of $F_{count} = 5.64 > F_{table} = 3.91$ and the contribution is 4%, (2) there is a significant relationship between self-regulation on learning outcomes is proven based on the value of $F_{count} = 8.36 > F_{table} = 3.91$ and its contribution is 3.4%, (3) there is a significant relationship between procrastination and self-regulation on learning outcomes proven based on the value of $F_{count} = 5.153$ and $F_{table} = 3.06$ and its contribution was 6.4%. The results of this study can be used as a reference for other researchers to explore similar research objects. Keywords: learning outcomes, procrastination, self-regulation

