

Appendix 1 – Questionnaire of Procrastination Assessment Scale-Students (PASS)

Instrument Pengukuran Penundaan Penyelesaian Tugas

Solomon, L. J., & Rothblum, E. D. (1984). Procrastination Assessment Scale-Students (PASS)¹. In J. Fischer & K. Corcoran (Eds.), Measures for clinical practice (pp. 446-452). New York: The Free Press.

Areas of Procrastination

The following is a scale that attempt to measure the procrastination level of an individual. You are requested to read each question carefully and give your response by putting a tick (✓) mark only on option which you find that is most appropriate and true in your case. There is no right /wrong answer and your responses will be used for research purpose only and the responses will be always kept confidential.

I. Writing a Term Paper

	Never	Almost never	Sometimes	Nearly always	Always
1. To what degree do you procrastinate on this task?	1	2	3	4	5
2. To what degree is procrastination on this task a problem for you?	1	2	3	4	5
3. To what extent do you want to decrease your tendency to procrastinate on this task?	1	2	3	4	5

II. Studying for Exams

4. To what degree do you procrastinate on this task?	1	2	3	4	5
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- | | | | | | |
|--|---|---|---|---|---|
| 5. To what degree is procrastination on this task a problem for you? | 1 | 2 | 3 | 4 | 5 |
| 6. To what extent do you want to decrease your tendency to procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |

III. Keeping Up with Reading Assignments

- | | | | | | |
|--|---|---|---|---|---|
| 7. To what degree do you procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |
| 8. To what degree is procrastination on this task a problem for you? | 1 | 2 | 3 | 4 | 5 |
| 9. To what extent do you want to decrease your tendency to procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |

IV. Academic Administrative Tasks: Filling out Forms, Registering for Classes, Getting ID Card, etc.

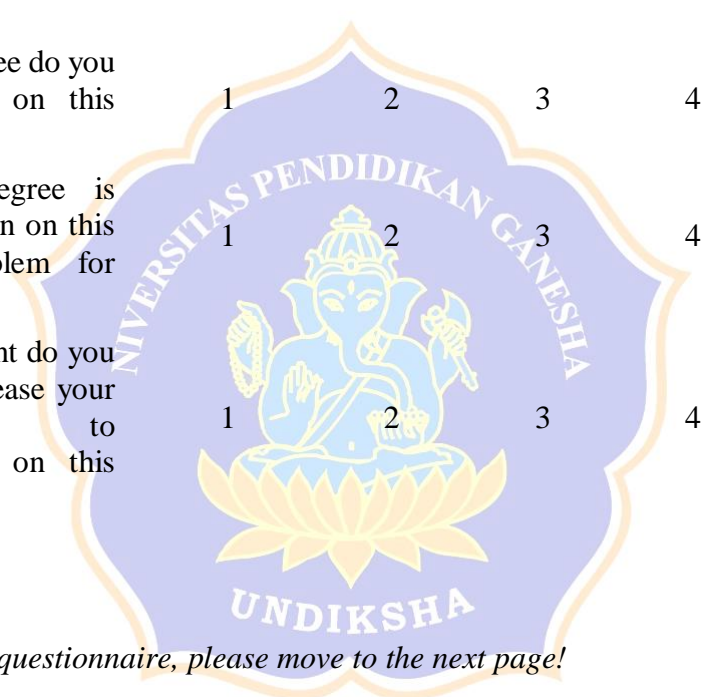
- | | | | | | |
|---|---|---|---|---|---|
| 10. To what degree do you procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |
| 11. To what degree is procrastination on this task a problem for you? | 1 | 2 | 3 | 4 | 5 |
| 12. To what extent do you want to decrease your tendency to procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |

V. Attendance Tasks: Meeting with Your Advisor, Making an Appointment with a Professor, etc.

- | | | | | | |
|---|---|---|---|---|---|
| 13. To what degree do you procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |
| 14. To what degree is procrastination on this task a problem for you? | 1 | 2 | 3 | 4 | 5 |
| 15. To what extent do you want to decrease your tendency to procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |

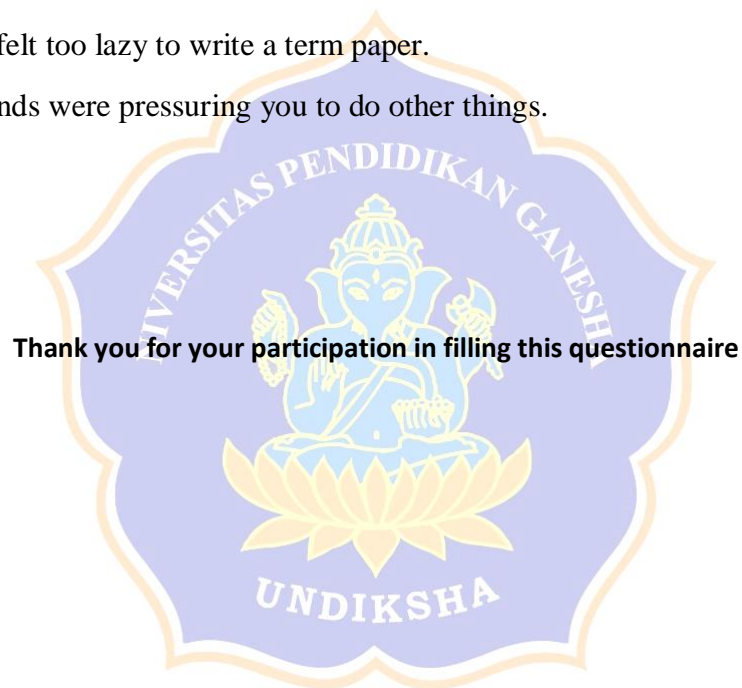
VI. School Activities in General

- | | | | | | |
|---|---|---|---|---|---|
| 16. To what degree do you procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |
| 17. To what degree is procrastination on this task a problem for you? | 1 | 2 | 3 | 4 | 5 |
| 18. To what extent do you want to decrease your tendency to procrastinate on this task? | 1 | 2 | 3 | 4 | 5 |



After finishing this questionnaire, please move to the next page!

- ___ 35. You felt it just takes too long to write a term paper.
- ___ 36. You liked the challenge of waiting until the deadline.
- ___ 37. You knew that your classmates hadn't started the paper either.
- ___ 38. You resented people setting deadlines for you.
- ___ 39. You were concerned you wouldn't meet your own expectations.
- ___ 40. You were concerned that if you got a good grade, people would have higher expectations of you in the future.
- ___ 41. You waited to see if the professor would give you some more information about the paper.
- ___ 42. You set very high standards for yourself and you worried that you wouldn't be able to meet those standards.
- ___ 43. You just felt too lazy to write a term paper.
- ___ 44. Your friends were pressuring you to do other things.



Appendix 2 – Questionnaire of Students Self-Efficacy Scale

Instrumen Pengukuran Efficacy / Keyakinan diri

Bashir, L., & Gupta, S. (2019) Social Networking Usage, Academic Procrastination And Performance Among University Students: Role Of Self Efficacy And Metacognitive Beliefs2. *International journal for research in Education*.

INSTRUCTIONS

The following is a scale that attempt to measure the self-efficacy of an individual. The items of the scale are given in statement form. You are requested to read each statement carefully and give your response by putting a tick (√) mark only on option which you find that is most appropriate and true in your case. There is no right /wrong answer and your responses will be used for research purpose only and the responses will be always kept confidential.

No	Statements	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	I feel confident about capabilities that with little efforts I can resolve difficult problems.	5	4	3	2	1
2.	I am confident that I can achieve all targets that I set for myself.	5	4	3	2	1
3.	I am so confident of my capabilities that I can finish tasks on time.	5	4	3	2	1
4.	Despite hard work, I feel I will not succeed.	5	4	3	2	1
5.	I feel I can keep self-control even at difficult times.	5	4	3	2	1
6.	In any circumstance, I can achieve what I desire.	5	4	3	2	1
7.	I have enough self-confidence to finish any work.	5	4	3	2	1

8.	With my efforts, I can achieve anything.	5	4	3	2	1
9.	My own potential and capabilities are responsible for all my achievements so far.	5	4	3	2	1
10.	It is usually not possible for me to achieve any targets.	5	4	3	2	1
11.	I am able to balance myself even in most difficult times.	5	4	3	2	1
12.	I am unable to face difficulties without any help and support.	5	4	3	2	1
13.	Even in most difficult situations, I can strategize to resolve and deal with it.	5	4	3	2	1
14.	I try my level best to achieve my targets.	5	4	3	2	1
15.	I can keep my cool even when others try to take up fight with me.	5	4	3	2	1
16.	If I get stuck in some work, with little efforts I can resolve it.	5	4	3	2	1
17.	If I try sincerely, I am confident I shall be able to succeed	5	4	3	2	1
18.	Despite concentrating on my aim, I will fail.	5	4	3	2	1
19.	If I am determined to succeed, I shall be able to achieve success.	5	4	3	2	1
20.	If work as per plan, I shall be able to reap results quickly	5	4	3	2	1

Thank you for your participation in filling this questionnaire

Appendix 3 – Interrater Reliability of PASS

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
<i>Areas of Procrastination</i>									
<i>Writing a Term Paper</i>									
1	To what degree do you procrastinate on this task.						√		
2	To what degree is procrastination on this task a problem for you						√		
3	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Studying for Exams</i>									
4	To what degree do you procrastinate on this task.						√		
5	To what degree is procrastination on this task a problem for you						√		
6	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Keeping Up with Reading Assignments</i>									
7	To what degree do you procrastinate on this task.						√		
8	To what degree is procrastination on this task a problem for you						√		
9	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Academic Administrative Tasks</i>									
10	To what degree do you procrastinate on this task.						√		
11	To what degree is procrastination on this task a problem for you						√		
12	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Attendance Tasks</i>									
13	To what degree do you procrastinate on this task.						√		
14	To what degree is procrastination on this task a problem for you						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
15	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>School Activities in General</i>									
16	To what degree do you procrastinate on this task.						√		
17	To what degree is procrastination on this task a problem for you						√		
18	To what extent do you want to decrease your tendency to procrastinate on this task						√		
Reasons of Procrastination									
<i>Time management</i>									
19	You liked the challenge of waiting until the deadline.						√		
20	You had too many other things to do.						√		
21	You waited until a classmate did his/hers, so that he/she could give you some advice						√		
22	You felt it just takes too long to write a term paper.						√		
23	You knew that your classmates hadn't started the paper either						√		
<i>Aversiveness of the Task</i>									
24	You were concerned the professor wouldn't like your work.						√		
25	You had a hard time knowing what to include and what not to include in your paper.						√		
26	You were worried you would get a bad grade.						√		
27	You resented having to do things assigned by others.						√		
28	You really disliked writing term papers.						√		
29	You felt overwhelmed by the task.						√		
30	You couldn't choose among all the topics.						√		
<i>Sincerity</i>									
31	You didn't think you knew enough to write the paper.						√		
32	You were concerned that if you did well, your classmates would resent you.						√		
33	You didn't trust yourself to do a good job						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
34	You didn't have enough energy to begin the task.						√		
35	You resented people setting deadlines for you.						√		
36	You were concerned you wouldn't meet your own expectations.						√		
37	You were concerned that if you got a good grade, people would have higher expectations of you in the future.						√		
38	Your friends were pressuring you to do other things.						√		
<i>Personal Initiative</i>									
39	There's some information you needed to ask the professor, but you felt uncomfortable approaching him/her.						√		
40	You had difficulty requesting information from other people.						√		
41	You looked forward to the excitement of doing this task at the last minute.						√		
42	You waited to see if the professor would give you some more information about the paper.						√		
43	You set very high standards for yourself and you worried that you wouldn't be able to meet those standards.						√		
44	You just felt too lazy to write a term paper.						√		

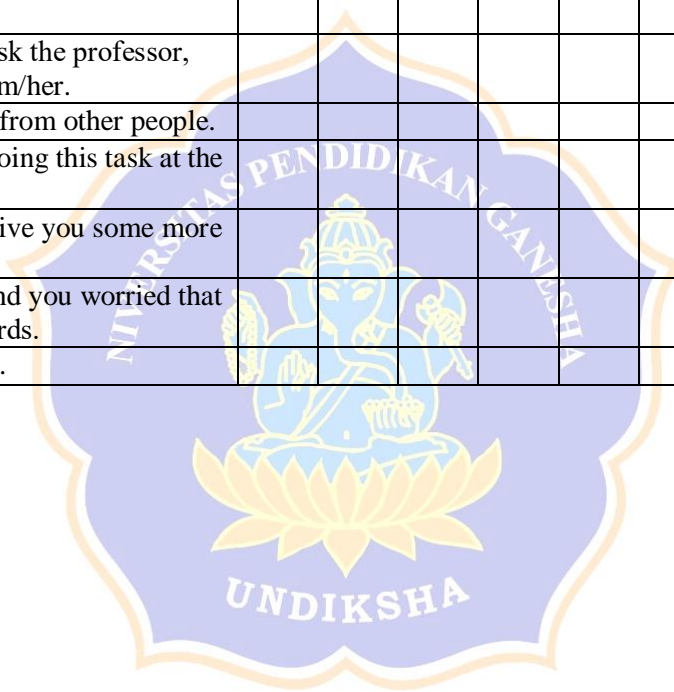
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No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
Areas of Procrastination									
<i>Writing a Term Paper</i>									
1	To what degree do you procrastinate on this task.						√		
2	To what degree is procrastination on this task a problem for you						√		
3	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Studying for Exams</i>									
4	To what degree do you procrastinate on this task.						√		
5	To what degree is procrastination on this task a problem for you						√		
6	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Keeping Up with Reading Assignments</i>									
7	To what degree do you procrastinate on this task.						√		
8	To what degree is procrastination on this task a problem for you						√		
9	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Academic Administrative Tasks</i>									
10	To what degree do you procrastinate on this task.						√		
11	To what degree is procrastination on this task a problem for you						√		
12	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Attendance Tasks</i>									
13	To what degree do you procrastinate on this task.						√		
14	To what degree is procrastination on this task a problem for you						√		
15	To what extent do you want to decrease your tendency to procrastinate on this task						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
<i>School Activities in General</i>									
16	To what degree do you procrastinate on this task.						√		
17	To what degree is procrastination on this task a problem for you						√		
18	To what extent do you want to decrease your tendency to procrastinate on this task						√		
<i>Reasons of Procrastination</i>									
<i>Time management</i>									
19	You liked the challenge of waiting until the deadline.						√		
20	You had too many other things to do.						√		
21	You waited until a classmate did his/hers, so that he/she could give you some advice						√		
22	You felt it just takes too long to write a term paper.						√		
23	You knew that your classmates hadn't started the paper either						√		
<i>Aversiveness of the Task</i>									
24	You were concerned the professor wouldn't like your work.						√		
25	You had a hard time knowing what to include and what not to include in your paper.						√		
26	You were worried you would get a bad grade.						√		
27	You resented having to do things assigned by others.						√		
28	You really disliked writing term papers.						√		
29	You felt overwhelmed by the task.						√		
30	You couldn't choose among all the topics.						√		
<i>Sincerity</i>									
31	You didn't think you knew enough to write the paper.						√		
32	You were concerned that if you did well, your classmates would resent you.						√		
33	You didn't trust yourself to do a good job						√		
34	You didn't have enough energy to begin the task.						√		
35	You resented people setting deadlines for you.						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		N	AN	S	NA	A			
36	You were concerned you wouldn't meet your own expectations.						√		
37	You were concerned that if you got a good grade, people would have higher expectations of you in the future.						√		
38	Your friends were pressuring you to do other things.						√		
<i>Personal Initiative</i>									
39	There's some information you needed to ask the professor, but you felt uncomfortable approaching him/her.						√		
40	You had difficulty requesting information from other people.						√		
41	You looked forward to the excitement of doing this task at the last minute.						√		
42	You waited to see if the professor would give you some more information about the paper.						√		
43	You set very high standards for yourself and you worried that you wouldn't be able to meet those standards.						√		
44	You just felt too lazy to write a term paper.						√		



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APPENDIX 4 – Interrater Reliability of Self-efficacy Scale

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		SD	D	N	A	SA			
<i>Self-confidence</i>									
1	I feel confident about capabilities that with little efforts I can resolve difficult problems.						√		
2	I am confident that I can achieve all targets that I set for myself.						√		
3	I am so confident of my capabilities that I can finish tasks on time						√		
4	Despite hard work, I feel I will not succeed.						√		
5	I feel I can keep self-control even at difficult times						√		
<i>Efficacy expectation</i>									
6	In any circumstance, I can achieve what I desire.						√		
7	I have enough self-confidence to finish any work.						√		
8	With my efforts, I can achieve anything.						√		
9	My own potential and capabilities are responsible for all my achievements so far.						√		
10	It is usually not possible for me to achieve any targets.						√		
<i>Positive attitude</i>									
11	I am able to balance myself even in most difficult times.						√		
12	I am unable to face difficulties without any help and support.						√		
13	Even in most difficult situations, I can strategize to resolve and deal with it.						√		
14	I try my level best to achieve my targets.						√		
15	I can keep my cool even when others try to take up fight with me						√		
<i>Outcome expectation</i>									
16.	If I get stuck in some work, with little efforts I can resolve it.						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		SD	D	N	A	SA			
17.	If I try sincerely, I am confident I shall be able to succeed						√		
18.	Despite concentrating on my aim, I will fail.						√		
19.	If I am determined to succeed, I shall be able to achieve success.						√		
20.	If work as per plan, I shall be able to reap results quickly						√		



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No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		SD	D	N	A	SA			
<i>Self-confidence</i>									
1	I feel confident about capabilities that with little efforts I can resolve difficult problems.						√		
2	I am confident that I can achieve all targets that I set for myself.						√		
3	I am so confident of my capabilities that I can finish tasks on time						√		
4	Despite hard work, I feel I will not succeed.						√		
5	I feel I can keep self-control even at difficult times						√		
<i>Efficacy expectation</i>									
6	In any circumstance, I can achieve what I desire.						√		
7	I have enough self-confidence to finish any work.						√		
8	With my efforts, I can achieve anything.						√		
9	My own potential and capabilities are responsible for all my achievements so far.						√		
10	It is usually not possible for me to achieve any targets.						√		
<i>Positive attitude</i>									
11	I am able to balance myself even in most difficult times.						√		
12	I am unable to face difficulties without any help and support.						√		
13	Even in most difficult situations, I can strategize to resolve and deal with it.						√		
14	I try my level best to achieve my targets.						√		
15	I can keep my cool even when others try to take up fight with me						√		
<i>Outcome expectation</i>									
16.	If I get stuck in some work, with little efforts I can resolve it.						√		
17.	If I try sincerely, I am confident I shall be able to succeed						√		
18.	Despite concentrating on my aim, I will fail.						√		

No.	Statements	Answer					Relevant	Irrelevant	Suggestions
		SD	D	N	A	SA			
19.	If I am determined to succeed, I shall be able to achieve success.						√		
20.	If work as per plan, I shall be able to reap results quickly						√		



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APPENDIX 5 - Students' Answer on PASS

A. Procrastination Areas

Areas Rsp	I			II			III			IV			V			VI		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	5	5	5	4	4	4	4	4	5	4	4	5	3	3	4	4	4	4
2	3	5	5	2	2	4	3	2	5	3	3	2	2	2	3	3	2	3
3	5	4	3	4	3	4	4	4	3	4	3	3	4	3	4	4	3	3
4	4	3	5	3	2	5	3	2	5	2	4	3	2	4	2	3	4	5
5	5	5	5	4	4	4	4	4	5	4	4	5	3	3	3	4	3	4
6	5	2	4	3	2	3	2	5	5	2	3	2	3	1	3	3	2	5
7	5	5	5	4	4	4	3	4	5	4	4	5	2	2	3	4	3	4
8	5	5	5	3	3	4	3	3	5	3	3	5	3	3	4	3	3	4
9	4	3	4	4	3	5	5	4	5	3	3	4	3	3	4	3	3	4
10	5	5	5	3	3	4	3	3	5	3	3	5	2	2	3	3	3	4
11	5	5	5	4	4	4	3	4	5	4	4	5	2	2	3	4	3	4
12	3	3	5	3	3	4	3	3	5	3	3	5	3	3	3	3	3	4
13	3	4	3	3	3	3	4	3	5	3	5	4	3	3	4	3	3	4
14	3	3	5	3	3	4	4	4	5	3	3	5	3	3	3	3	3	3
15	5	5	5	4	4	4	4	4	5	3	3	5	3	2	3	3	3	4
16	3	4	3	3	3	3	4	3	5	3	5	4	3	3	4	3	3	4
17	5	5	5	4	4	4	4	4	5	4	4	5	2	2	3	4	3	4
18	3	4	3	3	3	3	4	3	5	3	5	4	3	4	3	3	3	4
19	4	3	4	4	3	5	5	4	5	3	3	4	3	3	4	3	3	4
20	4	3	3	3	3	3	3	3	5	3	5	4	3	3	4	3	3	4
21	2	3	5	4	4	5	4	4	5	4	4	4	3	4	2	4	4	2
22	5	5	4	3	3	5	3	3	3	4	3	3	3	3	3	3	3	3
23	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
24	5	5	5	4	4	4	3	4	5	4	4	5	2	2	3	4	3	4
25	3	3	5	3	3	4	3	3	5	3	3	5	3	3	4	3	3	4
26	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
27	5	5	5	4	4	4	3	4	5	4	4	5	2	2	3	3	2	4
28	5	5	5	4	4	4	3	4	5	4	4	5	2	2	3	4	3	4
29	4	4	3	3	3	3	4	3	5	3	5	4	3	3	4	3	3	4
30	5	5	5	4	3	4	3	3	5	3	3	5	2	2	3	4	3	4
31	4	4	4	4	3	5	5	4	5	2	3	3	4	2	3	4	5	5
32	5	5	5	4	4	4	3	4	5	4	3	5	2	2	3	2	2	4
33	2	2	5	2	2	5	2	3	4	2	2	4	3	3	5	3	3	5
34	5	5	5	5	4	5	4	3	3	3	4	4	3	3	3	3	3	2
35	5	5	5	4	4	4	3	4	5	2	4	5	2	2	3	4	2	2
36	4	4	5	3	2	5	2	2	4	3	2	4	2	3	3	3	3	3
37	5	5	5	4	4	4	4	4	5	4	4	5	3	3	3	4	4	4
38	3	3	5	3	3	5	3	3	4	2	5	4	3	3	5	3	3	5
39	5	4	3	4	3	4	4	3	3	3	3	3	3	3	4	3	3	3

Areas Rsp	I			II			III			IV			V			VI		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
40	5	4	3	4	3	4	4	4	3	4	3	3	4	3	4	4	3	3
41	5	5	5	4	4	4	4	4	5	4	4	5	3	3	3	4	4	4
42	4	3	4	4	3	5	5	4	5	3	3	4	3	3	4	3	3	4
43	5	4	3	4	3	4	4	4	3	4	3	3	4	3	4	4	3	3
44	4	3	5	4	3	5	3	4	3	2	3	4	2	3	3	3	3	3
45	4	3	5	4	3	5	3	4	3	2	3	4	2	3	3	3	3	3
46	5	5	5	4	4	4	4	4	5	4	4	5	3	2	3	4	3	4
47	4	3	4	4	5	4	4	3	3	4	3	5	4	3	3	4	3	3
48	5	5	5	5	4	5	4	3	3	3	4	4	3	3	3	3	3	2
49	4	4	5	4	4	5	4	3	4	1	5	3	3	3	5	3	3	5
50	2	3	5	3	3	5	3	3	5	3	3	4	3	1	2	3	4	4
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Areas Rsp	I			II			III			IV			V			VI		
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Areas Rsp	I			II			III			IV			V			VI		
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Notes:

I: Writing a Term Paper

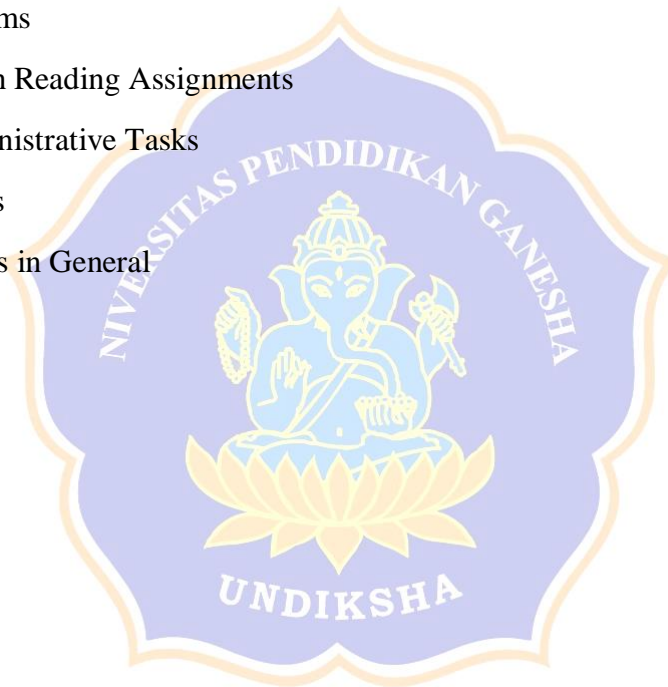
II: Studying for Exams

III: Keeping Up with Reading Assignments

IV: Academic Administrative Tasks

V: Attendance Tasks

VI: School Activities in General



B. REASONS OF PROCRASTINATION

Rsp \ Items	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
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Rsp \ Items	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
80	4	5	3	5	2	5	2	3	3	3	5	5	2	4	5	5	3	3	4	5	5	4	3	3	3	3
81	5	4	4	3	4	3	2	5	5	4	3	4	3	1	2	2	4	5	5	5	5	2	5	2	5	4
82	4	4	3	3	4	4	4	4	3	4	3	4	3	3	4	4	4	4	3	3	3	3	5	5	4	3
83	4	5	3	3	2	5	2	3	5	5	4	3	5	5	5	5	3	3	4	5	5	5	5	5	5	5
84	1	1	1	5	2	1	2	3	4	2	3	2	1	1	5	5	5	5	2	2	5	5	5	5	5	5
85	4	5	5	5	5	4	4	4	3	3	3	5	3	3	3	3	3	3	3	3	3	1	3	3	4	1
86	2	2	3	3	3	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4
87	4	4	1	5	2	3	3	3	3	4	3	2	5	5	5	5	5	5	2	5	5	5	5	5	5	5
88	1	1	5	3	4	3	3	3	5	3	5	5	3	1	2	2	3	5	1	4	1	1	3	3	3	4
89	3	5	3	3	3	5	5	3	5	5	3	3	5	5	5	5	3	3	3	5	5	5	5	5	5	3
90	3	2	4	3	2	2	2	5	5	2	3	4	2	2	2	2	4	3	5	2	4	2	5	2	5	3
91	3	3	3	3	3	3	3	3	3	3	3	3	3	5	5	5	3	5	5	5	5	5	5	5	5	4
92	1	1	1	5	2	1	2	3	4	2	3	2	1	4	5	3	5	5	2	5	2	2	4	5	3	5
93	4	4	4	4	5	4	3	4	4	4	4	4	3	3	3	3	3	2	2	2	2	1	2	2	2	2
94	1	1	1	5	2	1	2	3	4	2	3	2	1	3	3	5	3	5	2	5	2	2	5	5	3	5
95	4	3	4	4	3	3	4	4	5	3	4	3	3	4	3	4	3	4	2	4	4	3	3	3	3	3
96	1	1	1	5	2	1	2	3	4	2	3	2	3	3	3	4	5	5	2	4	4	4	4	4	4	5
97	5	5	2	4	4	4	4	4	4	4	4	4	4	4	4	4	3	4	4	3	3	1	4	4	3	1
98	1	2	5	3	2	1	3	3	1	3	5	5	2	2	3	3	3	5	5	3	3	3	3	4	3	3
99	3	3	3	3	4	3	2	5	5	4	3	4	3	1	2	2	4	2	5	2	4	2	5	2	5	3
100	5	4	4	3	4	3	2	3	3	3	3	3	3	1	2	2	3	2	5	2	4	2	5	2	4	3
101	3	3	5	3	3	3	3	3	3	3	3	3	3	3	3	3	5	5	2	2	3	2	2	3	3	3
102	4	4	5	2	4	3	4	4	5	4	3	4	4	4	4	4	3	5	4	4	4	2	4	3	4	3
103	2	3	3	2	4	3	2	1	2	2	2	3	2	2	2	1	5	3	5	3	1	1	2	2	3	3
104	1	1	1	5	2	1	2	3	4	2	3	2	5	5	5	5	5	5	5	5	5	4	4	4	4	4
105	4	5	5	5	5	4	4	4	3	3	3	5	3	3	3	3	3	3	3	3	3	1	3	5	3	2
106	2	3	1	3	5	2	2	5	2	2	5	5	2	2	2	2	2	5	4	2	2	5	3	3	3	2

Rsp \ Items	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
107	4	4	3	2	2	5	5	2	5	4	3	3	3	4	4	4	3	3	3	4	4	4	4	4	3	4
108	3	2	4	2	4	1	1	4	2	2	3	3	2	2	2	1	4	3	4	1	3	3	3	4	3	3
109	3	3	1	3	3	2	3	3	2	2	3	3	2	2	2	3	3	3	2	2	2	5	3	3	1	3
110	3	4	4	3	3	2	5	3	3	2	4	3	4	2	3	5	5	3	5	3	3	4	2	3	3	5
111	2	2	4	5	4	2	2	4	2	1	1	3	3	2	1	1	3	5	1	2	2	2	2	2	2	2
112	3	2	2	2	3	4	2	4	2	2	5	5	2	2	2	2	5	2	2	2	3	2	2	5	4	2
113	3	3	3	5	3	3	3	3	3	1	1	3	3	4	1	1	3	5	1	3	2	3	3	3	5	2
114	2	3	5	3	2	3	2	3	5	3	3	3	5	2	2	4	3	3	3	2	3	3	4	5	5	5
115	4	2	3	3	3	4	4	4	3	3	2	5	4	3	3	3	3	5	4	4	3	3	3	3	4	3
116	2	2	3	3	3	2	3	3	2	3	3	3	1	3	2	3	2	2	2	2	2	3	2	3	2	3
117	4	3	5	3	4	4	3	4	3	3	4	5	3	4	3	2	3	2	2	2	3	3	3	3	4	4
118	4	5	3	3	2	5	2	3	4	4	3	4	2	4	4	4	4	3	4	4	4	4	4	4	4	4
119	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	5	3	3	3	3	3	3	3	3
120	5	3	3	3	3	3	3	5	3	3	3	3	3	3	3	2	3	3	5	2	3	3	3	4	3	3
121	3	4	4	2	4	2	3	4	3	3	3	3	2	2	2	2	3	3	3	2	2	2	3	3	3	3
122	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3
123	1	1	1	5	2	1	2	3	4	2	3	2	1	1	3	1	5	5	2	1	2	1	3	5	3	5
124	3	3	3	4	1	3	5	2	3	3	1	5	3	1	3	5	5	3	3	4	2	5	2	5	2	4
125	2	3	5	3	2	2	2	2	3	3	4	5	3	1	3	2	3	2	2	2	3	3	3	1	4	3
126	1	1	1	5	2	1	2	3	4	2	3	2	3	4	4	5	5	5	2	5	5	5	5	5	5	5
127	1	1	1	5	2	1	2	3	4	2	3	2	1	1	3	1	5	5	2	2	5	5	5	5	5	5
128	2	2	1	3	5	2	2	3	2	2	3	3	3	2	3	3	3	5	3	3	2	5	3	3	1	3
129	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	5	1	3	2	3	3	3	5	3
130	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4

Notes:

- Reasons of Procrastination:
- a. Time management : 21, 22, 35, 36, 37
 - b. Aversiveness of the Task: 19, 20, 24, 25, 27, 28, 31
 - c. Sincerity: 26, 32, 33, 34, 38, 39, 40, 44
 - d. Personal Initiative: 23, 29, 30, 41, 42, 43

Appendix 6 – Students’ Answer on Self-Efficacy Scale

Items Rsp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	2	2	2	2	2	2	2	3	3	2	2	3	2	2	2	2	3	3	2	2
2	4	4	4	4	3	4	4	4	4	3	4	3	2	2	2	2	2	3	3	2
3	3	3	3	3	3	3	3	3	2	3	2	3	2	2	2	2	2	3	3	2
4	2	3	2	2	4	3	2	2	3	3	3	3	3	3	3	3	3	2	3	3
5	2	2	2	2	3	2	2	2	2	3	3	2	3	2	2	2	2	2	2	2
6	4	4	3	4	4	2	2	2	2	4	2	3	4	4	3	3	3	2	3	3
7	2	3	2	2	4	2	3	2	2	3	3	3	3	2	1	1	1	3	1	2
8	3	4	3	3	3	2	3	2	3	4	3	3	2	2	2	2	2	3	3	3
9	2	2	2	2	3	2	2	2	2	3	2	3	1	1	2	2	2	3	2	3
10	4	4	4	4	2	4	2	2	2	4	2	3	2	2	2	2	2	2	2	3
11	3	3	2	2	3	2	2	2	2	2	3	3	2	2	2	2	2	2	2	2
12	4	4	4	4	3	4	3	3	2	4	3	3	3	3	3	3	3	3	3	3
13	3	3	3	2	3	3	3	3	3	3	2	3	2	3	3	3	2	2	3	3
14	2	2	2	2	2	2	2	2	3	3	2	3	2	2	2	2	2	3	2	2
15	4	4	3	2	2	3	2	3	2	3	2	3	2	2	3	3	3	2	2	3
16	4	4	4	4	2	4	4	4	2	4	2	3	2	2	2	2	2	2	2	3
17	3	3	3	3	2	2	2	2	2	3	2	3	2	2	2	2	2	2	2	3
18	4	4	4	4	3	4	4	4	4	2	3	2	2	2	2	1	2	3	3	3
19	2	2	2	2	3	2	2	2	2	3	2	3	2	2	1	2	2	2	2	3
20	4	4	4	4	2	4	4	4	4	4	2	4	3	2	2	2	4	2	2	3
21	4	4	4	4	3	4	4	4	4	3	4	3	4	2	2	3	1	2	2	2
22	2	2	2	3	3	2	2	2	2	3	3	3	2	2	2	2	2	3	2	2
23	2	3	3	2	3	2	2	2	3	3	2	3	2	2	2	2	2	3	2	2
24	3	3	3	2	3	2	2	3	2	4	2	3	2	2	2	2	3	3	2	2
25	2	2	2	2	3	2	2	2	2	3	3	3	3	3	3	2	3	3	2	2

Items Rsp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
53	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	3	2	2
54	2	2	2	2	4	2	2	2	3	4	3	4	3	2	2	3	3	3	2	3
55	4	4	4	4	4	3	3	3	2	4	3	3	3	3	3	2	3	3	2	2
56	2	3	3	2	3	2	2	2	3	3	3	3	3	3	3	2	3	3	2	3
57	2	2	2	2	3	2	2	3	3	3	3	3	2	2	2	3	3	3	3	3
58	3	3	3	3	3	2	2	2	3	3	3	3	2	2	2	2	2	3	2	2
59	2	2	2	2	3	2	2	3	3	2	2	2	2	2	2	2	2	2	2	2
60	4	4	4	3	3	2	2	2	2	3	2	3	2	2	2	2	2	3	2	3
61	4	3	3	3	3	3	2	2	2	3	3	3	2	3	2	3	2	3	2	3
62	2	2	2	2	3	2	2	3	3	4	3	3	2	2	2	2	2	2	3	3
63	2	2	2	2	2	2	2	3	3	2	3	3	3	3	3	3	3	3	3	3
64	4	3	4	3	2	2	2	2	2	3	3	3	2	2	2	2	2	3	2	2
65	3	2	3	2	4	2	2	2	2	3	3	3	3	3	3	3	3	3	2	2
66	4	4	4	4	4	4	4	4	4	3	3	2	2	1	1	1	3	2	3	3
67	4	4	4	4	3	4	3	2	3	3	3	3	2	4	2	2	2	2	2	2
68	3	3	3	1	3	2	2	2	1	3	2	3	2	1	1	2	1	2	3	3
69	1	3	3	2	3	2	2	3	3	3	3	2	2	2	2	2	2	2	2	3
70	3	3	3	3	3	2	2	2	3	3	3	3	2	2	2	3	3	3	3	3
71	3	3	3	2	4	3	2	2	2	4	2	4	2	2	2	2	3	2	2	3
72	2	2	2	2	3	2	2	2	2	3	1	3	2	2	2	2	2	3	3	3
73	3	3	2	3	2	2	2	2	2	4	2	4	2	2	2	2	2	1	2	3
74	3	3	3	4	3	2	2	3	2	4	2	4	2	2	1	2	2	2	2	3
75	3	3	2	2	2	2	3	2	2	3	3	3	2	2	2	3	2	2	3	3
76	2	3	3	3	3	2	2	2	2	3	2	3	1	1	1	1	2	3	2	3
77	2	3	3	2	3	2	2	3	3	3	3	4	3	3	3	2	3	3	3	2
78	4	4	4	4	4	4	3	2	2	3	2	4	2	3	2	2	2	3	2	3
79	3	3	3	2	4	2	2	2	2	3	2	4	2	3	3	3	3	3	2	3

Items Rsp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
80	3	3	3	2	4	2	2	2	2	3	2	4	2	1	1	1	2	3	3	3
81	2	2	2	2	3	2	2	2	2	3	2	3	2	1	1	2	3	3	3	1
82	3	3	3	3	3	3	2	2	2	3	3	4	2	1	1	3	2	3	1	3
83	2	3	3	2	3	3	2	2	2	3	3	3	2	2	2	2	2	3	2	3
84	4	4	4	4	4	3	3	3	2	3	3	4	3	2	2	2	3	3	2	3
85	3	3	2	2	3	2	2	2	2	3	2	3	2	1	1	1	2	3	3	2
86	4	4	4	4	4	4	4	4	3	3	3	4	2	3	2	2	2	3	2	3
87	2	2	2	2	4	2	2	2	2	3	2	4	2	2	2	2	2	3	3	3
88	4	3	3	4	3	4	4	3	3	3	3	4	3	3	3	3	4	3	3	2
89	3	3	3	2	4	2	2	2	2	3	2	4	2	3	2	2	2	3	2	3
90	3	3	3	2	4	2	2	2	2	3	2	4	2	3	2	2	2	3	2	3
91	3	3	3	2	4	3	2	2	2	3	2	4	2	2	2	2	3	3	2	3
92	3	3	3	2	4	3	2	2	2	4	2	4	2	2	2	2	3	3	2	3
93	4	4	4	4	3	4	4	4	4	4	2	4	2	3	2	2	2	3	2	3
94	2	2	2	1	3	3	3	3	3	3	4	3	3	3	3	3	3	3	3	3
95	3	3	3	3	3	2	3	2	3	3	2	2	2	2	2	2	1	2	2	2
96	3	3	3	2	3	3	3	2	2	3	3	3	3	3	1	3	3	3	3	3
97	2	3	2	2	2	2	3	2	3	3	2	3	2	2	1	2	3	3	3	3
98	4	4	3	3	3	3	3	4	3	3	3	3	3	3	4	3	3	3	4	3
99	4	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
100	4	4	4	4	3	4	3	3	2	4	3	4	3	3	3	3	3	1	3	3
101	4	4	3	3	3	2	3	3	3	4	4	4	2	3	3	3	3	2	3	3
102	3	3	2	2	3	2	2	2	3	3	3	3	2	1	1	1	2	2	3	3
103	2	2	2	2	3	3	2	2	3	3	3	4	3	3	3	3	3	3	3	3
104	2	2	2	2	2	2	2	2	2	3	3	3	2	1	2	2	3	3	3	3
105	3	3	3	3	3	2	3	2	2	3	3	3	2	2	1	1	2	3	2	2
106	3	3	3	2	3	3	3	2	2	3	3	4	3	2	3	3	3	2	3	3

Items Rsp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
107	3	2	3	2	2	2	2	2	2	3	3	3	2	1	2	1	2	3	3	3
108	3	2	2	2	3	3	3	3	3	4	3	4	2	2	3	2	3	3	3	3
109	3	3	3	3	3	2	3	2	3	3	2	3	3	2	2	3	3	2	3	3
110	2	3	3	2	3	2	2	2	2	3	3	4	2	2	3	3	2	3	3	2
111	4	3	4	4	3	4	3	2	2	3	3	3	2	1	1	2	2	4	2	2
112	4	3	3	3	3	2	2	2	3	3	3	4	2	2	3	3	3	4	3	3
113	4	4	4	4	2	4	4	4	4	3	3	3	2	3	3	2	2	2	3	3
114	3	3	3	3	3	4	4	3	3	3	2	3	2	2	3	3	2	3	2	3
115	2	3	2	3	3	3	3	3	3	3	3	3	3	3	1	2	2	3	3	2
116	3	3	3	3	3	3	2	3	2	4	2	3	3	2	3	2	2	3	3	3
117	3	4	4	3	3	3	3	4	3	3	3	3	2	2	4	2	2	3	1	2
118	3	4	4	3	3	3	4	3	3	3	3	3	2	2	2	2	2	2	3	3
119	4	3	3	3	3	3	4	4	2	3	3	3	3	2	4	2	2	3	2	2
120	2	3	4	3	3	3	2	2	2	4	3	3	2	2	3	2	2	3	3	3
121	4	4	3	3	3	2	2	3	2	3	3	3	3	2	3	3	3	3	2	3
122	4	4	4	4	3	3	2	2	2	4	4	3	2	3	3	2	3	3	3	3
123	4	4	4	2	4	2	2	2	2	4	4	4	2	2	2	3	3	3	3	3
124	4	4	4	4	3	2	2	2	2	3	2	3	2	2	3	2	2	2	2	3
125	4	4	4	2	4	3	4	4	3	4	4	4	2	2	2	2	2	4	2	2
126	2	3	4	3	2	3	3	3	4	3	3	3	2	2	2	2	2	3	3	3
127	4	4	4	4	3	4	4	4	3	3	3	3	2	2	3	3	3	3	3	3
128	4	4	4	3	4	4	3	3	2	4	2	3	3	2	2	2	3	2	3	3
129	3	2	2	4	2	3	3	4	4	4	3	4	3	4	3	3	3	2	3	3
130	4	4	4	3	3	3	4	4	2	4	3	3	2	3	3	2	2	2	2	2

Appendix 7 – Test of Normality

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Students' Procrastination	130	100,0%	0	0,0%	130	100,0%
Self-Efficacy	130	100,0%	0	0,0%	130	100,0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Students' Procrastination	,061	130	,200*	,963	130	,001
Self-Efficacy	,055	130	,200*	,971	130	,007

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction



Appendix 8 – Test of Linearity

Case Processing Summary

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
Students' Procrastination * Self-Efficacy	130	100,0%	0	0,0%	130	100,0%

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Students	Between Groups	(Combined)	11395,870	22	517,994	5,386	,000
Procrasti		Linearity	9190,328	1	9190,328	95,559	,000
nation *		Deviation from	2205,542	21	105,026	1,092	,368
Self-		Linearity					
Efficacy	Within Groups		10290,622	107	96,174		
	Total		21686,492	129			

Measures of Association

	R	R Squared	Eta	Eta Squared
Student' Procrastination * Self-Efficacy	-,651	,424	,725	,525

Appendix 9 – The Result of Hypotesis Testing

		SP	SE
Students' Prokra	Pearson Correlation	1	-,651**
	Sig. (2-tailed)		,000
	N	130	130
Self-Efficacy	Pearson Correlation	-,651**	1
	Sig. (2-tailed)	,000	
	N	130	130

** . Correlation is significant at the 0.01 level (2-tailed).



Appendix 10 – The Summary of Group Discussion

Q: Based on your experience, is there any other reasons of doing procrastination during your academic life?

- A:
- Fear of failure as the students set high expectation for the result
 - The students have lack of motivation
 - Excessive perfectionism as they set very high standard for the result
 - The lack of model of instructors who perform their academic task
 - Lack of focus so they could easily get distracted by other people or things
 - Feeling unclear about how to get started the task.
 - Thinking that academic task is boring
 - Lack of motivation for doing the task

Q: Why do you mostly procrastinate on writing a term paper? Please give your opinion!

- A:
- Feeling uneasy to write term paper.
 - Facing struggle in choosing topic
 - Having hard time to think what to include in the paper
 - Feeling demotivated because the students do not know how to start the writing
 - Delaying the writing because it requires long process that make them feel uncomfortable
 - The students do not like to make draft and review their writing
 - The want to avoid the uncomfortable moment in drafting and reviewing by procrastinating their writing
 - Procrastinating can boost ideas

Q: How do you manage your time during the academic life? Can you manage it well or not? Please clarify your answer!

- A: The students mostly waited until the deadline comes:
- The students like to delay working on the assigned task and wait until the deadline coming up
 - The students like doing their paper in the last minutes as they can more focus on what they are doing, they think better within the limited time, and it helps them in boosting their ideas.
 - The students admitted that if they started to work on the given assignment two or three days before the due date, they tended to be more easily distracted by something else around them.
 - The students belief that they will get the things done, no matter when and how, and the also belief that they can finish the task and submit the task on time.
 - Some of the students intentionally plan to procrastinate in order to get the benefits of doing procrastination, which is to work more effectively.

Q: Can you share your opinion more on reasons of doing procrastination? (*related to the assertiveness of task, sincerity and personal initiative*)

- A: The assertiveness of task:

- The students mostly feel uneasy to write a term paper.
- The students sometimes think about whether or not the lecturer likes their work. As they think about it too much, they lose their desire to continue working on their paper.
- The students face problems with what they should write on the paper. This is usually about what they should include or not included in their paper, and they became overwhelmed by the task itself.
- The students mostly face problems whenever the task is about writing because they believe that writing is not an easy task, as they need to be more detailed and clear on discussing the topic so that the reader can understand the writing easily and avoiding misunderstanding.
- The students are unable to choose one of the various topics provided.
- The students feel frustrated, confuse, and choose to put off their work, and wait until they get better ideas in choosing the topic.
- The students tend to avoid and put off the tasks that they do not really like, make they should face several problems, and having confusion.
- The students tend to work on something enjoyable, easier, and more interesting tasks at first.

Sincerity:

- The students easily get distracted by something else or external factors, such as notification of social media or shot messages from their friend. When their mobile phone accepts a notification, they grab their phone directly and put aside the task they are working on.
- The students concern about other's judgment and comments, such as judgment from their classmates and lecturer.
- The students sometimes doubt themselves, whether or not they able to do a good job. Mostly, the students will engage in procrastination whenever the task is about writing.
- The students confuse about what expected from them and they do not know what they should do

Personal initiative:

- The students set a high standard of the result, but at the same time they worry about their ability to meet those standards.
- The students tend to wait until the deadline coming, they have greater excitement whenever they can finish the task on time within a limited amount of time.
- The students face problems in requesting information from other people, including their lecturer. They decide to wait for information about the paper assigned by the lecturer because sometimes they feel uncomfortable approaching the lecturer even though there is some information related to the paper that they need to ask the lecturer.
- The students feel too lazy to write a term paper so that they tended to delay their work and just wait until the deadline is near.

Note:

The students' answers were selected and summarized in order to support research findings and discussion.