

ABSTRAK

Ayung Afia Ritani. “Pengaruh Distraksi Media Sosial dan *Self-Awareness* terhadap Prokrastinasi Penulisan Skripsi pada Mahasiswa Tingkat Akhir”

Mahasiswa yang seharusnya menyelesaikan studi dalam waktu 4 tahun, tetapi kenyataannya bisa mencapai 7-10 tahun akibat kendala dalam menyusun skripsi. Penelitian ini bertujuan untuk mengetahui pengaruh distraksi media sosial dan *self-awareness* terhadap prokrastinasi penulisan skripsi pada mahasiswa tingkat akhir. Penelitian ini menggunakan metode kuantitatif dengan sampel sebanyak 415 mahasiswa tingkat akhir di Indonesia yang diperoleh melalui teknik purposive sampling. Data dikumpulkan menggunakan skala likert dan dianalisis menggunakan uji linear berganda dengan bantuan aplikasi Jamovi. Hasil penelitian menunjukkan bahwa distraksi media sosial berpengaruh positif dan signifikan terhadap prokrastinasi penulisan skripsi ($t=12.55$; $p<0.001$). Pada *self-awareness* juga berpengaruh positif dan signifikan terhadap prokrastinasi penulisan skripsi ($t=19.29$; $p<0.001$). Selain itu, distraksi media sosial dan *self-awareness* secara simultan berpengaruh signifikan terhadap prokrastinasi penulisan skripsi ($F=297$; $p<0.001$). Berdasarkan hasil penelitian, dapat disimpulkan bahwa distraksi media sosial dan *self-awareness* berpengaruh terhadap prokrastinasi penulisan skripsi, baik secara parsial maupun simultan. Semakin tinggi distraksi media sosial dan *self-awareness*, semakin tinggi pula kecenderungan prokrastinasi penulisan skripsi. Kedua variabel tersebut secara bersama-sama memberikan kontribusi sebesar 59,1% terhadap prokrastinasi penulisan skripsi mahasiswa tingkat akhir.

Kata Kunci: Distraksi Media Sosial, *Self-Awareness*, Prokrastinasi Akademik, Mahasiswa Tingkat Akhir

ABSTRAK

Ayung Afia Ritani. *“The Influence of Social Media Distraction and Self-Awareness on Thesis Writing Procrastination among Final-Year Undergraduate Students”*

While students are expected to complete their studies within four years, in reality, this duration can extend to 7–10 years due to obstacles encountered in writing their undergraduate thesis. This study aimed to determine the influence of social media distraction and self-awareness on thesis writing procrastination among final-year undergraduate students. This study employed a quantitative method with a sample of 415 final-year undergraduate students in Indonesia, selected through a purposive sampling technique. Data were collected using Likert scales and analyzed using multiple linear regression analysis with Jamovi software. The results indicated that social media distraction had a positive and significant influence on thesis writing procrastination ($t = 12.55$; $p < 0.001$). Self-awareness also had a positive and significant influence on thesis writing procrastination ($t = 19.29$; $p < 0.001$). Furthermore, social media distraction and self-awareness simultaneously exerted a significant influence on thesis writing procrastination ($F = 297$; $p < 0.001$). Based on the research findings, it can be concluded that social media distraction and self-awareness have significant effects on thesis-writing procrastination, both partially and simultaneously. The higher the levels of social media distraction and self-awareness, the higher the tendency toward thesis-writing procrastination. Together, these two variables contribute 59.1% to thesis-writing procrastination among final-year students.

Keywords: *Social Media Distractions, Self-Awareness, Academic Procrastination, Final-Year Student*