

DAFTAR PUSTAKA

- Afriansyah. 2019. Hubungan antara regulasi diri dan dukungan sosial teman dengan prokrastinasi dalam menyelesaikan skripsi pada mahasiswa pendidikan agama islam fakultas tarbiyah dan keguruan universitas islam negeri sulthan thaha saifuddin Jambi. *Jurnal Pendidikan: Riset dan Konseptual*. 3 (2): 99–108.
- Andarini, Sekar Ratri., dan Anne Fatma. 2013. Hubungan antara distress dan dukungan sosial dengan prokrastinasi akademik pada mahasiswa dalam menyusun skripsi. *Talenta Psikologi II* (2): 159–80.
- Arjanggi, Ruseno., dan Suprihatin, Titin. 2012. Profil belajar berdasar regulasi-diri pada siswa kelas bilingual dan self regulated learning profile of the bilingual and monolingual. *Jurnal Proyeksi*. 7 (2): 41–53.
- Azwar, Saifuddin.(2015). *Teori sikap manusia dan pengukurannya*. Yogyakarta: Pustaka Pelajar.
- Azwar, Saifuddin. 2012. *Reliabilitas dan validitas*. Yogyakarta: Pustaka pelajar.
- Azwar, Saifuddin. 2014. *Metode penelitian reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, Saifuddin. 2016. Reliabilitas dan validitas aitem. *Buletin Psikologi* 3 (1): 19–26.
- Balkis, Murat. 2009. Prevalence of academic procrastination behavior among pre-service teachers , and its relationship with demographics. *Journal of theory and practice in education*. 5 (1): 18-32
- Burka, J, dan L Yuen. 2008. *Procrastination why you do it, what to do about it now (trish wilk)*. Unites Stated of America: Da Capo Press.
- Cohen, Sheldon, dan S Leonard Syme. 1985. Issues in the study and application of social support. *Social support and health* 3: 3–22.
- Cutrona, Carolyn E, dan Daniel W Russell. 1987. The provisions of social relationships and adaptation to stress. *Advances in personal relationships* 1 (1): 37–67.
- Duffy, D KG and Wong, FY (2003). *Community psychology*. London: Routledge Press.
- Ferrari, Joseph R. 1995. *Procrastination and task avoidance--theory , research and treatment*. New York: Plenum Press. <https://doi.org/10.1007/978-1-4899-0227-6>.

- Ferrari, Joseph R, dan Dianne M Tice. 2000. *Procrastination as a self-handicap for men and women : A task-avoidance strategy in a procrastination as a self-handicap for men and women : A task-avoidance strategy in a laboratory setting and procrastination (delay in the start and/or completion*. New York: Plenum Press. <https://doi.org/10.1006/jrpe.1999.2261>.
- Fitra Septian. 2018. *Hubungan harga diri dan regulasi diri dengan prokratinasi akademik pada mahasiswa fakultas psikologi universitas muhammadiyah malang*. Skripsi. Fakultas Psikologi Universitas Muhammadiyah Malang. <http://eprints.umm.ac.id/39941/>.
- Ganster, Daniel C, Marcelline R Fusilier, dan Bronston T Mayes. 1986. Role of social support in the experience of stress at work. *Journal of applied psychology* 71 (1): 102.
- Ghufron, dan Risnawati Rini. 2012. *Gaya belajar kajian teoritik*. Yogyakarta: Pustaka Pelajar.
- Gunarsa, S D. 1989. *Psikologi perkembangan anak dan remaja*. Jakarta: BPK. Gunung Mulia.
- Hendrianur. 2015. Hubungan dukungan sosial dan regulasi diri dengan prokratinasi dalam menyelesaikan skripsi. *Psikoborneo Jurnal Ilmiah Psikologi*. 3 (30): 528–42.
- Herdiati. 2013. Pengaruh self-regulated learning dan dukungan sosial terhadap prokratinasi akademik mahasiswa psikologi universitas islam negeri syarif hidayatullah jakarta. *Journal of Chemical Information and Modeling*. 53 (9): 89–99.
- Hill, D T, S A Cobb, dan J P Bolte. 1987. Using volatile fatty acid relationships to predict anaerobic digester failure. *Transactions of the ASAE* 30 (2): 496–501.
- Issn, P E, Rahayu Effendi, Hana Salsabila, dan Abdul Malik. 2018. Pemahaman tentang lingkungan berkelanjutan. <http://ejournal.undip.ac.id/index.php/modul2877>: 75–82.
- Jannah, Miftahul, dan Dr. Tamsil Muis. 2014. Prokratinasi akademik (perilaku penundaan akademik) mahasiswa fakultas ilmu pendidikan universitas negeri surabaya. *Jurnal BK Unesa* 4 (3): 1–8.
- Knaus, William. 2010. *End procrastination now!: get it done with a proven psychological approach*. New York: McGraw Hill Professional.
- Lay, Clarry H, dan Henri C Schouwenburg. 1993. Trait procrastination, time management. *Journal of social Behavior and personality* 8 (4): 647–62.
- Lestariningsih. 2007. *Prokratinasi akademik mahasiswa ditinjau dari efikasi diri*

dan dukungan sosial. Skripsi. Fakultas Psikologi UMS.

- Milgram, Norman A, Gila Batori, dan Doron Mowrer. 1993. Correlates of academic procrastination. *Journal of School Psychology* 31 (4): 487–500.
- Muyana, Siti. 2018. Prokrastinasi akademik dikalangan mahasiswa program studi bimbingan dan konseling. *Counsellia: Jurnal Bimbingan dan Konseling* 8 (1): 45. <https://doi.org/10.25273/counsellia.v8i1.1868>.
- Papalia, Diane E, Sally Wendkos Olds, dan Ruth Duskin Feldman. 2009. *Human development: Perkembangan manusia* V De Groot. 1990. Motivational and self-regulated learning components of classroom academic performance. *Journal of educational psychology*. 82 (1): 33.
- Pradinata, Sherlin. 2014. *Prokrastinasi akademik dan dukungan sosial teman sebaya pada mahasiswa Fakultas Psikologi Universitas Katolik Widya Mandala Surabaya*. Skripsi. Widya Mandala Catholic University.
- Putri, Misdarly. 2015. *Hubungan regulasi diri dengan prokrastinasi akademik peserta didik kelas X di SMK Negeri 6 Padang*. Skripsi. STKIP PGRI Sumatera Barat.
- Renk, Kimberly, dan Tara Smith. 2007. Predictors of academic-related stress in college students: An examination of coping, social support, parenting, and anxiety. *Naspa Journal* 44 (3): 405–31.
- Rothblum, Esther, dan Laura J Solomon. 1986. Affective, cognitive and behavioral differences between high and low procrastinators. *Journal of Counseling Psychology*
- Sandra, Kusnul Ika. 2013. Manajemen waktu, efikasi-diri dan prokrastinasi. *Persona: Jurnal Psikologi Indonesia*. 2(3): 17–22.
- Santika, Windriya Sri, dan Sawitri, Dian Ratna. 2016. Self-regulated learning dan prokrastinasi akademik pada siswa kelas xi sma negeri 2 purwokerto. *Jurnal Empati*. 5(1): 44–49.
- Santrock, John W. 2003. *Adolescence: perkembangan remaja*. Jakarta: Salemba Humanika
- Sarafino, Edward P, dan Timothy W Smith. 2014. *Health psychology: Biopsychosocial interactions*. New Jersey: John Wiley & Sons.
- Sarason, Irwin G, dan Barbara R Sarason. 1986. Experimentally provided social support. *Journal of personality and social psychology* 5(6): 1222.
- Sayekti. 2018. Hubungan antara dukungan teman sebaya dengan prokrastinasi akademik pada mahasiswa tahun kelima yang sedang mengerjakan skripsi di

- fakultas ilmu budaya dan fakultas psikologi universitas diponegoro. *Jurnal Empati*. 7 (1): 412–24.
- Schunk, Dale H, dan Barry J Zimmerman. 1998. *Self-regulated learning: from teaching to self-reflective practice*. Washington Dc: Guilford Press.
- Smet, Bart. 1994. *Psikologi kesehatan*. Jakarta: Grasindo.
- Solomon, Laura J., dan Esther D. Rothblum. 1984. Academic procrastination: frequency and cognitive-behavioral correlates. *Journal of Counseling Psychology*. 33(4). 387-394. <https://doi.org/10.1037/0022-0167.31.4.503>.
- Steel, Piers. 2007. The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin* 133 (1): 65–94. <https://doi.org/10.1037/0033-2909.133.1.65>.
- Sugiyono, P D. 2017. *Metode penelitian bisnis: pendekatan kuantitatif, kualitatif, kombinasi, dan R&D*. Bandung: Alfabeta
- Susanto, Handy. 2006. Mengembangkan kemampuan self regulation untuk meningkatkan keberhasilan akademik siswa. *Jurnal Pendidikan Penabur* 7 (5): 64–71.
- Taylor, S E, L A Peplau, dan D O Sears. 2000. Person perception: forming impressions of others. *Social psychology*, 62–97.
- Taylor, Shelley E, Letitia Anne Peplau, dan David O Sears. 2009. *Psikologi sosial*. Jakarta: Kencana Prenada Media Group.
- Thomas, Cathy R., dan Shannon A. Gadbois. 2007. Academic self-handicapping: The role of self-concept clarity and students' learning strategies. *British Journal of Educational Psychology* 77 (1): 101–19. <https://doi.org/10.1348/000709905X79644>.
- Tuckman, Bruce W. 2002. Academic procrastinators: Their rationalizations and webcourse performance. paper presented at the annual meeting of the american psychological association. *Journal of Experimental Education*. (110th, Chicago, IL, August 22-25, 2002).
- Weiss, Hans-Rudolf. 2011. The method of Katharina Schroth-history, principles and current development. *Scoliosis* 6(1): 17.
- Winahyu, Dyah Mustika Kusuma, dan Hadi Warsito Wiryosutomo. 2020. Hubungan dukungan sosial dan student burnout dengan prokrastinasi akademik siswa kelas xi sma negeri 3 Sidoarjo. *Jurnal BK Unessa*. 11(1), 102-109
- Wolters, Christopher A, Paul R Pintrich, dan Stuart A Karabenick. 2005.

Assessing academic self-regulated learning. In *What do children need to flourish?*. New York: Springer.

Woolfolk, Anita. 2009. *Educational psychology*. Yogyakarta: Pustaka Pelajar.

You, Ji Won. 2015. Examining the effect of academic procrastination on achievement using LMS data in learning. *Educational Technology & Society* 18 (3): 64–74.

Zimet, Gregory D, Nancy W Dahlem, Sara G Zimet, dan Gordon K Farley. 1988. The multidimensional scale of perceived social support. *Journal of Personality Assessment* 52 (1): 30–41. https://doi.org/10.1207/s15327752jpa5201_2.

Zimmerman. 2000. *Attaining self-regulation: A social cognitive perspective in handbook of self-regulation*. Cambridge: Academic Press.

Zimmerman, Barry J. 1989. *Models of self-regulated learning and academic achievement in self-regulated learning and academic achievement*. New York: Springer.

