Hasil Analisis SPSS

Prokrastinasi Akademik

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .866 | 33 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 99.2989 | 94.823 | .421 | .861 |
| VAR00002 | 99.6379 | 93.261 | .496 | .859 |
| VAR00003 | 99.6552 | 93.106 | .509 | .859 |
| VAR00004 | 99.5172 | 93.141 | .611 | .857 |
| VAR00005 | 99.5345 | 93.036 | .561 | .858 |
| VAR00006 | 99.5230 | 93.430 | .533 | .858 |
| VAR00007 | 99.4425 | 94.121 | .594 | .858 |
| VAR00008 | 100.2414 | 98.508 | .106 | .869 |
| VAR00009 | 99.2816 | 95.198 | .432 | .861 |
| VAR00010 | 99.6092 | 93.372 | .557 | .858 |
| VAR00011 | 99.2874 | 95.374 | .424 | .861 |
| VAR00012 | 99.4425 | 94.121 | .594 | .858 |
| VAR00013 | 99.6667 | 93.206 | .493 | .859 |
| VAR00014 | 99.7989 | 94.890 | .312 | .864 |
| VAR00015 | 99.3678 | 95.737 | .397 | .862 |
| VAR00016 | 99.8276 | 93.288 | .382 | .862 |
| VAR00017 | 99.5575 | 92.456 | .576 | .857 |
| VAR00018 | 99.5460 | 94.608 | .413 | .861 |
| VAR00019 | 100.1954 | 96.204 | .282 | .864 |
| VAR00020 | 99.7356 | 96.646 | .263 | .865 |
| VAR00021 | 99.6322 | 97.806 | .164 | .867 |
| VAR00022 | 99.6782 | 92.115 | .482 | .859 |
| VAR00023 | 99.6379 | 92.383 | .512 | .858 |
| VAR00024 | 99.6034 | 92.888 | .466 | .860 |
| VAR00025 | 100.1092 | 96.757 | .219 | .866 |
| VAR00026 | 99.5977 | 96.011 | .297 | .864 |
| VAR00027 | 99.5345 | 95.857 | .372 | .862 |
| VAR00028 | 99.7874 | 97.290 | .231 | .865 |
| VAR00029 | 99.7701 | 97.057 | .281 | .864 |
| VAR00030 | 99.9195 | 98.236 | .117 | .869 |
| VAR00031 | 100.2816 | 97.175 | .171 | .868 |
| VAR00032 | 99.8678 | 97.549 | .183 | .867 |
| VAR00033 | 99.4253 | 97.252 | .295 | .864 |

Aitem Gugur (0.3) : 8,21,25,26,28,29,30,31,32,33

Regulasi Emosi

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| .812 | 18 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 39.8448 | 44.259 | .549 | .796 |
| VAR00002 | 40.2011 | 44.740 | .484 | .799 |
| VAR00003 | 39.7874 | 42.827 | .557 | .793 |
| VAR00004 | 39.7069 | 43.064 | .581 | .792 |
| VAR00005 | 39.7529 | 43.505 | .362 | .807 |
| VAR00006 | 39.9080 | 42.986 | .511 | .796 |
| VAR00007 | 39.5805 | 46.256 | .216 | .815 |
| VAR00008 | 39.8563 | 42.436 | .543 | .794 |
| VAR00009 | 40.6954 | 46.618 | .297 | .808 |
| VAR00010 | 40.0690 | 44.388 | .387 | .804 |
| VAR00011 | 40.3391 | 45.370 | .324 | .808 |
| VAR00012 | 40.0230 | 46.069 | .293 | .809 |
| VAR00013 | 39.8506 | 44.301 | .407 | .803 |
| VAR00014 | 39.8391 | 44.436 | .427 | .801 |
| VAR00015 | 39.9713 | 44.467 | .403 | .803 |
| VAR00016 | 39.9828 | 44.294 | .375 | .805 |
| VAR00017 | 40.3851 | 46.354 | .324 | .807 |
| VAR00018 | 40.6552 | 48.609 | .085 | .817 |

Aitem Gugur (0.3) : 7,9,12,18

Uji Normalitas

|  |  |  |
| --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | |
|  | | Unstandardized Residual |
| N | | 174 |
| Normal Parametersa,b | Mean | .0000000 |
| Std. Deviation | 9.46559632 |
| Most Extreme Differences | Absolute | .041 |
| Positive | .041 |
| Negative | -.034 |
| Test Statistic | | .041 |
| Asymp. Sig. (2-tailed) | | .200c,d |
| a. Test distribution is Normal. | | |
| b. Calculated from data. | | |
| c. Lilliefors Significance Correction. | | |
| d. This is a lower bound of the true significance. | | |

Uji Homogenitas

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Test of Homogeneity of Variances** | | | | | |
|  | | Levene Statistic | df1 | df2 | Sig. |
| Prokrastinasi Akademik | Based on Mean | 2.152 | 1 | 172 | .144 |
| Based on Median | 2.248 | 1 | 172 | .136 |
| Based on Median and with adjusted df | 2.248 | 1 | 165.498 | .136 |
| Based on trimmed mean | 2.195 | 1 | 172 | .140 |

Uji T-Test

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Independent Samples Test** | | | | | | | | | | |
|  | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| F | Sig. | t | df | Sig.  (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| Lower | Upper |
| Prokrastinasi Akademik | Equal variances assumed | 2.152 | .144 | -3.239 | 172 | .001 | -4.86017 | 1.50074 | -7.82241 | -1.89792 |
| Equal variances not assumed |  |  | -3.144 | 137.143 | .002 | -4.86017 | 1.54603 | -7.91731 | -1.80303 |

Perbedaan Mean Prokrastinasi Akademik ditinjau dari Regulasi Emosi

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Statistics** | | | | | |
|  | Regulasi Emosi | N | Mean | Std. Deviation | Std. Error Mean |
| Prokrastinasi Akademik | Tinggi | 101 | 100.7426 | 8.96176 | .89173 |
| Rendah | 73 | 105.6027 | 10.79061 | 1.26295 |

R Square

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Measures of Association** | | | | |
|  | R | R Squared | Eta | Eta Squared |
| Prokrastinasi Akademik \* Regulasi Emosi | -.332 | .110 | .533 | .284 |

Uji Kategorisasi

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | | | | |
|  | N | Range | Minimum | Maximum | Mean | Std. Deviation | Variance |
| Prokrastinasi Akademik | 174 | 58.00 | 71.00 | 129.00 | 102.7816 | 10.03338 | 100.669 |
| Regulasi Emosi | 174 | 48.00 | 18.00 | 66.00 | 42.3793 | 7.04197 | 49.589 |
| Valid N (listwise) | 174 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Variabel** | **Kategori** | **Kriteria** | **Kriteria Nilai** |
| Regulasi Diri | Tinggi | X ≥ *Mean* | ≥ 42 |
| Rendah | *Mean* < X | < 42 |

|  |  |  |
| --- | --- | --- |
| **Kategori** | **Tingkat Regulasi Diri** | |
| **∑ Responden** | **Persentase (%)** |
| Tinggi | 101 | 58 % |
| Rendah | 73 | 42 % |
| **TOTAL** | 174 | 100 % |

|  |  |  |  |
| --- | --- | --- | --- |
| **Variabel** | **Kategori** | **Kriteria** | **Kriteria Nilai** |
| Prokrastinasi Akademik | Tinggi | X ≥ *Mean* | ≥ 103 |
| Rendah | *Mean* < X | < 103 |

|  |  |  |
| --- | --- | --- |
| **Kategori** | **Tingkat Prokrastinasi Akademik** | |
| **∑ Responden** | **Persentase (%)** |
| Tinggi | 89 | 51% |
| Rendah | 85 | 49% |
| **TOTAL** | 174 | 100 % |