



Islamic Career Guidance for Academic Procrastination Behavior of Students at Muhammadiyah University Enrekang Class of 2017

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Abstrak

Prokrastinasi akademik seperti cenderung untuk menunda suatu tugas dan tidak bisa mengatur waktu dengan baik sehingga dapat menunda ataupun menyelesaikan tugas yang diberikan. Tujuan penelitian yaitu untuk mengetahui perilaku prokrastinasi mahasiswa, dan pola pelayanan terhadap mahasiswa tersebut. Metode yang digunakan yaitu pendekatan kualitatif lapangan (*field research*). Teknik pengambilan data dengan melalui wawancara, dan observasi. Hasil penelitian menunjukkan bahwa perilaku prokrastinasi akademik yang ditemukan adalah: Terlambat masuk kelas, menunda-nunda melaksanakan tugas yang diberikan oleh dosen pengampu mata kuliah, melakukan aktivitas lain dan izin belajar di kelas, jumlah kehadiran tidak maksimal, dan juga terlalu asyik dengan dunia organisasi sehingga terancam DO. Kemudian untuk prokrastinasi diberikan layanan bimbingan karir islam yang didalamnya mengenal potensi diri. dimana didalam setiap sesi dibimbing membuat proposal hidup, Proposal hidup akan memastikan kapan, dimana dan bagaimana karir itu dicapai. Kemudian melakukan Afirmasi dimaksudkan untuk membantu mahasiswa membuat kalimat positif yang ditulis pada "proposal hidup". Kalimat positif tersebut berupa kalimat penyemangat. Kalimatnya dibuat secara singkat agar gampang dan mudah diingat. Seperti Saya belajar dari setiap pengalaman dan menjadi lebih bijaksana setiap harinya. Saya adalah sumber inspirasi bagi teman-teman sebayaku. Saya pantas berbahagia dengan hidup yang lebih bermakna, sesuai dengan petunjuk al-quran dan hadits

Kata Kunci: Bimbingan karir islami, Prokrastinasi

Abstract

Academic procrastination such as tending to postpone assignments and not being able to manage time well so as to delay or complete the assignments given. The aim of the research is to determine student procrastination behavior and service patterns towards these students. Method used namely a qualitative field approach (*field research*). Data collection techniques are through interviews and observation. The results of the research show that the academic procrastination behavior found was: Being late for class, postponing carrying out assignments given by the lecturer in charge of the course, carrying out other activities and permission to study in class, attendance not being optimal, and also being too engrossed in the organizational world so that it is threatened DO. Then to the procrastination is provided with Islamic career guidance services which include recognizing one's potential. where in each session they are guided to make a live proposal. The live proposal will determine when, where and how the career will be achieved. Then doing Affirmations is intended to help students create positive sentences written in "life proposals". The positive sentences are in the form of encouraging sentences. The sentences are short so they are easy and easy to remember. Like I learn from every experience and become wiser every day. I am a source of inspiration for my peers. I deserve to be happy with a more meaningful life, according to the instructions of the Al-Qur'an and Hadith.

Keywords: Islamic career guidance, Procrastination

Introduction

In the world of education, procrastination is a serious challenge faced by various levels of students. The habit of procrastinating not only affects academic performance, but can also have a negative impact on students' psychological well-being. This phenomenon, if left without proper treatment, can be detrimental to an individual's development and create obstacles in achieving their career goals.

The phenomenon of student academic procrastination at Muhammadiyah University Enrekang shows worrying results, because there are several students who almost dropped out due to this procrastination. Researchers conducted experiments in an effort to help students with cases of procrastination by using Islamic career guidance services. The research results show that this approach is effective in improving students' self-regulation in cases of procrastination

Regulations issued by the Ministry of Research, Technology and Higher Education No. 44 of 2015 concerning National Higher Education Standards (SN Dikti) regulate the Semester Credit System (SKS), length of study, quality of supervisors, maximum number of students supervised, and scientific publication standards which apply equally to all universities. high in Indonesia. This regulation makes many parties aware that quite a few students drop *out* caused by cases of procrastination. Reasons why students are affected drop *out* not because of weak thinking skills or being judged as a student with no potential, but rather because the problem of procrastination is not handled properly.

Procrastination comes from Latin, namely procrastination. Pro moves forward and tomorrow means tomorrow's decision. When combined, it will mean postponing until tomorrow (Ilyas & Suryadi, 2015).

Procrastination is more easily interpreted as procrastination behavior.

Vargas (2017) states that there are four aspects of procrastination including: Involving an element of delay, both for starting academic-related tasks and completing them; Resulting in other bad behavior that is more concerning; Implicates uncomfortable and unpleasant emotional situations such as anxiety, guilt, anger and panic.

According to Safaati, Halim, and Iliyati (2017), divide the meaning of procrastination into three categories, namely procrastination: (1) as procrastination behavior, (2) as a habit that leads to a trait, (3) as a personality trait.

Factors causing student academic procrastination that researchers obtained from the field. Being late for class due to waking up late, because of playing games at night, using gadgets shows the results that the duration of use gadget This is very worrying and tends to be uncontrollable. Procrastinating carrying out tasks given by the lecturer, carrying out other activities and permission to study in class, attendance is not optimal, too busy with the world of organizations so that he is threatened with DO.

The importance of providing effective Islamic career guidance has received widespread recognition. However, in facing the challenge of procrastination, it is necessary to apply a more holistic approach and have strong roots in ethical and moral values. In this context, the Islamic Career Guidance approach emerges as a promising solution. Islamic Career Guidance is not just a career selection process based on skills and interests, but also embraces Islamic values as the main guideline. By combining Islamic teachings and career principles, this approach not only offers practical guidance for building a career, but also teaches

students to become more responsible, disciplined and honest individuals.

According to Edwin B in his book Sutrisno 2024, career guidance is a process that helps individuals to develop and manage their careers through self-understanding, exploring the world of education and work, and making the right decisions.

The concept of career guidance in Islam according to Hallen in Fathmah, Suteja, & Muzaki (2019) states that "Islamic guidance is a process of providing targeted, continuous assistance to each individual so that he can optimally develop his potential or religious nature which contains values. in Al-Qur'an and Hadith." Thus, it can be concluded that guidance as a whole can be interpreted as a process of providing targeted and continuous assistance to individuals with the aim of these individuals being able to develop their potential optimally.

Then Fathmah 2019) In Islam, "career can be interpreted as work, thus the meaning of career guidance and counseling can be briefly interpreted as work guidance and counseling". Then the clear understanding is that Islamic career guidance and counseling is the process of providing assistance to an individual so that when looking for a job and having a job it is always in line with the provisions and instructions of the Islamic religion.

After seeing the phenomenon above, the researcher provided a solution and reduced the existing problems, so the researcher raised the title: "Islamic Career Guidance for Academic Procrastination Behavior of Muhammadiyah University Enrekang Students Class of 2017"

Method

The approach in this research is a qualitative approach with methods field *research*, namely data collection carried out by research at the location where the

symptoms being investigated occur (Hadi, 2009). The research was conducted at Muhammadiyah University Enrekang, in all FKIP study programs at Muhammadiyah University Enrekang.

This type of research uses descriptive qualitative research. According to Moleong (2016) that "qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior." In principle, this research method is aimed at describing or illustrating existing phenomena, whether natural phenomena or human engineering.

The collection techniques are interviews, documents and observation. Interviews were used to explore data about forms of student academic procrastination behavior. The data taken from the documents is data related to the number of students, names of students, student attendance, and cumulative achievement index (GPA)

The data analysis technique uses the Miles and Huberman analysis model with the following stages: data reduction, data collection, data display, and verification. To test the correctness of the data, data triangulation was carried out. Moleong (2012), stated that the triangulation of data that can be used in examination techniques is source, method, investigator, and theory. This research uses source triangulation by comparing and conducting cross *check* on the degree of trustworthiness of information or data obtained from other sources of information or data.

Results and Discussion

The research results showed that the percentage of students with academic procrastination in the Faculty of Teacher Training and Education was relatively the same. As an illustration of the percentage of students with

cases of academic procrastination for the class of 2017. The following is the percentage of academic procrastination behavior for the class of 2017:

No	Study program	Number of Students	Students with procrastination
1	Primary School Teacher Education (PGSD)	35 People	4 People
2	Guidance and Counseling (BK)	17 People	5 people
3.	Non-Formal Education (PNF)	35 People	3 people
4	Mathematics education	16 People	5 people
5	English Language Education	8 People	1 person
Amount		111	18

The table shows that the number of academic procrastination students is 18 people or around 19.98%, of the total number of students 111 people. The number of students with cases of academic procrastination from one faculty has shown an alarming number, especially when added to the number of students with academic procrastination from one university.

The form of academic procrastination behavior at the Muhammadiyah University of Enrekang, Faculty of Teacher Training and Education, is relatively the same, where it was found that the form of academic procrastination in the Faculty of Teacher Training and Education experiences difficulties such as: planning and managing time well. Academic procrastination is also found to be entering class not on time and not being disciplined according to the predetermined schedule, prioritizing

organizational matters rather than academic matters, procrastinating carrying out academic assignments, avoiding certain assignments such as presentations, prioritizing activities outside of college, such as organizational interests, attendance not meeting the minimum rules, getting a failing grade, GPA below standard.

Rahmat Aziz's (2015) research results show that there is a high correlation between students' academic procrastination (S2) and self-concept of 33%. Forms of academic procrastination behavior include behavior that does not hasten to complete assignments given by the lecturer, not being optimal in making presentations in class, being late in submitting papers, being lazy about holding meetings and discussions with the thesis supervisor. Aziz conveyed the importance of a strategy to resolve the problem of academic procrastination because he believed that this problem would have a negative impact on the image of higher education in the long term and would not achieve national education goals. According to Rahmat (2015), in the long term procrastination problems have a tendency to become liars with various reasons that are sought.

Wolters (2003) emphasized that ignoring academic procrastination behavior means allowing procrastinators to engage in fraudulent behavior in fulfilling their academic duties such as plagiarism, thesis writing services, and buying and selling academic degrees. It is clear that academic procrastination is urgent to be taken seriously.

Even though within the Muhammadiyah Enrekang university there are guidance and counseling services which can help students when there are problems and obstacles experienced in the academic world, there are still students who do not pay attention to this. In fact, every year guidance and counseling and career development institutions hold activities to

provide education to students both on matters related to academics as well as those related to their career, such as information on scholarships provided by speakers from outside the campus as well as those provided by UNIMEN lecturer himself.

Then the Islamic career guidance program was carried out by researchers for students who were procrastinating, which was in accordance with Al-Quran surah An-Nahl : 125.

“Serulah (manusia) kepada jalan Tuhanmu dengan hikmah dan pengajaran yang baik, dan berdebatlah dengan mereka dengan cara yang baik. Sesungguhnya Tuhanmu, Dialah yang lebih mengetahui siapa yang sesat dari jalan-Nya dan Dialah yang lebih mengetahui siapa yang mendapat petunjuk”

(“Call (people) to the way of your Lord with wisdom and good teaching, and argue with them in a good way. Indeed, your Lord knows best who has strayed from His path and He knows best who is guided).

Islamic career guidance is interpreted as an effort to integrate Islamic teachings in a person's career selection and achievements.

Katakanlah, “Bekerjalah kamu, maka Allah akan melihat pekerjaanmu, begitu juga Rasul-Nya dan orang-orang mukmin, dan kamu akan dikembalikan kepada (Allah) Yang Mengetahui yang gaib dan yang nyata, lalu diberitakan-Nya kepada kamu apa yang telah kamu kerjakan (QS. 9:105).

(Say, "Work, then Allah will see your work, as will His Messenger and the believers, and you will be returned to (Allah) Who Knows the unseen and the real, then He will report to you what you have done. (QS. 9:105).

The importance of Islamic career guidance is given to students and students

so that what they want can go well, and also helps them in determining their path, especially for students who experience problems such as procrastination.

Researchers also carry out Islamic career guidance by providing material regarding:

1. Get to know your potential. Where career assistance is selected according to your potential. In this activity students are guided to determine career targets to be achieved. This session will guide you in making a living proposal. The living proposal will determine when, where and how your career will be achieved. Makes it clearer about time and when will they complete their final assignment and also their (students') grades are still wrong.
2. Afmasih. In this meeting, it is still a continuation of the first session. Affirmations are intended to help students create positive sentences written in "life proposals". These positive sentences are in the form of encouraging sentences. The sentences are short so they are easy and easy to remember. When spoken it will bring motivation towards the target you want to achieve

Conclusions

Academic procrastination behavior on the Muhammadiyah University Enrekang campus, at the Faculty of Teacher Training and Education in 5 study programs, reached 18 people or around 19.98%, this indicates that student procrastination behavior is still high, when seen from the number of students in the class of 2017 at the teaching faculty and educational sciences, totaling 111 students.

Then students with procrastination behavior are given Islamic career guidance services which include recognizing their own

potential. This session will guide you in making a living proposal. The living proposal will determine when, where and how your career will be achieved. Affirmations are intended to help students create positive sentences written in "life proposals". These positive sentences are in the form of encouraging sentences. The sentences are short so they are easy and easy to remember.

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