

Relationship Between Neuroticism Type Of Personality Academic Procrastination In Dawan's Ethnic Students In The District Of South Central Timor

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Abstract. This study aims to find the relationship between neuroticism personality types and academic procrastination among ethnic Dawan students in South Central Timor Regency. This type of research is quantitative research. The population was students of the STKIP Soe with Dawan ethnicity who were taken based on predetermined criteria, while the sampling used was accidental sampling on 85 students Dawan ethnicity. Procrastination is a deliberate delay in an important task, done repeatedly on purpose and causes feelings of discomfort in a subjective way. Subjective cultural stereotypes to the East Timorese ethnic group, the people are anxious, jealous, believe in myths, and selfish. Such stereotypical traits can generally be observed in people with the neurotic personality type. Data were collected using a scale and processed and analyzed using the Pearson Product Moment correlation statistical test. The results showed that there was a significant relationship between the Neuroticism personality type and Academic Procrastination where the Pearson Coorelation value = 0.238 with a significance value of 0.029 ($p < 0.05$).

Keywords: *Neurotism Personality Type, Academic Procrastination, Ethnic Dawan.*

Abstrak. Penelitian ini bertujuan untuk mengetahui hubungan antara tipe kepribadian neuroticism dengan prokrastinasi akademik pada mahasiswa etnis Dawan di Kabupaten Timor Tengah Selatan. Jenis penelitian ini adalah penelitian kuantitatif. Populasi dalam penelitian ini adalah mahasiswa STKIP Soe etnis Dawan yang diambil berdasarkan kriteria yang telah ditentukan, sedangkan pengambilan sampel yang digunakan adalah accidental sampling pada 85 mahasiswa etnis Dawan. Penundaan adalah penundaan yang disengaja dalam suatu tugas penting, dilakukan berulang kali dengan sengaja dan menyebabkan perasaan tidak nyaman secara subjektif. Stereotip budaya subyektif terhadap suku bangsa Timor Leste, masyarakatnya adalah pencemas, pencemburu, percaya pada mitos, dan egois. Ciri stereotip seperti itu umumnya dapat diamati pada orang dengan tipe kepribadian neurotik. Data dikumpulkan dengan menggunakan skala dan diolah serta dianalisis menggunakan uji statistik korelasi Pearson Product Moment. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara tipe kepribadian Neuroticism dengan Academic Procrastination dimana nilai Pearson Coorelation = 0,238 dengan nilai signifikansi 0,029 ($p < 0,05$).

Kata kunci: *Mahasiswa, Mindfulness, Stres*

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Introduction

Students are students or learners registered at a tertiary institution, be it public or private. Students in higher education are always dealing with academic and non-academic assignments. Academic assignments such as daily assignment and project or every subject taken. Student also must conduct individual research as a final requirement to get degree. Non-academic tasks such as tasks related to daily life, for example household tasks, social tasks, extracurricular activities or organizational activities. As a result, the tasks and activities that are followed require students to be able to organize and manage their time so that all activities can run well. (Iswahyudi & Mahmudi, 2017).

Suparno (2001) states that there are several factors that cause learning achievement to be not achieved. One of the factors is the inability to organize academic tasks. The inability to manage assignments can take up study time, and even cause students to delay doing academic assignments, this is what is called procrastination. People who do procrastination are called procrastinators. Symptoms of procrastination are often found in the world of education called academic procrastination (Ahmaini, 2010).

The term procrastination was first coined by Brown and Holtzman (in Ferrari, Johnson & Mc Cown, 1995). This term has its roots from the Latin "procrastinare" which means to delay until the next day. Procrastination is carried out solely to complete the task optimally. But the delay didn't make the task any better, it led to Milgram's useless procrastination (in Ferrari, Johnson & Mc Cown, 1995).

Steel (2007) states that procrastination is deliberately delaying the desired activity even though the individual knows that the delaying behavior can produce adverse effects. Ferrari, Johnson and Mc Cown (1995) state that according to the viewpoint of Reinforcement theory, procrastinators never or rarely receive

punishment. In fact, he felt benefited because by delaying the work of a task it was finally completed. While the cognitive behavioral theory explains that postponing behavior results from mistakes in thinking and irrational thoughts on tasks such as fear of failing to complete a task Ellis and Knaus (in Solomon & Rothblum, 1984).

Ferrari (in Ghufron & Risnawita, 2017) mentions several factors that influence academic procrastination. The first internal factors, namely factors within individuals that contribute to procrastination behavior, such as a person's physiological conditions that lead to procrastination such as fatigue and psychological factors including motivation and personality traits. Each individual certainly has a different personality type in general, therefore a person's performance can also be different (Chowdhury, 2006).

Personality comes from the Latin *Persona*, referring to the masks worn by Roman actors in Greek drama performances. Ancient Roman actors wore masks (*personas*) to play fake roles or appearances. Personality is a pattern of certain traits and characteristics, which are relatively permanent and provide both consistency and individuality to a person's behavior (Feist & Feist, 2013).

Neuroticism is defined as an individual difference that refers to feelings of irritability, anger, sadness, anxiety, worry, hostility, self-consciousness and feelings of vulnerability which are found to be correlated with each other in the analysis of Costa and McCrae factors (in, Feist & Feist 2013). Neuroticism (Ozer & Benet-Martinez, 2006) is a big five personality dimension which is described by adjectives such as tense, nervous and moody which are usually labeled as emotionally unstable. Based on the opinions of the experts above, neuroticism can be defined as the dimension of the big five personality which is described by changes in mood, such as anxiety, sadness and irritability.

Research conducted by Utaminingsih and Setyabudi (2012), shows that there is a weak and insignificant relationship between personality type and procrastination. This means that a person's personality type is not always related to the level of academic procrastination. Different findings can be found in Kholifah (2017), the results of her research show that neuroticism personality type has a positive

relationship with procrastination where the more individuals have high neuroticism, the higher the procrastination.

In addition to internal factors, there are also external factors that contribute to the tendency of academic procrastination in a person, namely the factors of parenting parents, family environment, society and Ferrari schools (in Ghufron & Risnawita, 2017). The environment which is one of the factors shaping behavior is divided into three dimensions, including the physical environment, the social environment and the cultural environment. The cultural environment is defined as culture that is formed by certain social groups and habits which include beliefs, traditions, and other related things that exist in a community environment (Matsumoto, 2008).

Dawan ethnic is one of the largest population group in Timor Island. The Dawan tribe or the Dawan people have their own language, namely the Dawan Language (Deda & Disnawati, 2017). Meolbatak, Amfotis, and Bone (2018), explain that the Dawan ethnic group has a unique culture, namely the presence of Atoin Amaf. Atoin Amaf in the social and cultural life of the Dawan people is known as a noble or judge who has the absolute right to decide and change matters related to customs. Customary matters referred to here, such as wedding ceremonies and funerals, in traditional ceremonies require Atoin Amaf to attend. The ceremony would not have started if the appointed Atoin Amaf was not present to make a decision. The ceremony will be postponed even though it will take days, the reason is that Atoin Amaf's decision is very important and upheld by the Dawan ethnic community as their guide in making decisions. Deciding to wait for Atoin Amaf to make a decision is tantamount to engaging in procrastination, whether intentional or unintentional.

The purpose of this study was to examine the relationship between neuroticism personality types and academic procrastination among ethnic Dawan students in South Central Timor Regency. The hypothesis of this study was there is relationship between the Neuroticism Personality Type and Academic Procrastination of Ethnic Dawan students in South Central Timor district.

Method

The population in this study were students of STKIP Soe in South Central Timor, totaling 838 students. The sampling method used in this study is Non Probability sampling. Researchers used one of the Accidental Sampling techniques. The number of samples in this study were 85 respondents. This research uses quantitative research, where the analysis uses numerical data processing with statistical methods to test the hypothesis. The type of research used is a correlational study. The data collection technique in this study used a scale, with a Likert scale type. The scale in this study consists of two types, namely; Ramadhani's (2012) Neuroticism personality type scale, and Ratu's (2016) academic procrastination scale.

Result

Description of Research Subjects

Subjects in this study amounted to 85 people. The following is a description of the subject based on gender, age, study program, and semester.

Table 1
Description of research subjects based on gender

Gender	Frequency	Percentage
Male	17	20%
Women	68	80%
Total	85	100%

In the table above, it shows that in this study there were 68 female subjects (80%), while 17 male subjects (20%).

Table 2
Description of research subjects by age

Age group	Frequency	Percentage
16 years - 20 years	54	63.52%
21 years - 25 years	29	34.17%
26 years - 30 years	2	2.25%
Total	85	100%

The table above shows that the subjects in this study were at most vulnerable at the age of 16-20 years (63.52%) or as many as 54 people, while the least subjects were vulnerable aged 26-30 years (2.35%) or as many as 2 people.

Table 3
Description of research subjects based on study program

Study program	Frequency	Percentage
English	18	21.17%
Biology	16	18.82%
Physics	17	20%
Mathematics	15	17.64%
PGSD	19	22.35%
Total	85	100%

The table above shows that the number of subjects in this study was not much different between all study programs, from the PGSD study program with a total of 19 people (22.35%) while those from the Mathematics study program were 15 people (17.64%).

Table 4
Description of research subjects by semester

Semester	Frequency	Percentage
One	24	28.23%
Three	48	56.47%
Five	8	9.41%
Seven	0	0%
Nine	5	5.88%
Total	85	100%

The table above shows that the subjects in this study mostly came from the third semester with 48 people (56.47%) while the subjects with the least number came from the ninth semester with 5 people (5.88%).

Research Variables

Neurotism personality type

Variable neuroticism personality type consists of 8 items statement n use values the maximum is 40 and the minimum value is 8, while the range of 32, the standard deviation of 6 and 24. The results mean the above calculation is then used to determine the interval category level neuroticism personality type on student Ethnicity Dawan in TTS Regency.

Table 5
Measurement Results for Neuroticism Personality Types in Ethnic Dawan Students in TTS District

Category	Interval	Frequency	Percentage
Low	8-18	1	1.17%
Moderate	19-28	50	58.82%
High	29-40	34	40%
Total		85	100%

The table above shows that of the 85 STKIP students, 34 people (40%) had a high neuroticism personality level, while 50 (58.82%) had a moderate neuroticism personality level.

Academic Procrastination

The Academic Procrastination variable consists of 22 items, the maximum value is 110 and the minimum value is 22, while the range is 88, the standard deviation is 15 and the mean is 66. The results of the above calculations are then used to determine the category of the Academic Procrastination level interval for Ethnic Dawan students in the Regency. TTS.

Table 6
Results of Measurement of Academic Procrastination Variables for Ethnic Dawan Students in TTS District

Category	Interval	Frequency	Percentage
Low	22-51	40	47.05%
Moderate	52-80	45	52.94%
High	81-110	0	0
Total		85	100%

The table above shows that of the 85 STKIP students there are 45 people (52.94%) who are classified as having a moderate level of academic procrastination, and 40 people (47.05%) are classified as having a low level of academic procrastination.

Statistical Testing

The assumption test is carried out to determine whether the hypothesis test can be performed parametric or non-parametric. The assumption test carried out in this study is the normality test and linearity test. The results of the normality test for the Neuroticism and Academic Procrastination personality type variables based on computerized calculations showed that the data from the two variables had a significance value of $p = 0.454$, $p = 0.448$ ($P > 0.05$), which means that the data for the

two variables were normally distributed. The linearity test was carried out by looking at the *Deviation from Linearity* value, which was $p = 0.544$ ($p > 0.05$). From these results it can be concluded that there is a linear relationship between the Neuroticism personality type and Academic Procrastination.

Hypothesis testing

Hypothesis testing in this study uses the *Pearson product moment correlation test* with the help of a computer program. The test results show that the correlation coefficient is 0.238 with a significance value (p) of 0.029, which means that H_a is accepted, that is, there is a relationship between the Neuroticism Personality Type and Academic Procrastination for Ethnic Dawan students in South Central Timor district.

Discussion

Based on the results of the above research, the hypothesis in this study is accepted, namely that there is a relationship between the Neuroticism Personality Type and Academic Procrastination for Ethnic Dawan students in South Central Timor district with a significance value of $p = 0.029$ ($p < 0.05$) which indicates that there is a the relationship between the two research variables. These findings have the same results as previous research conducted by Kholifah (2017). The results of his research showed that the neuroticsm personality type had a positive relationship with procrastination where the more individuals had high neuroticsm, the higher the procrastination. Likewise, the results of research conducted by Fauziah and Sarirah (2019) show that partially neuroticsm has a role in predicting procrastination behavior.

Dawan Ethnic student neurotism personality type

Another finding in this study is about the level of neuroticism in STKIP Soe students with ethnic Dawan who belong to the moderate category . Of the 85 STKIP Soe students who are ethnic Dawan, there are 50 people (58.82%) who have a moderate neuroticism personality level, meaning that they are among those who do not easily feel tense, rarely feel worried and are quite stable emotionally, while 34

people (40%) have a high level of neuroticism personality which means that they are among those who have mood swings, often feel worried, gloomy, and easily nervous.

Academic Procrastination of Ethnic Dawan students

This study found that the level of academic procrastination among STKIP Soe students who were ethnic Dawan was in the moderate category. Table 6 shows that of the 85 STKIP Soe students there were 45 people (52.94%) who were classified as having moderate academic procrastination levels, and 40 people (47.05%) classified as having a low level of academic procrastination. This means that at STKIP Soe, the level of academic procrastination of students is more in the medium category.

Conclusion

The conclusion of the results of this study is that there is a relationship between the Neuroticism Personality Type and Academic Procrastination in Dawan ethnic students, then the neuroticism personality level in STKIP Soe ethnic students was in the moderate category (58,82%) and academic procrastination level for STKIP was in moderate category (52,94%)

Suggestions

STKIP Soe should pay more attention to the level of student anxiety and try to overcome their anxiety by holding a series of work programs such as training activities or anxiety therapy so that students can learn to overcome their anxiety. Further researchers are expected to carry out further research and further development of the neuroticism personality type and also academic procrastination so that the TTS community can find out more about these two variables. Subsequent researchers can also conduct further research that focuses on other factors that influence procrastination, such as religiosity and self-control that have not been studied in this study.

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