

LAMPIRAN

Lampiran 1 Kuisisioner Skala *Academic Burnout* (X)

No	Pernyataan	SS	S	TS	STS
1.	Saya menikmati perkuliahan saya				
2.	Saya senang saat berangkat kuliah				
3.	Saya adalah mahasiswa yang aktif				
4.	Saya antusias ketika menjalani perkuliahan				
5.	Saya belajar banyak hal menarik dalam perkuliahan				
6.	Saya dapat mengatasi masalah perkuliahan saya				
7.	Saya merasa yakin mampu menyelesaikan kuliah saya dengan cepat				
8.	Saya merasa tertekan oleh perkuliahan				
9.	Masuk di kelas benar benar sebuah tekanan bagi saya				
10.	Saya merasa salah jurusan, sehingga tidak suka lagi kuliah				
11.	Saya merasa tidak ada manfaatnya kuliah				
12.	Saya merasa kesulitan mengikuti kuliah ini				

13.	Saya semakin tidak yakin dengan kemampuan menjalani perkuliahan				
14.	Saya merasa sulit mencerna materi kuliah				

Skala Prokratinasi Akademik (Y)

No	Pernyataan	SS	S	TS	STS
1.	Saya mudah menyelesaikan tugas tepat waktu				
2.	Saya tahu saya harus menyelesaikan tugas tapi saya tidak melakukannya				
3.	Saya mudah fokus saat mengerjakan tugas				
4.	Saya menghabiskan waktu untuk melakukan hal hal tidak penting				
5.	Saya bisa memilah mana yang harus diprioritaskan untuk dikerjakan				
6.	Sistem kebut semalam adalah cara saya saat menghadapi ujian				
7.	Saya tidak akan menunda mengerjakan tugas saya, walaupun banyak waktu senggang				
8.	Saya akan mengerjakan tugas setelah di ingatkan orang lain				
9.	Saya akan segera mencari solusi saat menghadapi tugas ujian yang sulit				

10.	Saya lebih memilih berkumpul bersama teman daripada focus mengerjakan tugas ujian				
11.	Saya merasa tidak mampu menyelesaikan perkuliahan				
12.	Saya menunggu satu hari sebelumnya untuk memulai tugas saya				
13.	Saya mudah terganggu oleh ajakan teman saat mengerjakan tugas				
14.	Saya tidak mudah teralihkan perhatian untuk menyelesaikan tugas kuliah				
15.	Saya lebih memilih pergi bermain bersama teman daripada mengerjakan tugas kuliah				
16.	Sejak jauh hari saya sudah siap menyelesaikan tugas kelompok				
17.	Saya sulit untuk menyelesaikan tugas pada satu waktu				
18.	Saya percaya dengan kemampuan saya untuk mengerjakan tugas sesegera mungkin				
19.	Saya sulit untuk memulai mengerjakan tugas				
20.	Saya mudah konsentrasi saat mulai mendiskusikan tugas bersama teman kelompok				

Halaman sengaja dikosongkan

Lampiran 2 Tabulasi Data

Prokratinasi Akademik

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Academic Burnout

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Lampiran 3 Hasil Uji Statistik
1. Validitas dan Uji Reabilitas

Aitem Prokrastinasi Putaran I

**Reliability
Statistics**

Cronbach's	
Alpha	N of Items
.756	20

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Cronbach's Alpha if Item Deleted
aitem1	56.42	40.059	.155	.759
aitem2	55.70	40.212	.233	.751
aitem3	56.28	38.062	.322	.746
aitem4	55.71	40.441	.232	.751
aitem5	56.18	38.689	.234	.754
aitem6	55.62	40.735	.193	.753
aitem7	56.09	37.681	.335	.745
aitem8	55.71	38.968	.398	.741
aitem9	56.16	36.943	.389	.740
aitem10	55.75	39.726	.294	.748
aitem11	55.69	38.819	.412	.740
aitem12	56.24	38.354	.290	.749
aitem13	55.65	39.065	.397	.742
aitem14	56.36	38.341	.312	.746
aitem15	55.73	38.462	.453	.738
aitem16	56.47	37.817	.408	.739
aitem17	55.72	38.713	.487	.737
aitem18	56.24	36.757	.419	.737
aitem19	55.70	39.560	.354	.745

aitem20	56.28	39.008	.227	.754
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Hasil Uji Validitas Reliabilitas Aitem Prokrastinasi Akademik Putaran II

Reliability Statistics

Cronbach's Alpha	N of Items
.729	12

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
aitem3	32.71	18.813	.257	.728
aitem7	32.52	17.941	.350	.715
aitem8	32.14	19.112	.391	.710
aitem9	32.59	17.871	.346	.716
aitem11	32.12	19.101	.388	.710
aitem13	32.08	19.132	.401	.709
aitem14	32.79	18.662	.295	.722
aitem15	32.16	18.757	.447	.703
aitem16	32.90	18.401	.380	.709
aitem17	32.15	18.891	.494	.701
aitem18	32.67	17.541	.404	.706
aitem19	32.13	19.386	.378	.712

Hasil Uji Validitas dan Uji Reliabilitas Aitem Prokrastinasi Akademik Putaran III

Reliability Statistics

Cronbach's Alpha	N of Items
.723	10

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Cronbach's Alpha if Item Deleted
aitem7	27.30	12.940	.319	.716
aitem8	26.92	13.721	.409	.698
aitem9	27.37	12.653	.351	.711
aitem11	26.90	13.672	.415	.697
aitem13	26.86	13.903	.382	.702
aitem15	26.94	13.655	.412	.698
aitem16	27.68	13.290	.358	.705
aitem17	26.93	13.445	.541	.683
aitem18	27.45	12.435	.401	.700
aitem19	26.91	13.976	.394	.701

Uji Validitas dan Uji Reliabilitas Aitem Academic Burnout Putaran I

Reliability Statistics

Cronb ach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.831	.808	14

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
aitem1	31.93	26.297	.332	.516	.828
aitem2	31.93	27.073	.163	.446	.836
aitem3	31.90	26.215	.308	.398	.829
aitem4	31.88	26.909	.189	.492	.835
aitem5	31.88	26.847	.192	.415	.835
aitem6	31.91	27.449	.093	.399	.839

aitem7	31.97	26.898	.190	.376	.835
aitem8	30.33	24.301	.490	.460	.819
aitem9	30.44	22.589	.625	.631	.808
aitem10	30.45	21.102	.763	.782	.794
aitem11	30.62	21.200	.706	.819	.800
aitem12	30.61	21.930	.717	.791	.800
aitem13	30.62	22.686	.679	.702	.804
aitem14	30.63	22.839	.673	.664	.805

Uji Validitas Reliabilitas Aitem Academic Burnout Putaran II

Reliability Statistics

Cronbach's	
Alpha	N of Items
.887	9

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Cronbach's Alpha if Item Deleted
aitem1	23.39	23.543	.139	.904
aitem3	23.36	23.426	.139	.905
aitem8	21.79	20.228	.590	.879
aitem9	21.90	18.587	.725	.868
aitem10	21.91	17.418	.832	.857
aitem11	22.08	17.095	.833	.857
aitem12	22.07	17.956	.826	.858
aitem13	22.08	18.745	.778	.863
aitem14	22.09	19.092	.737	.867

Uji Validitas Reliabilitas Aitem Academic Burnout Putaran III

Reliability Statistics

Cronbach's Alpha	N of Items
.929	7

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Cronbach's Alpha if Item Deleted
aitem8	18.38	18.655	.601	.933
aitem9	18.48	16.996	.749	.920
aitem10	18.49	16.019	.832	.912
aitem11	18.66	15.590	.852	.910
aitem12	18.65	16.414	.847	.910
aitem13	18.67	17.215	.792	.916
aitem14	18.68	17.585	.744	.921

2. Hasil Uji Normalitas Kolmogorov-Smirnov One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		130
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	3.93739593

Most Extreme Differences

Absolute	.057
Positive	.057
Negative	-.046
Test Statistic	.057
Asymp. Sig. (2-tailed)	.200 ^{c,d}

- Test distribution is Normal.
- Calculated from data.
- Lilliefors Significance Correction.
- This is a lower bound of the true significance.

3. Hasil Uji Linieritas

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
variabely	* Between	(Combined)	385.636	20	19.282	1.251	.228
variabelx	Groups	Linearity	65.610	1	65.610	4.257	.041
		Deviation from Linearity	320.027	19	16.844	1.093	.368
	Within Groups		1679.871	109	15.412		
	Total		2065.508	129			

4. Hasil Uji Korelasi Product Moment

Correlations

		variabelx	variabely
variabelx	Pearson Correlation	1	.178*
	Sig. (2-tailed)		.042
	N	130	130
variabely	Pearson Correlation	.178*	1
	Sig. (2-tailed)	.042	
	N	130	130

*. Correlation is significant at the 0.05 level (2-tailed).

5. Hasil Uji Statistik Deskriptif Academic Burnout dan Prokrastinasi Akademik

Descriptive Statistics

	N	Minimu m	Maximu m	Mean	Std. Deviation
Academic Burnout	130	7	28	21.67	4.771
Prokrastinasi Akademik	130	20	40	30.14	4.001
Valid N (listwise)	130				

**6. Hasil Kategorisasi
Kategori_X**

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	RENDA H	22	16.9	16.9	16.9
	SEDAN G	96	73.8	73.8	90.8
	TINGGI	12	9.2	9.2	100.0
	Total	130	100.0	100.0	

Kategori_Y

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	RENDA H	26	20.0	20.0	20.0
	SEDAN G	88	67.7	67.7	87.7
	TINGGI	16	12.3	12.3	100.0
	Total	130	100.0	100.0	

HUBUNGAN ANTARA ACADEMIC BURNOUT DENGAN PROKRASTINASI AKADEMIK MAHASISWA TINGKAT AKHIR DI SURABAYA

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