

DAFTAR PUSTAKA

- Adrianta, E., & Tjundjing, S. (2015). *Mahasiswa Versus Tugas : Prokrastinasi Akademik dan Conscientiousness . Mahasiswa Versus Tugas : Prokrastinasi Akademik dan Conscientiousness .* 22(May), 352–374.
- Angela Hsin Chun Chu, & Jin Nam Choi. (2005). Rethinking Procrastination: Positive Effects of “Active” Procrastination Behavior on Attitudes and Performance. *Journal of Social Psychology*, 145(3), 245–264. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=17158868&site=ehost-live&scope=site>
- Arifin, A. N. (2019). *Pengaruh Pola Asuh Permisif Terhadap Prokrastinasi Akademik Pada Mahasiswa.* (Doctoral dissertation, Universitas Negeri Jakarta).
- Aziizah, S. N. (2019). *Pengaruh Self-Compassion Terhadap Cyberbullying Pada Mahasiswa Korban Cyberbullying di Universitas X.* (Doctoral dissertation, Universitas Negeri Jakarta).
- Azwar, S. (2013). Penyusunan skala psikologi. Ed. Ke-2. Yogyakarta: Pustaka Pelajar
- Barnard, L. K., & Curry, J. F. (2011). Self-Compassion: Conceptualizations, Correlates, & Interventions. *Review of General Psychology*, 15(4), 289–303. <https://doi.org/10.1037/a0025754>
- Chairiyati, L. R. (2013). Hubungan Antara Self-Efficacy Akademik dan Konsep Diri Akademik dengan Prestasi Akademik. *Humaniora*, 4(2), 1125.

- <https://doi.org/10.21512/humaniora.v4i2.3553>
- Credé, M., & Niehorster, S. (2012). Adjustment to College as Measured by the Student Adaptation to College Questionnaire: A Quantitative Review of its Structure and Relationships with Correlates and Consequences. In *Educational Psychology Review*. <https://doi.org/10.1007/s10648-011-9184-5>
- Endrianto, C. (2014). Hubungan Antara Self Control dan Prokrastinasi Akademik berdasarkan TMT. *Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 3(1), 1–11.
- Ferrari, Joseph R, Johnson Judith L, M. W. G. (1995). *Procrastination and Task Avoidance*.
- Golpour, R., Amini, Z. M., Kasraie, S., & Senobar, L. (2015). The Role of Self-Compassion Components on Prediction Procrastination and Depression in Students. *J. Educ. Manage. Stud*, 5(4), 204–210.
- Gravetter, F. J., & Wallnau, L. B. (2013). Statistics for The Behavioral Sciences (9e ed.). Wadsworth Cengage Learning
- Hajiaziz, A., & Ho, R. (2017). The Relationship between Self-Compassion and Academic Procrastination Being Mediated By Shame and Anxiety. *Scholar: Human Sciences*, 9(1), 13–23.
- Hulukati, W., & Djibran, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Bikotetik (Bimbingan Dan Konseling: Teori Dan Praktik)*, 2(1), 73. <https://doi.org/10.26740/bikotetik.v2n1.p73-80>
- Hussain, I., & Sultan, S. (2010). Analysis of procrastination among university students. *Procedia - Social and Behavioral Sciences*, 5, 1897–1904. <https://doi.org/10.1016/j.sbspro.2010.07.385>
- Indonesia, P. R. (2003). *Undang-undang Republik Indonesia nomor 20 tahun 2003 tentang sistem pendidikan nasional*. Jakarta: Pemerintah Republik Indonesia. 1, 6–8. <https://doi.org/10.16309/j.cnki.issn.1007-1776.2003.03.004>
- Jeanete Ophilia Papilaya, N. H. (2016). IDENTIFIKASI GAYA BELAJAR MAHASISWA Jeanete Ophilia Papilaya, Neleke Huliselan. *Jurnal Psikologi Undip* Vol.15, 15(1), 56–63.

- <https://ejournal.undip.ac.id/index.php/psikologi/article/download/12992/9731>
- Kaplan, R. M., & Saccuzzo, D. P. (2013). Psychological Testing: Principles, Applications, and Issues. (ninth edit). Boston: Cengage Learning.
- Muyana, S. (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>
- Nugroho, W. D. (2019). Hubungan Kemandirian Belajar Dengan Prokrastinasi Akademik Pada Mahasiswa Psikologi Universitas Negeri Mulawarman Angkatan 2016 dan 2017
- Neff, K. D., Hsieh, Y.-P., & Dejitterat, K. (2005). Self-compassion, Achievement Goals, and Coping with Academic Failure. *Self and Identity*, 4(3), 263–287. <https://doi.org/10.1080/13576500444000317>
- Neff, K. D., Rude, S. S., & Kirkpatrick, K. L. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41(4), 908–916. <https://doi.org/10.1016/j.jrp.2006.08.002>
- Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and identity*, 9(3), 225-240.
- Neff, K. D., & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality*, 77(1), 23–50. <https://doi.org/10.1111/j.1467-6494.2008.00537.x>
- Neff, Kristin D. (2003a). (n.d.). *The Development and Validation of Scale to Measure Self-Compassion*, *Self and Identity*, 2:3, 223-250.
- Neff, Kristin D. (2003b). (n.d.). *Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself*, *Self and Identity*, 2:2, 85-101, doi: 10.1080/1529886030932.
- Priyono. (2008). Metodologi Penelitian Kuantitatif. Surabaya: Zifatama Publishing.
- Rahardjo, W., Juneman, J., & Setiani, Y. (2013). Computer Anxiety, Academic Stress, and Academic Procrastination on College Students. *Journal of Education and Learning (EduLearn)*, 7(3), 147. <https://doi.org/10.11591/edulearn.v7i3.179>

- Rananto, H. W., & Hidayati, F. (2017). Hubungan Antara Self-Compassion Dengan Prokrastinasi Pada Siswa Sma Nasima Semarang. *Empati*, 6(1), 232–238.
- Rangkuti & Wahyuni. (2017). *Analisis Data Penelitian Kuantitatif Berbasis Classical Test Theory dan Item Response Theory (Rasch Model)*. Jakarta: Universitas Negeri Jakarta
- Salehzadeh Einabad, Z., Dorban, G., & Nainian, M. (2017). The Mediating Role of Self-Compassion in the Relationship Between Anxiety and Procrastination. *Zahedan Journal of Research in Medical Sciences*, 19(9). <https://doi.org/10.5812/zjrms.11773>
- Saman, A. (2017). Analisis Prokrastinasi Akademik Mahasiswa (Studi Pada Mahasiswa Jurusan Psikologi Pendidikan Dan Bimbingan Fakultas Ilmu Pendidikan). *Jurnal Psikologi Pendidikan Dan Konseling: Jurnal Kajian Psikologi Pendidikan Dan Bimbingan Konseling*, 3(2), 55. <https://doi.org/10.26858/jpkk.v0i0.3070>
- Senécal, C., Koestner, R., & Vallerand, R. J. (1995). Self-regulation and academic procrastination. In *Journal of Social Psychology* (Vol. 135, Issue 5, pp. 607–619). <https://doi.org/10.1080/00224545.1995.9712234>
- Sirois, F. M. (2014). Procrastination and Stress: Exploring the Role of Self-compassion. *Self and Identity*. <https://doi.org/10.1080/15298868.2013.763404>
- Solomon, L. J., & Rothblum, E. D. (1984). Academic procrastination: Frequency and cognitive-behavioral correlates. *Journal of Counseling Psychology*, 31(4), 503–509. <https://doi.org/10.1037/0022-0167.31.4.503>
- Sugiyono. (2014) . Metode Penelitian Kuantitatif dan R&D. Bandung: Alfabeta.
- Swaraswati, Y., Sugiariyanti, S., Rizki, B. M. T., & Figi, F. (2019). Memahami Self-Compassion Remaja Akhir Berdasarkan Trait Kepribadian Big Five. *Intuisi: Jurnal Psikologi Ilmiah*, 11(1), 69-81.
- Tuckman, B. W. (1990). Measuring procrastination attitudinally and behaviorally procrastination scale. *American Educational Research Association*, 51, 473–480. <http://files.eric.ed.gov/fulltext/ED319792.pdf>
- Tuckman, B. W. (1991). The development and concurrent validity of the

- procrastination scale. *Educational and Psychological Measurement*, 51(2), 473–480. <https://doi.org/10.1177/0013164491512022>
- Wangid, M. N. (2019). Prokrastinasi akademik: perilaku yang harus dihilangkan. *Tazkiya Journal of Psychology*, 2(2), 235–248. <https://doi.org/10.15408/tazkiya.v2i2.10772>
- Williams, J. G. (2012). The Relationships Among Self-Compassion, Motivation, dan Procrastination. *Liver International*, 32(5), 867–869. <https://doi.org/10.1111/j.1478-3231.2011.02681.x>
- Wolters, C. A. (2003). Understanding procrastination from a self-regulated learning perspective. *Journal of Educational Psychology*, 95(1), 179–187. <https://doi.org/10.1037/0022-0663.95.1.179>
- Yusup, F. (2018). Uji validitas dan reliabilitas instrumen penelitian kuantitatif. *Tarbiyah: Jurnal Ilmiah Kependidikan*, 7(1).