

ABSTRACT

Priska Aprilla Widjaja (705100090)

The Role of Hardiness and Optimism to Academic Procrastination on College Student (Case Study in X University). (Sri Tiatri, Ph.D., Psi. & Yeni Anna Apulembang, M.A., Psi.). Undergraduate program in Psychology, Tarumanagara University (i-x; 59 Pages; R1-R5; Appdx 1-43).

College students often deal with stresses when doing a task, so that they are putting off the task that can be called academic procrastination. Two factors that can influence the ability of college students in coping with stresses when doing a task are hardiness and optimism. The goal of this study is to find out the role of hardiness and optimism toward academic procrastination on college student. The respondents are 286 college students of X University who have sample characteristic of force 2012 and have an active status as student college. This study is using regression design of non eksperimental quantitative method. The result of data analysis with linear regression test showed that hardiness has a negative role to the academic procrastination ($t = -9.303, p < .01$), optimism has a negative role to the academic procrastination ($t = -4.962, p < .01$), and *hardiness* has a greater negative role than the negative role of optimism to the academic procrastination (Beta $-.483$ compared with $-.282$). This study concluded that hardiness and optimism can decrease the academic procrastination level on college student. The results of this study support the theory and some previous research.

Keywords: hardiness, optimism, academic procrastination, and college student