

Tipe Koleksi: Indeks Artikel Jurnal

SELF-HANDICAPPING DAN PROKRASTINASI DALAM PROSES PENDIDIKAN

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Deskripsi Lengkap: <http://lib.uhamka.ac.id/detail.jsp?id=47690&lokasi=lokal>

Abstrak

Self-handicapping creates poor academic performance. Procrastination is a form of self handicapping. Students who procrastinate, delay their tasks because of their inability to manage the time, have low self efficacy, perceive greater chance of failure than success. have tendence to be perfectionism and tend to defeat themselves. Educators and families need to help self-handicapping students to change the students' behavior and to eliminate their procrastinating tendency by increasing the students' self-efficacy and providing supportive environment to study. Self-regulated students can help their self-handicapping colleagues by sharing learning strategies and time management.