SCIENCE AND TECHNOLOGY FOR THE COMMUNITY (IuM) MANAGEMENT TO OVERCOME PROCRASTINATION IN STUDENTS

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ABSTRACT

Procrastination results in anxiety in students. Excessive anxiety will result in stress in sustainable academics and even cause depression, which causes disturbed life and the student's effectiveness. There are a lot of assignments in lectures, and they are left behind. Piling up will make procrastinators lazy and uninterested in doing it and stress student academics in STIKES Suaka Insan. The results obtained were 70.4% moderate procrastination and 29.6% high. It can be seen that students still have experienced difficulty in completing tasks. Interview results: Nursing students experienced stress with assignments and queues for consultations while undergoing stage 9 out of 10 nursing students said stress Because of many assignments and queues for consultations with the preceptor student station. Most of them do not have a personal daily schedule to do assignments. 6 out of 10 said they do not have a daily schedule to complete or collect assignments during consultation. Most nursing students often miss deadlines or wait for a reprimand from the coordinator. Stage 7 out of 10 students said they are often late during the consultation process because they feel laziness and inadequate management time. Most nursing students have a habit of 9 out of 10 students postponing assignments confess to having a. This habit makes them anxious and late collect assignments. So the solution offered is education and dissemination of information returned in the form of socialization, the importance of coping management preorganization in students. After carrying out service activities in society with the theme of time management to prevent procrastination in academics among students, they are very enthusiastic and have numerous questions regarding time management in preventing lateness in academics, mainly preventing Delay in completing the details for the thesis. The percentage graduation of nursing students who have completed their thesis increased to 96%, showing an increase from the previous year.

Keywords: Proctanization, students, management.

INTRODUCTION

Technological advances and developments in today's increasingly modern era make every generation. You must be able to prepare yourself well. Generation Z is a generation that must prepare themselves to develop and grow in the era of Revolution 4.0; Generation Z was born between 1995 and 2010 and has interacted with technological advances. This generation has a character that likes to think globally, express themselves, and communicate digitally (Rosdiana & Hastutiningtyas, 2020). Apart from that, Generation Z has the main characteristics, namely being tech-savvy, having knowledge about technology,

Multitasking, and doing more than 1 job simultaneously. , Speedy, faster, and up to date in getting the latest information, Prefer Visual Learning generation, which is comfortable in an environment full of technology, and Like to Work in Groups. Generation Z likes working in groups or teams with their peers and collaboratively using technology for teamwork, such as Zoom Meetings and others (Marisa, 2020).

Most Generation Z are students (late teens) aged 17-25 years. Students have challenges in the academic field, including the presence of technology and the internet, which can result in academic procrastination. Academic procrastination is a behavior or tendency to procrastinate

activities or activities related to learning in an academic environment, such as working on and submitting assignments (Mukti et al., 2019). In the academic scope, procrastination delays completing academic assignments until the specified deadline. The term procrastination refers to an activity or tendency to delay the completion of a job or task that has been given.

Several factors result in academic procrastination, namely internal and external factors. (Zuraida, 2017). Internal factors cause procrastination from within the individual, forming procrastination behavior such as perception of tasks, perception of courses, affective, cognitive, personality factors, physical skills, will, and choosing to do other activities.

Studies conducted by (2010) show that 70% of students have procrastination behavior, which is more significant among college students and students than in the general population. The level of procrastination among students varies significantly from 46% to 95%. A study conducted by (2021) found that about a quarter of 342 American undergraduate students enrolled in an introductory psychology course reported problems with procrastination. Additionally, Clark and Hill (1994) found that between 30% and 45% of 184 enrolled American undergraduate students had problems with procrastination, and between 55% and 60%.

Research on procrastination in Indonesia conducted by Rizvi, Prawitasari, and Soetjipto (1997) showed that 20.38% of 111 respondents carried out procrastination. Most research on procrastination occurs in the academic environment. Namely, more than 70% of students engage in procrastination. Nursing students can also experience procrastination as someone ready to become a professional nurse in the future. Professional nurses are required to have a sense of responsibility towards themselves. Responsibility is the main thing in professional nursing practice, where nursing students must become nurses in the future.

Nursing education is both academic and professional; that is, it has a sufficient academic and professional foundation. As a graduate of higher education in nursing, you obtained the application of the educational curriculum through various forms of learning experiences. Graduates' professional attitudes and abilities are developed and nurtured throughout the educational process through various learning experiences, one of which is a practical learning experience. The implementation of clinical practice is supported by applying several clinical learning methods: case management, clinical conferences (pre and post-conference), bedside teaching, case seminars, and nursing care; students are guided by preceptors from the room where students practice. Apart from that, students are also guided by academic supervisors (Mukti et al., 2019).

The nursing professional process is when nursing graduates must carry out a learning process on the ground and complete assignments to meet learning outcomes. This can result in academic stress in nursing students. Academic stress is stress related to the process of carrying out educational activities that occur during the educational period, which is caused by demands that arise during a person's educational period and occurs when someone experiences emotional tension when there is a failure to fulfill these demands. (Agustiningsih, 2019). A study (Novelia, 2021) found that of 88 nursing students, 74% of nursing students were in moderate procrastination, and 26% were in high procrastination. This, of course, dramatically influences the academic grades of nursing students.

Results of the Study by Dony Sagita Darma Daharnis (2017) The relationship between academic procrastination and student stress is that academic procrastination negatively impacts academic activities. Researchers found that procrastination will cause anxiety in students; excessive anxiety will result in ongoing academic stress and even cause depression, disrupting the student's practical life. Having a lot of assignments

in lectures and allowing them to pile up will make the procrastinator lazy and not interested in doing them. This will also result in pressure on students when assignments must be completed in a short time.

Results of a preliminary study of 10 STIKES Suaka Insan nursing students on 2-4 November 2021. Interview results showed that nursing students experienced stress with assignments and queues for consultations while undergoing stage. 9 out of 10 nursing students said they were stressed due to many assignments and queues for consultations with preceptors. , During the nursing station, most of them do not have a personal daily schedule to do assignments. 6 out of 10 said they do not have a daily schedule to complete assignments. During the consultation process or collecting station assignments, most nursing students often miss deadlines or wait for a warning from the 7th-grade coordinator. Out of 10 students said they were often late during the consultation process because they admitted they were lazy and unable to manage time, and most nursing students had the habit of postponing assignments. 9 out of 10 students admitted that they had the habit of procrastinating. This habit made them anxious and late in submitting assignments.

Researchers also conducted a preliminary study with stage coordinator lecturers and academic preceptors. The results of short interviews with stage coordinator lecturers and academic preceptors found that in the 2020/2021 academic year, there was 1 student who did not pass in 3 stages. In 2021/2022, several students have grades below the KKM (Minimum Graduation Criteria), with grades ranging from C to E. At the KDP stage, there are 7 out of 27 Ners students, and at KMB, there are 8 out of 27 students.

Analysis Problem

Based on the data found and the results of the discussion together with the Proposing Team, the problems found are :

1. Research results on students regarding moderate procrastination were 70.4% and high 29.6%
2. Student expressions that often procrastinate assignments
3. Students who are delayed in completing assignments.

Problem Solution

Based on The problem formulated, the Proposing Team will implement the solution to do socialization /education on the importance of preorganization management.

Problem

1. Results Study on related students procrastination currently 70.4% And high 29.6%
2. Expression student Who often points on assignments
3. Students who are delayed in solution tasks.

Solution Which Offered

Give education health And socialization about management overcome proctanization

Method Implementation And Evaluation

Implementation strategies are prepared by the Proposing Team and created based on each problem That has been analyzed. The objective of the activity devotion the public to Nurse group room operation is to increase knowledge. Experience and studies have proven that behavior based on knowledge will be more lasting than behavior that is not based on knowledge (Nandang And Ijun, 2009).

Implementation method Community Service to Groups nurse take care stay is a Health Education activity using offline methods. Extension techniques will be used with Audio Visual because, according to the research results of Ira Rahmawati et al. (2007), the enhancement knowledge respondents to counseling using the audio method Visuals is very significant compared to the Module method. This is caused Because, with Audio Visual, respondents utilize a significant tool in their senses to produce better results.

Evaluation Activity Devotion Public

There is an enhancement percentage solution task that is a thesis from the year that is around96 %, Which has completed thesis appropriate time.

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