

Subjective and Projective Measures of Thesis Writing Procrastination: Real World and *The Sims* World.

Ide Bagus Siaputra

Faculty of Psychology, Universitas Surabaya
Faculty of Psychology, University of Gadjah Mada

Johana E. Prawitasari, Thomas Dicky Hastjarjo, and Saifuddin Azwar

Faculty of Psychology, University of Gadjah Mada

Although it has been studied since 1980s, the theoretical framework for procrastination has just been comprehensively developed about two decades later. This study applied Temporal Motivation Theory (TMT) as a theoretical framework to develop thesis writing procrastination instruments, using self report and *Sim*'s behavior observation methods. Self-report results of 232 undergraduate students have fulfilled psychometric norms, concerning either the reliability or validity aspects. Observation of *Sim*'s behaviors, performed by 48 students, also fulfilled some of the psychometric criteria. The discovery of contradictory patterns of academic activities in the real world against *The Sims 2* World was perceived as evidences of basic value differences and manifestation of defense mechanism. Inclusion of subject's responses on *The Sims 2* game play pattern scale in the hierarchical linear regression equation improved the prediction power toward latency of thesis completion.

Keyword: multi-methods, procrastination, Temporal Motivation Theory, *The Sims*, thesis

Sekalipun telah dipelajari sejak 1980-an, kerangka kerja teoretis penunda-nundaan (prokrastinasi) baru tersusun secara komprehensif sekitar dua dekade kemudian. Penelitian ini menggunakan kerangka kerja teoretis Teori Motivasi Temporal (*Temporal Motivation Theory/TMT*) untuk mengembangkan alat ukur penunda-nundaan pengerjaan tugas akhir dengan laporan diri dan pengamatan perilaku *sim*. Hasil pengukuran laporan diri terhadap 232 mahasiswa telah memenuhi kaidah psikometris baik dari segi reliabilitas maupun validitas. Hasil pengamatan terhadap perilaku *sim* yang dikendalikan 48 mahasiswa juga telah memadai dari segi reliabilitas dan validitas. Ditemukannya pola berlawanan antara pengerjaan kegiatan akademik pada dunia nyata dan dunia *The Sims 2*, dimaknai sebagai bukti adanya perbedaan nilai dasar serta perwujudan mekanisme pertahanan diri. Penambahan prediktor berupa pola bermain *The Sims 2* berhasil meningkatkan daya prediksi terhadap latensi penyelesaian skripsi.

Kata kunci: metode pengukuran majemuk, penunda-nundaan, prokrastinasi, skripsi, Teori Motivasi Temporal, *The Sims*.

Procrastination measurement has been conducted since 1980s (Schouwenburg, Lay, Pychyl, & Ferrari, 2004). Its theoretical framework was comprehensively developed in about two decades since its inception (Steel, 2002; van Eerde, 2003). The theoretical framework were developed by Steel and König (2006), based on Temporal Motivation Theory (TMT).

This article is part of the first author's dissertation. The first author wish to pay tribute to the late Prof. Drs. Sutrisno Hadi, M.A. for his outstanding guidance concerning this research until he passed away on April 6, 2008.

Correspondence concerning this article should be addressed to Dr. Ide Bagus Siaputra, Faculty of Psychology, Universitas Surabaya. Jalan Raya Kalirungkut Surabaya 60293. E-mail: siaputra@gmail.com; std@ubaya.ac.id

TMT approach believes that thesis writing procrastination happens due to the low level of its subjective utility (Lowenstein & Prelec, 1992). Subjective utility tends to decline temporarily when the deadline is far in the future, and return to its original level when the deadline is near. This understanding was supported by the graduation record in the Faculty of Psychology, Universitas Surabaya (FP UBAYA) in academic year 2000-2007. About 59.3% of 1502 graduates completed thesis writing in the last month of the graduation registration deadline.

Subjective utility was influenced by four components (Gröpel & Steel, 2008, Steel, 2007; Steel & König, 2006). Those components are expectancy, value, sensitivity to delay in receiving the reward (usually called sensitivity to delay), and time delay to the reward