

ABSTRAK

Nainggolan, Nathanael. NIM. 5173131017 : Hubungan Prokrastinasi Akademik, *Self Efficacy*, dan Sistem Pembelajaran Daring terhadap Stress Akademik SMK Yapim 1 Medan. Skripsi. Jurusan Pendidikan Teknik Elektro, Fakultas Teknik Universitas Negeri Medan. 2022

Penelitian ini bertujuan untuk mengetahui hubungan : 1) *Prokrastinasi akademik, Self Efficacy, Dan Sistem Pembelajaran Daring Dengan Stress Akademik*, 2) *Prokrastinasi akademik dengan Stress Akademik*, 3) *Self Efficacy dengan Stress Akademik*, 4) *Sistem Pembelajaran Daring dengan Stress Akademik*.

Penelitian ini merupakan penelitian kuantitatif dengan metode korelasi, populasi dalam penelitian ini adalah siswa SMK Yapim 1 Medan. Teknik sampling yang digunakan adalah *purposive sampling* dengan jumlah sampel sebanyak 112 siswa. Teknik pengumpulan data menggunakan angket. Teknik analisis data yang digunakan adalah analisis regresi linier ganda, pengujian hipotesis, uji prasyarat analisis.

Hasil penelitian menunjukkan bahwa : 1) Terdapat hubungan positif antara *prokrastinasi akademik* dengan stress akademik. 2) Terdapat hubungan negatif dan signifikan antara *self efficacy* dengan stress akademik. 3) Terdapat hubungan positif dan signifikan antara *sistem pembelajaran daring* dengan minat berwirausaha. 4) Terdapat hubungan bersama-sama *prokrastinasi akademik, self efficacy* dan sistem pembelajaran daring dengan stress akademik.

Kata Kunci : *prokrastinasi akademik, self efficacy, sistem pembelajaran daring, stress akademik*



ABSTRACT

Nainggolan, Nathanael. NIM. 5173131017 : Relationship between Academic Procrastination, *Self Efficacy* , and Online Learning System with Academic Stress of Students at SMK Yapim 1 Medan. Essay. Departement of Electrical Engineering Education, Faculty of Engineering , State University of Medan. 2022

This study aims to determine the relationship: 1) academic Procrastination, Self Efficacy and Online Learning System with Academic Stress, 2) academic Procrastination with Academic Stress, 3) Self Efficacy with Academic Stress, 4) Online Learning System with Academic Stress. This research is a quantitative research, the population in this study are students of SMK Yapim 1 Medan. The sampling technique used is purposive sampling with a total sample of 112 students. The data collection technique is in the form of a questionnaire. The data analysis technique used is multiple linear regression analysis, hypothesis testing, analysis prerequisite test The results showed that: 1) There is a positive and significant relationship between academic procrastination and academic stress. 2) There is a negative and significant relationship between self efficacy and akademik stress. 3) There is a positive and significant relationship between online learning system and academic stress. 4) There is a joint relationship between academic procrastination, self-efficacy and online system learning with academic stress.

Keywords : *Academic procrastination, self efficacy, Online Learning System, Academic Stress*

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