

ABSTRAK

HANIFATUL MUNA. Pengaruh *Binge-watching* Terhadap Prokrastinasi Akademik Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Medan T.A 2025/2026. Universitas Negeri Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan, 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh *binge-watching* terhadap prokrastinasi akademik mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Medan Tahun Ajaran 2025/2026. Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Medan dengan jumlah sampel sebanyak 355 mahasiswa yang dipilih menggunakan teknik *stratified random sampling*. Uji validitas instrumen menggunakan rumus *Pearson Product Moment*, sedangkan uji reliabilitas menggunakan teknik *Cronbach Alpha*. Teknik analisis data menggunakan analisis regresi linier sederhana. Hasil analisis regresi diperoleh persamaan $Y = 8,681 + 0,814X$. Hasil uji t menunjukkan bahwa *binge-watching* berpengaruh signifikan terhadap prokrastinasi akademik dengan nilai $t = 18,656$ dan $\text{sig. (p)} < 0,001$. Nilai koefisien korelasi (R) sebesar 0,705 menunjukkan hubungan yang kuat antara *binge-watching* dan prokrastinasi akademik, sedangkan nilai koefisien determinasi (R Square) sebesar 0,496 menunjukkan bahwa *binge-watching* memberikan kontribusi sebesar 49,6% terhadap prokrastinasi akademik, sementara 50,4% dipengaruhi oleh faktor lain di luar penelitian. Dengan demikian, dapat disimpulkan bahwa *binge-watching* berpengaruh positif dan signifikan terhadap prokrastinasi akademik mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Medan, sehingga semakin tinggi perilaku *binge-watching*, maka semakin tinggi pula tingkat prokrastinasi akademik mahasiswa.

Kata Kunci: *Binge-watching*, Prokrastinasi Akademik, Mahasiswa Fakultas Ilmu Pendidikan.



ABSTRACT

HANIFATUL MUNA. *The Influence of Binge-watching on Academic Procrastination Among Students of the Faculty of Education, Universitas Negeri Medan Academic Year 2025/2026.* Skripsi. Medan: Faculty of Education, State University of Medan. 2026.

This study aimed to determine the effect of binge-watching on the academic procrastination of students at the Faculty of Education, Universitas Negeri Medan, in the 2025/2026 academic year. This study employed a quantitative method with a correlational approach. The population consisted of students of the Faculty of Education, Universitas Negeri Medan, with a sample of 355 students selected using the stratified random sampling technique. The instrument validity was tested using the Pearson Product Moment formula, while the reliability was measured using Cronbach's Alpha. The data were analyzed using simple linear regression analysis. The regression analysis resulted in the equation $Y = 8.681 + 0.814X$. The results of the t-test indicated that *binge-watching* had a significant effect on academic procrastination, with a t-value of 18.656 and a significance value of $p < 0.001$. The correlation coefficient (R) of 0.705 indicated a strong relationship between binge-watching and academic procrastination, while the coefficient of determination (R Square) of 0.496 showed that binge-watching contributed 49.6% to academic procrastination, with the remaining 50.4% influenced by other factors outside the scope of this study. Therefore, it can be concluded that binge-watching has a positive and significant effect on students' academic procrastination. In other words, the higher the level of binge-watching, the higher the level of academic procrastination among students.

Keywords: Binge-watching, Academic Procrastination, Students of the Faculty of Education.

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