CHAPTER II

REVIEW OF LITERATURE

This chapter explains related theories used in this study. The topics discussed cover thesis writing, procrastination in thesis writing, the problems of procrastinating, and the causes of the problems of procrastination in thesis writing. Each part is elaborated below.

2.1 Thesis Writing

Thesis writing is scientific writing carried out to produce new research or development of previous research based on phenomena currently occurring in the field to obtain bachelor's, master's, and doctoral degrees. Thesis Writing is an activity that is written in line with the preparation, implementation, and field findings that students have conducted; to put it another way, a thesis is a research project that students undertake to complete their higher education (Marif & Konadi, 2023).

There are four kinds of writing subjects at the English Language Education Department (ELED) University of Muhammadiyah Malang namely paragraph writing, essay writing, academic writing, and thesis writing. The thesis writing course has six credits in one semester. This course is being held to help students conduct research as the requirement to get their diploma.

2.2 Procrastination in Thesis Writing

Procrastinating is the activity of rescheduling, postponing, or delaying assignments. Delaying anything till the next day is referred to procrastination, and it is similar as being lazy (Rizal & Rosa, 2023). According to Araya-Castillo et al., (2023) procrastination is also known as being prone to putting off beginning or

finishing a task. The most common form of procrastination is academic procrastination. It commonly appears in academic settings in any of writing subjects, for example, advanced writing, academic writing, essay writing, and thesis writing. Bashir (2019) claimed academic procrastination is a refined form of procrastination that takes place in learning environments. Procrastinating in academic areas may include completing academic tasks, such as weekly assignments, completing school-related projects, getting ready for tests, or writing term papers.

2.3 The Problems of Procrastinating

In thesis writing subject, several students tend to do procrastination. *Procrastination* in thesis writing subject has become a common behavior among final-semester students. Generally, students procrastinate to do their projects, turn in homework, and review material before exams. Kurniawan (2024) underpins students that indicate this habit tend to put off doing their assignments, work on them right up until the deadline, and spend their time on unimportant tasks. All these problems can be caused by choosing where students prefer to do non-essential activities, such as playing on social media or hanging out, instead of doing their academic responsibilities, especially their thesis.

There are two main problems of procrastination namely low academic performance and lack of self-confidence (Goroshit & Hen, 2021; Sagara et al., 2020).

2.3.1 Low academic performance

Low academic performance is an impact of procrastination that can interfere with academic achievements. Academic performance can be negatively impacted

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by procrastination, which can also result in poor study habits, low ambition to learn, low scores, and even the unfortunate outcome of failure or dropout. Students may also experience high levels of anxiety and depression (Sudirman et al., 2023). Goroshit & Hen (2021) claim that students with higher levels of procrastination may have lower performance.

2.3.2 Lack of self-confidence

Lack of self-confidence is a problem that is quite often found in students who are used to procrastinating. Low confidence in one's ability to do and complete work is the cause of procrastination. Meanwhile, confident students are more focused on their beliefs and the ability to carry themselves which can create a sense of comfort in the behavior needed to get the expected results Sagara et al., (2020).

2.4   The Causes of The Problems of Procrastination

There are internal and external causes of procrastination. According to Amin (2019) there are several internal causes of procrastination such as self-efficacy, self-motivation, and stress. While Andi et al., (2023) claimed that environment, family issues, and other people's pressure are the external causes.

2.4.1 Internal Causes

Internal factors during completing the thesis could be appear because of the person itself. Based on Andi et al., (2023) internal factors are various things that influence the occurrence of a problem that originates from within a person. There are three kinds of internal cause, namely self efficacy, motivation, and stress.

1. Self-efficacy

Self-efficacy is a person's belief that they can achieve their goals and overcome the problems they are facing. Damri et al., (2017) opined that self-efficacy is an individual opinion about their ability to achieve certain performance levels which has an impact on activities and their lives. Personal effectiveness dictates how people think, feel, and motivate their actions. Self-efficacy is a person's level or quality of one's confidence in their ability to fulfill tasks and achieve goals (Ormrod, 2006). When someone has a low self-efficacy, and they feel difficult to finish the task they will avoid challenging activities and give up easily.

2. Motivation

Motivation **is** the way how someone motivates themself appropriately to do something. Motivation is the ability to plan and schedule particular tasks or activities to maximize productivity, efficiency, and effectiveness (Forrel, 2017). When someone has bad motivation skills, responsibilities that must be completed within a certain time will be neglected and late, such as completing assignments or other work. Students who are less able to persist in studying longer, get bored quickly, and are less serious about doing the thesis can impact completed and uncompleted tasks on time (Januarti et al., 2015).

3. Stress

Stress is a kind of strain that occurs both physically and psychologically when people encounter in situations that seem threatening. In simple terms, stress is the body's reaction to external threats, pressures, and demands. Fink (2016) stated that stress is a kind of person's reaction both physically and emotionally (mentally/psychically) if there is a change in the environment that requires a person

to adapt. Students are under a lot of stress due to factors like homework, project deadlines, and extracurricular activities. According to (Cahyaratri et al., 2022) Studying from home often makes one feel as though they have an abundance of spare time, which leads to neglecting the work. When a task is intrinsically unpleasant or difficult students might stressful and tend to procrastinate on the task (Sirois, 2023).

2.4.1 External Causes

Meanwhile, external factors during completing the thesis could be appear from outside which can influence the students.

1. Environment

Conditions that influence academic procrastination, especially in completing a thesis, are peer influence and peer procrastination. Nordby et al., (2017) claim that there is a tendency for students to procrastinate as people who are easily distracted by tempting activities such as socializing with friends. Also indirectly, friends can have a bad influence if they like to postpone work because it can influence other friends.

2. Family issues

Family problems are quite influential in completing the thesis. Andi et al., (2023) underpinned that a family issue is a situation in which there is a specific, challenging problems within the family. It also has an impact on the student who is currently working on their thesis because they have to split their attention between other tasks, like working on the thesis and dealing to family matters.

3. Other people pressure

Pressure that can be obtained from other people such as family members and friends can also affect a student's mental condition so that he or she does not want to complete the thesis immediately. When working on a thesis, students must receive full support to achieve their goals. Liang et al., (2022) believe that when students receive less social support, they can feel pressured and reluctant to complete on time.