

**PENGARUH *ACADEMIC STRESS* TERHADAP
BEDTIME PROCRASTINATION PADA MAHASISWA
YANG SEDANG MENGERJAKAN SKRIPSI
DIMEDIASI OLEH *DOOMSCROLLING***



SKRIPSI

Diajukan untuk Memenuhi Sebagian Syarat untuk Memperoleh Gelar Sarjana
Psikologi pada Program Studi Psikologi Universitas Pendidikan Indonesia

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**PROGRAM STUDI PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
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Sebuah skripsi yang diajukan untuk memperoleh gelar Sarjana Psikologi
di Program Studi Psikologi Fakultas Ilmu Pendidikan

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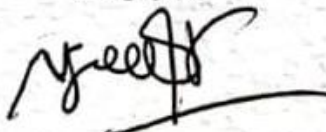
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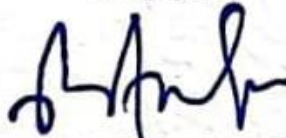
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ABSTRAK

Rifdah Az Zahra (2103034). *Pengaruh Academic Stress terhadap Bedtime Procrastination pada Mahasiswa yang Sedang Mengerjakan Skripsi Dimediasi oleh Doomscrolling.* Skripsi. Program Studi Psikologi. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia (2025).

Penelitian ini bertujuan untuk mengkaji pengaruh *academic stress* terhadap *bedtime procrastination* dengan *doomscrolling* sebagai variabel mediasi pada mahasiswa yang sedang mengerjakan skripsi. Dengan menggunakan teknik *convenience sampling*, sebanyak 324 responden dari angkatan 2021, 2020, dan 2019 berpartisipasi melalui kuesioner *online* yang mencakup instrumen *The Perception of Academic Stress Scale* (PASS), *Doomscrolling Scale* (DS), dan *Bedtime Procrastination Scale* (BPS). Uji hipotesis mediasi yang dilakukan dengan metode *Bootstrap Hayes* menunjukkan bahwa terdapat pengaruh signifikan antara *academic stress* terhadap *bedtime procrastination*, terdapat pengaruh signifikan antara *academic stress* terhadap *doomscrolling*, dan terdapat pengaruh signifikan antara *doomscrolling* terhadap *bedtime procrastination*. Lebih lanjut, *direct-indirect effect* ditemukan yang mengindikasikan bahwa *doomscrolling* mediasi hubungan tersebut secara parsial. Uji beda menggunakan *Independent T-test* dan *One Way Anova* juga menunjukkan adanya perbedaan signifikan pada skor rata-rata *academic stress* dan *doomscrolling* berdasarkan kategori jenis kelamin, disiplin ilmu, rata-rata penggunaan media sosial dan tidur dalam sehari. Sedangkan pada *bedtime procrastination* ditemukan perbedaan hanya pada kategori disiplin ilmu, rata-rata penggunaan media sosial, serta rata-rata durasi tidur dalam sehari.

Kata kunci: *Academic Stress, Bedtime Procrastination, Doomscrolling, Mahasiswa yang Sedang Mengerjakan Skripsi*

ABSTRACT

Rifdah Az Zahra (2103034). *The Effect of Academic Stress on Bedtime Procrastination among Undergraduate Students Who Are Writing a Thesis Mediated by Doomscrolling.* Undergraduate Thesis. Psychology Study Program, Faculty of Educational Sciences, Universitas Pendidikan Indonesia (2025).

This study aims to examine the effect of academic stress on bedtime procrastination, with doomscrolling as a mediating variable, among students working on their undergraduate thesis. Using a convenience sampling technique, a total of 324 respondents from the 2019, 2020, and 2021 cohorts participated by completing an online questionnaire that included the Perception of Academic Stress Scale (PASS), Doomscrolling Scale (DS), and Bedtime Procrastination Scale (BPS). Mediation hypothesis testing using Hayes' bootstrap method showed that there is a significant effect of academic stress on bedtime procrastination, there is a significant effect of academic stress on doomscrolling, and there is a significant effect of doomscrolling on bedtime procrastination. Furthermore, the direct-indirect effect analysis indicated that doomscrolling partially mediated the relationship between academic stress and bedtime procrastination. Independent group comparisons using independent t-test and One-Way ANOVA further showed significant differences in mean scores of academic stress and doomscrolling based on gender, academic discipline, average daily social media usage, and average daily sleep duration. Furthermore, differences in bedtime procrastination found only based on academic discipline, average daily social media usage, and average daily sleep duration.

Keywords: Academic Stress, Bedtime Procrastination, Doomscrolling, Undergraduate Students Who Are Writing a Thesis

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