

THE RELATIONSHIP BETWEEN THE INTENSITY OF WATCHING KOREAN DRAMAS WITH THE ATTITUDE OF ACADEMIC PROCRASTINATION

Arini Bunga Firdaus¹, Salastia Paramita Nurhuda², Wahyunengsih³

Universitas Islam Negeri Syarif Hidayatullah Jakarta
E-mail: afii21@mhs.uinjkt.ac.id

Info Artikel

Sejarah Artikel;

Accepted:
Januari 2022
Published:
Juni 2022

Abstract

This study is an initial study to determine and analyze the relationship between the intensity of watching Korean dramas and the academic procrastination attitude of UIN Jakarta students during the Covid-19 pandemic. The object of this research is the relationship between the intensity of watching Korean dramas and the attitude of academic procrastination. In the research instrument, researchers use Google Forms or online questionnaires. The method used by the researcher is descriptive quantitative method with correlational technique. The subjects in this study were UIN Jakarta students from various faculties and majors, but the researchers used a random sampling technique, which was taken as many as 30 students. In processing the data using Microsoft Excel 2019 using the correlation formula. The results in the study show a correlation coefficient of $r = 0.1232$ with a significance of $p = 0.000$ ($p < 0.01$) so the conclusion of this study shows that there is no positive and significant relationship between the intensity of watching Korean dramas and the academic procrastination attitude of UIN Jakarta students in the era of the Covid-19 pandemic.

Keywords: *Watching Intensity; Academic Procrastination; Korean Drama*

Abstrak

Penelitian ini merupakan kajian awal untuk mengetahui dan menganalisa hubungan antara intensitas menonton drama korea dengan sikap prokrastinasi akademik mahasiswa UIN Jakarta pada masa pandemi Covid-19. Objek dari penelitian ini adalah hubungan intensitas menonton drama korea dengan sikap prokrastinasi akademik. Dalam instrumen penelitian, peneliti memakai Google Formulir atau kuesioner secara online. Metode yang digunakan peneliti ialah metode kuantitatif deskriptif dengan teknik korelasional. Subjek dalam penelitian ini adalah mahasiswa UIN Jakarta dari berbagai fakultas dan jurusan, namun peneliti memakai teknik random sampling yang diambil berjumlah 30 mahasiswa. Dalam pengolahan datanya memakai Microsoft Excel 2019 dengan memakai rumus korelasi. Adapun hasil dalam penelitian menunjukkan koefisien korelasi $r = 0,1232$ dengan signifikansi $p = 0,000$ ($p < 0,01$) sehingga kesimpulan dari penelitian ini menunjukkan bahwa tidak terdapat hubungan positif dan signifikan antara intensitas menonton drama korea dengan sikap prokrastinasi akademik mahasiswa UIN Jakarta di era pandemi Covid-19.

Kata Kunci : *Intensitas Menonton; Prokrastinasi Akademik; Drama Korea.*

BACKGROUND

The development of technology and information in the current era of globalization has contributed greatly to the development of communication that allows people all over the world to interact with each other. There is almost no limit to exchanging information between nations around the world, one of which is culture. One of the cultures that are influencing various countries is the Korean Wave or Hallyu culture.

South Korea today has succeeded in spreading its popular cultural products to the international world including Indonesia, namely "Hallyu" or what is known as the "Korean Wave" in Indonesia and is often stated as a new pop culture that is embodied in the community. Hallyu is the term given to the spread of Korean pop culture globally in various countries of the world.

Korean fever triggers the birth of a benchmark in behavior for teenagers and the younger generation who generally enjoy Korean dramas or what is called KDrama, competitive teenagers, higher aspirations than other friends, coupled with a heartwarming love story that makes students more and more fall in love with Korean dramas. The emergence of popular culture has had its own impact on Indonesia, especially on students.

In the current era of modernization, all people are able to get what they need, one of which is watching activities. Previously, watching activities could be seen on television, but now we can easily watch internet sites, various applications, or YouTube. It is easy for foreign cultures to develop in Indonesia. This is where popular culture comes from. Popular culture contains elements of fun and entertainment (Reves, 2004, p.1).

A student is someone who is studying at a university/college. Students have an important role in university/college life. It is the responsibility and duty of each university to produce quality graduates and contribute well to social life.

According to Siallagan, students as a campus community have the main task of learning such as making assignments, reading books, making papers, presentations, discussions, attending seminars, and other activities that are campus-like. In the lecture process, students will be given assignments by the lecturer according to their respective subjects, both assignments that are carried out individually or in groups. The tasks are collected within a certain deadline. The time limitation in collecting assignments, of course, has a purpose, namely as a forum for habituation so that students have

a sense of responsibility for the tasks given and have a disciplined attitude.

With students often collect these assignments at the end of time, even passing the specified limit. This is because students feel they still have a lot of time to work on and collect the assignments given so they procrastinate doing these tasks. Procrastination is one of the behaviors and habits that are not good and can have a negative impact on our good lives.

Students are encouraged to be able to develop their potential as optimally as possible because students are human resources who are expected to be able to keep up with the global competition. So that students can be said to be the hope of the nation.

Procrastination is putting off until tomorrow or preferring to do his work tomorrow. (Aksinola and Tella, 2007) defines academic procrastination as a form of avoidance in doing tasks that should be completed by individuals. Individuals who do procrastinate prefer to spend time with friends or other work that is not really as important as doing the main task quickly.

Academic procrastination is important to study because it has the potential to hinder the learning process and academic procrastination by students will have a negative impact on achievement (You, 2015). Academic procrastination in students can prevent them from

completing a certain course. The longer they delay, the longer it will take them to complete certain course assignments (Pratiwi & Sawitri, 2015).

Menurut (Prawitasari, 2012) revealed that continuous delays will have fatal consequences, for example, failure to obtain a bachelor's degree, and delays in completing lectures resulting in additional tuition fees. Materially procrastination is often followed by feelings of guilt, anger, and worthlessness.

The presence of Korean dramas has an impact on students. According to students, Korean drama is very interesting to watch. The more interesting Korean dramas are seen, the more likely they are to delay doing their assignments due to spending their time just watching (Abimanyu et al., 2011). This makes the high intensity of watching Korean dramas, causing the audience to forget the time. Students who watch Korean dramas too often tend to be lazy to study and will neglect their assignments, and delay doing assignments.

The factor of academic procrastination is academic stress. Academic stress is part of the psychology experienced by individuals in dealing with threatening situations. (Taylor, 1995) says stress is a condition that is not balanced between self-ability and existing demands. (Harsha 2017) defines stress as pressure,

dependents, burdens, worries, and anxiety. In addition (King, 2010, p.95) defines stress as an individual response to stressors, in the form of events that can threaten individuals and can burden their coping abilities. Stress in the academic field is called academic stress.

Thus, academic stress has the potential for students to do academic procrastination. The existence of academic stress felt by students makes them procrastinate in doing or completing assignments besides being lazy they feel burdened so they are not calm in doing assignments (Hardjana, 1994).

RESEARCH METHODS

This research uses a quantitative research type with a quantitative descriptive approach, with a correlational technique. The purpose of this study was to determine the relationship between the intensity of watching Korean dramas with the procrastination attitude of UIN Jakarta students. The subjects in this study were all students of UIN Jakarta, and a sample of 30 students who liked watching Korean dramas from various faculties and departments were taken. Sampling was done by using a random sampling technique. Data collection was carried out in April 2022 using a questionnaire from Google Forms.

This study uses a Likert scale with favorable and unfavorable questions. For the research questionnaire on the intensity of watching Korean dramas, there were 13 questions and the research questionnaire on the academic procrastination attitude of UIN Jakarta students was 21 questions. Then the data is processed and processed statistically through the Microsoft Office Excel 2019 program and analyzed using the correlation formula between two variables, by calculating the r-table and r-count and the percentage formula.

RESULTS AND DISCUSSION

In this study, the researchers used a random sampling technique for all UIN Jakarta students and took 30 students at random from various majors and faculties. The independent variable in this study was the intensity of watching Korean dramas which were marked by the symbol "x" and the attitude of academic procrastination was marked by the symbol "y".

The results of the overall frequency and percentage of Intensity of Watching Korean Dramas and Attitudes of Academic Procrastination of UIN Jakarta Students during the Covid-19 Pandemic can be seen in the following table:

Table 1. Frequency and Percentage of Intensity Categories

Category	Interval	Frequency	Percentage
Low	< 47	3	10
Medium	$47 \leq X < 60$	23	76,67
High	$60 \leq X$	4	13,33
Amount		30	100

The overall results from the table above show that there are 4 students (13.33%) in the low category or the intensity of watching Korean dramas is low with a score range of less than 19, and the medium category is the number of students with 19 (63.33%) with the same score range. with or more than 19 and less than 33, then there are 7 students (23.33%) in the high category in the intensity of watching Korean dramas during this pandemic for UIN Jakarta students, with a score range equal to or more than 33.

So it can be concluded that the intensity of watching Korean dramas by UIN Jakarta students is moderate with a percentage of 63.33% with a total of 30 students. The average value is 26 and produces a standard deviation (SD) of 7.

The categories of Frequency and Percentage of Academic Procrastination Attitudes of UIN Jakarta Students during the Covid-19 Pandemic are as follows:

Table 2. Frequency and Percentage of Academic Procrastination Attitudes

Category	Interval	Frequency	Percentage
Low	< 19	4	13,33
Medium	$19 \leq X < 33$	19	63,33
High	$33 \leq X$	7	23,33
Amount		30	100

The overall results from the table above show that there are 3 students (10%) in the low category or low procrastination attitude with a score range of less than 47, the medium category is 23 students (76.67%) with a score range equal to or more than 47 and less than 60, then there are 4 students (13.33%) in the high category in academic procrastination attitudes during the Covid-19 Pandemic in UIN Jakarta students, with a score range equal to or more than 60. It can be concluded that the attitude of Academic Procrastination of UIN Jakarta students is moderate with a percentage of 76.67% with a total of 30 students. The average value is 53 and produces a standard deviation (SD) of 7.

Furthermore, to determine the correlation between the Intensity of Watching Korean Dramas with Academic Procrastination Attitudes of UIN Jakarta Students during the Covid-19 Pandemic by first determining the statistical hypothesis or null hypothesis (H_0) and the alternative hypothesis or working hypothesis (H_a). Next, determine the r-table based on the

correlation coefficient and determine the r-count of the two variables, as follows:

Table 3. The results of the R-table and R-count of the two variables

r-table	r-count	conclusion
0,361	0,1232	$0,1232 < 0,361$

Based on the data test that has been carried out, it proves that there is no positive and significant relationship between the intensity of watching Korean dramas and the academic procrastination of UIN Jakarta students during the Covid-19 pandemic. It can be seen from the comparison of the r-count is smaller than the r-table, which means the correlation is very weak. From these results, it can be concluded that the results are significant, which means H_0 is rejected and H_a is accepted. The value of r has a very negative sign (0.1232) which indicates a very weak correlation, meaning that if the intensity of watching Korean dramas is high, the academic procrastination of UIN Jakarta students remains low during the Covid-19 pandemic. And the formulation of the problem that has been mentioned in the previous chapter regarding "is there a relationship between the intensity of watching Korean dramas and the attitude of academic procrastination" has been answered.

The assumption from the researcher is that many UIN Jakarta students watch Korean dramas just for refreshing from the fatigue of the existing tasks, after that students immediately return to their college assignments without delaying for long. As mentioned in the research (Ramadhania, 2020) As a student, you will not be separated from the task. In this Covid-19 era, students are increasingly bored with their tasks, because the longer a person is in the same place, plus if he is alone, the longer that person will certainly feel more stressed. From this feeling of stress, there is a tendency that it will have an impact on their daily activities. Stress can also have an impact on academic abilities, so a way is needed to be able to control that stress. Therefore, it is necessary to have a stress coping strategy so that students do not experience excessive stress during the pandemic, either by doing me time or by doing hobbies or activities they like. For students of UIN Jakarta, college assignments are still a responsibility that must be completed, even though in the middle of the process they need to rest and recharge energy by doing me time, they continue to complete their assignments to the fullest.

The term 'burnout' for students is not strange anymore, many tasks sometimes make us need to change our lifestyle, arrange sports, eat meals, schedule our

activities, and even manage our stress, one of which is my time, or doing things we like. Because when burnout has hit students, it has an impact on their academic procrastination attitude which will be dangerous to them, therefore, the majority of UIN Jakarta students choose to watch Korean dramas as a place to get rid of burnout and stress they experience when doing their assignments, this is proven by Many of UIN Jakarta's students have a low intensity of watching Korean dramas, but their academic procrastination remains high. And many also have low procrastination but the intensity of watching Korean dramas is very high. From this, it can be seen that UIN Jakarta students do not use watching Korean dramas as an obstacle to their academic procrastination.

In research (Widyaiswara, 2021) In this online system, there are many obstacles that occur to students, many things are not in accordance with the material optimally so that students have difficulty in understanding which ultimately experience stress and academic burnout which is the cause A student has an academic procrastination attitude. Effects arising from burnout are decreased motivation to learn, the emergence of negative attitudes, frustration, failure, and low self-esteem.

In this case, the attitude of academic procrastination during a pandemic can arise because someone experiences burnout or stress on their academics, therefore someone needs me time by doing things they like, one of which is watching Korean dramas.

CONCLUSION

Based on the research and discussion that has been done, that r-count is smaller than the r-table, which means the correlation is very weak. From these results, it can be concluded that the results are significant, which means H_0 is rejected and H_a is accepted.

The value of r has a very negative sign (0.1232) which indicates a very weak correlation, meaning that if the intensity of watching Korean dramas is high, the academic procrastination of UIN Jakarta students remains low during the Covid-19 pandemic.

In this case, students just need to be refreshed from the fatigue of tasks during the Covid-19 pandemic. There is a tendency that this will have an impact on their daily activities, for example, an attitude of academic procrastination arises. With the condition of UIN Jakarta students who are good, not stressed, and don't burnout with their assignments, these students can complete their college assignments well and maximally, therefore

doing me time, one of which is watching Korean dramas aimed at giving an entertainment from the tired lecture assignments given by the lecturer.

BIBLIOGRAPHY

- Abimanyu, C., Supriadi., & Salim, I. (2011). Prestasi belajar mahasiswa yang menonton drama seri korea selatan pada pendidikan sosiologi 2011. *Jurnal Pendidikan dan Pembelajaran*, 3 (11).
- Akinsola, Tella & Tella. (2007). Correlates of Academic Procrastinasi and Mathentics Achivement of Universitas Undergraduate Student, *Eurasia Journal of Mathematics, Sience & Teknologi Education*, 3 (4), 363-367.
- Baiti, Laily Nur. (2021). Hubungan antara intensitas menonton drama korea dengan suasana hati mahasiswa. 3, 144.
- Surijah, E. A., & Sia, T. (2007). Mahasiswa Versus Tugas: Prokrastinasi Akademik dan Conscientiousness. *Anima Indonesian Psychological Journal*, 22(4), 352-374.
- Ferrari, J. R., Johnson, J. L., & McCown, W. G. (1995). *Procrastination and task avoidance: Theory, research, and treatment*. Springer Science & Business Media.
- Firdaus, Arini Bunga & Ahmad. L. (2021). The Effect of Online Game Intensity on Social Interaction on Adult Users. 2021. *Padang State University Journal*, 3 (4).
- Hardjana, A. M. (1994). *Stres tanpa distres: Seni mengolah stres*.
- King, L. A. (2010). Harapan, Tawakal dan Sress Akademik., 2 (1), 95.
- Sani, Starin. (2016). *Korean Cool: Strategi Inovatif di balik ledakannya budaya pop Korea*. Yogyakarta.
- Sharma, M. P. (1997). Task procrastination and its determinants. *Indian Journal of Industrial Relations*, 17-33.
- Murat Balkis, Erdinc Duru dan Mustafa Bulus. (2013). Analysis of The Relation Between Academic Procrastination. *A Structural Model, European Journal of Psychology of Education*, 28 (3), 825-839.
- Parawitasari. (2012), Efektivitas Pelatihan Self-Management Menggunakan Aplikasi Notion Terhadap Tingkat Prokrastinasi Akademik Pada Mahasiswa. *Psikologika*, 18 (1), 109.
- Pratiwi, Sawitri & Sawitri. (2015). Prokrastinasi Akademik Ditinjau Dari Efikasi Diri Akademik Dan Jurusan Desain Komunikasi Visual Universitas Dian Nuswantoro, 2015, 4 (4), 272-276.
- Ramadhania, A. N. (2020). Strategies To Address and Manage Stress in the Covid-19 Pandemic. *Psikologi Universitas Lambung Mangkurat*, 1–6.
- Moore, R. (2008). Academic procrastination and course performance among developmental education students. *Research and Teaching in Developmental Education*, 56-67.
- Widyaiswara. (2021). *Hubungan Self Efficacy Dan Academic Burnout Dimasa Pandemi Pada Mahasiswa Program Studi Fase Quarter Life Crisis*.
- You, J. W (2015). Examng The Effect of Academic procrastination on Achivement Using LMS Data in E-Learning. *Journal of Educational Technology & Society*, 18 (3), 64-67.