



Learning Model for Female Students of Dual Role in Facing Academic Procrastination: Evidence in State Islamic University

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Abstract: This article aims to find out, analyse, and offer a time management model for female students in the midst of dual roles in dealing with academic procrastination at the Islamic State University. Procrastination is an academic term used for students who delay doing coursework. The act of procrastination can be seen from the delay in completing studies, the inability to manage time, and the inability to manage oneself. This research uses qualitative research methods which are field research. There are two data sources that are the reference for this research. The first is primary data which is key data in the form of interview results. Second, secondary data obtained from research results in the form of scientific articles, books, and other library materials related to the research topic. The data collection techniques used are interviews and documentation. The data analysis techniques used are data condensation, data presentation, and conclusion drawing. This study found that the learning model for dual-role female students in dealing with academic procrastination with proportional time management is very important to be implemented as an effort to avoid procrastination of academic tasks. Female students as self-controllers must have the strength to keep procrastination behaviour away in order to be able to complete academic tasks in a timely manner. The ability of self-control will have a positive effect on the realisation of a balanced academic atmosphere.

Abstrak: Artikel ini bertujuan untuk mengetahui, menganalisis, dan menawarkan model manajemen waktu mahasiswa perempuan di tengah peran ganda dalam menghadapi prokrastinasi akademik di Universitas Negeri Islam. Prokrastinasi yaitu istilah akademik yang digunakan untuk mahasiswa yang menunda mengerjakan tugas perkuliahan. Tindakan prokrastinasi bisa dilihat dari keterlambatan penyelesaian studi, ketidakmampuan mengelola waktu, dan tidak mampu mengelola diri. Penelitian ini menggunakan metode penelitian kualitatif yang bersifat penelitian lapangan. Ada dua sumber data yang menjadi acuan penelitian ini. Pertama adalah data primer yang merupakan data kunci berupa hasil wawancara. Kedua data sekunder yang diperoleh dari hasil penelitian berupa artikel ilmiah, buku-buku, dan bahan pustaka lain yang berkaitan dengan topik penelitian. Teknik

pengumpulan data yang digunakan adalah wawancara dan dokumentasi. Teknik analisis data yang digunakan adalah kondensasi data, penyajian data, dan penarikan kesimpulan. Penelitian ini menemukan bahwa model pembelajaran bagi mahasiswa perempuan peran ganda dalam menghadapi prokrastinasi akademik dengan manajemen waktu yang proporsional sangat penting untuk dilaksanakan sebagai upaya penghindaran dari tindakan prokrastinasi tugas-tugas akademik. Mahasiswa perempuan sebagai pengendali diri harus memiliki kekuatan untuk menjauhkan perilaku prokrastinasi agar mampu menuntaskan tugas-tugas akademik secara tepat waktu. Kemampuan pengendalian diri akan memberikan efek positif untuk terwujudnya suasana akademik yang seimbang.

Keywords: Time Management Model; Female Dual Role Students; Academic Procrastination, State Islamic University

INTRODUCTION

More than 70% of students in higher education put off assignments before the deadline (Shi et al., 2024). The dynamics of women's lives as students in bearing academic duties are two things that have implications for the dilemma of being able to complete obligations in a timely manner. The ability to manage time regularly will stimulate a person to move to get satisfactory academic results and indicate intelligence. The event of procrastinating academic work that is done with full awareness and the incident has become a habit is called procrastination (Basri, 2018; Liu, 2024). Thus the ability to manage time has a good impact on the academic workload so that the given load is completed on time. This is of course because of respect for time, so one must have a form of time management to complete student activities.

Some previous studies on student time management models have been carried out by Yulita Simaremare, Vira Sandayanti, and Eka Silvia explaining that Malhayati University students at the Faculty of Medicine have regular time management, this study collected 123 informants from the Faculty of Medicine at Malhayati University in 2018, where there were 60.2% of students who had time

management at a good level, while other students had time management at an unfavourable level as much as 39.8%. The study also showed a positive correlation between self-regulation and time management. The indicators of time management are the ability to optimise, schedule, and plan. However, students who always postpone making assignments, are unable to prioritise things, time is simply spent is an indication of the inability to manage time, so that many academic tasks are neglected. Therefore, there is a need for cooperation between students and the faculty so that all students can maintain their time as much as possible (Simaremare et al., 2020). Ani Lestari's research explains that there are five strategies that students use to manage time during the pandemic, including utilising social media as a place to explore knowledge, designing exciting learning situations, making clear learning orientations, having an agenda checklist, and making friends, parents, and family a support system. In addition, time management can be started through controlling thoughts and worries, as these will drain the available time. This can be overcome by optimising worship, contemplation, mindfulness, and productive activities. The pandemic should be utilised for learning instead of being trapped in

inattentiveness that has an effect on academics. Students as adult human beings must be able to learn independently and take care of themselves, so that any situation that occurs does not hinder the completion of their responsibilities (Lestari, 2021).

The above research has a focal point on the issue of time management in men and women and students who work on various campuses, while this research focuses on revealing the form of time management of female students in the midst of their status as students who have academic work by going through analysing how the time management model of female students towards dual roles in dealing with academic procrastination at the Islamic State University, by looking at the delay of student academic assignments, the challenges of dual roles, the effects of academic procrastination on the defence of female students, and the form of time management of female students in overcoming academic procrastination seen from dual roles.

This article discusses how the academic procrastination of Islamic State University students and how the time management model of dual-role female students in dealing with academic procrastination. This article aims to find out and offer a time management model for female students in the midst of dual roles in dealing with academic procrastination at the State Islamic University. In the academic world, the term used for students who delay doing coursework is procrastination. The act of procrastination can be seen from the delay in completing studies, the inability to manage time, and not being able to manage themselves.

METHOD

This research uses qualitative research methods which are field research. Qualitative research is a study that focuses on a subject matter by carrying out a sharp analysis not in the sense of explaining the problem in general (Darmalaksana, 2020). There are two data

sources that are the reference for this research. The first is primary data which is key data in the form of interview results. Interview data is obtained from interviews with female students of State Islamic Universities in Indonesia who have been identified as having multiple roles. Second, secondary data obtained from research results in the form of scientific articles, books, and other library materials related to the research topic, namely about procrastination, time management, and female students with multiple roles. The data collection techniques used were interviews and documentation. Interviews were conducted with female students of State Islamic Universities in Indonesia. Meanwhile, documentation was conducted on library materials such as scientific articles, books, and other library materials. All data obtained were analysed in depth. The data analysis techniques used were data condensation, data presentation, and conclusion drawing (Miles et al., 2014; Miles & Huberman, 1984). The researcher grouped the data, then gave limitations according to the formulation of the problem, described, and drew conclusions through descriptive-analytical disclosure.

RESULT AND DISCUSSION

Repositioning Female Students of Dual Role in Academic

People's judgement of women is often negative, women are weak unlike men who are strong. However, women actually have more strength than men on one side of the equation (Sabariman, 2019). Therefore, women cannot be underestimated by men. In the world of lectures, women and men get a common problem in the form of time management patterns, there are many ways that can be implemented, such as making to-do lists, prioritising priorities, high commitment to busy schedules, and staying away from social media (Khoirunnisa et al., 2021).

In the research, it is evident that social media has a major impact on students' academic procrastination (Prihantoro et al., 2021; Touloupis & Campbell, 2024). Other research has also shown that people procrastinate on their tasks as a result of excessive preoccupation on social media (Przepiorka et al., 2023). Social media provides various features that make users become deceived, there are pictures, videos in the form of reels, and other features. The feature displays illustrations that attract social media users to linger using because there is fun and enjoyment while surfing in cyberspace, it makes academic work lag behind so that many tasks pile up and take a long time to work on.

Procrastination is common in the academic environment (Maji et al., 2024). Procrastination is the deliberate and unjustified postponement of a desired action despite the costs or unfavourable effects (Akbari et al., 2024). Academic procrastination is an important issue that must receive attention and understanding, especially in terms of fulfilling obligations for academic tasks. In general, what hinders students in doing assignments is due to lack of focus, low motivation, and distraction. Women as students experience various academic dilemmas due to the division of time between lectures and work outside of lectures, which has implications for not doing assignments. Therefore, an ideal form of time management is needed to realise the balance between women's dual roles and lectures. The existence of clear time arrangements will create a regular flow in daily activities. Completing academic assignments should be a priority for students in the midst of activities outside of lectures, students must be able to

create a stable condition for the completion of various tasks, this is so that there are no delays so that lectures are not completed. Academic obligations should be part of student life in order to foster an attitude of responsibility to avoid procrastination.

Academic Procrastination of State Islamic University Students

In the historical record, it is mentioned that there is a book that first discusses procrastination. The book was published in 1992 with the title *Milgram* which explains that there are two groups of people who live with the resulting expansion of various attachments and time constraints. Those societies are agrarian and technological societies, procrastination is present in societies that have accelerated in the world of technology (Nurjan, 2020). Nowadays, many students' lives are spent in the internet world, the internet has become a source of fast and practical knowledge search. However, internet facilities, if not managed wisely, will have a negative influence on students, making them unable to concentrate on learning (Hayani et al., 2022). Based on this narrative, procrastination is born from technological tools that are constantly undergoing dynamic development and drastic changes.

Etymologically, procrastination comes from the Latin *pro* or forward which means forward, and *crastinus* or tomorrow which means tomorrow, while procrastination in terms of terminology is a way for each individual in an effort to ward off worries about starting an activity and creating a stand. Academic procrastination is an obstacle for students in achieving academic success, it affects the decline in the quantity and quality

of education, raises pressure, and makes students' daily lives in anxiety (Handoyo et al., 2020). Procrastination is defined as the voluntary postponement of a desired action despite expecting negative consequences that outweigh the positive consequences of the postponement (Gagnon et al., 2022). In the end, this academic procrastination will hinder graduation and delays in fulfilling all kinds of demands of lecture work. Therefore, students must overcome the causes and effects of academic procrastination so that the educational process can run continuously. On the other hand, self-management, commitment and discipline to oneself are the keys to eliminating academic anxiety and fear. Academic procrastination occurs due to various aspects, both external and internal, so individuals must be able to take care of things in the soul, mind and external whispers to prevent academic negligence.

Furthermore, procrastination activities are at least a form of defeat in self-organisation, a decrease in confidence in self and self-power, and fear of failure for something that has not yet happened and is perfectionistic. Such behaviour affects the delay in making assignments, some research has shown that procrastination is very high in students (Handoyo et al., 2020). People who do procrastination are called procrastinators, this name is pinned to people who always do not want to complete the task. According to Justin D. McCloskey, procrastinators have a main problem, where the main problem is the absence of motivation or big dreams towards goals. Procrastinators have difficulty in choosing and organising time, so that procrastinators are confused to do real work because they are influenced by orientation.

Procrastinators can be seen from the difficulty in organising schedules optimally, which is the uniqueness of procrastinators because they are unable to balance between action and motivation. In the author's opinion, academic procrastination should be prevented as early as possible through the right lifestyle, role models from people around, and student discipline regulations (Rusdana et al., 2022).

Almost all students must have done academic procrastination (Hailikari et al., 2021), including female students who have dual roles, namely in addition to being female students at State Islamic University and also as mothers in the family environment and career women in the work environment. So that not also female students get workload. Workload is an individual's perception of the demands and scope of work (Z. Zhang et al., 2024). As for some female students at the State Islamic University who have dual roles, academic procrastination always has accompanying reasons, including:

Like PNF, Postgraduate Student of Arabic Language Education (PBA) at one of the State Islamic Universities, the reason for academic procrastination is due to the presence of college assignments, homework and work coming at the same time. So they are forced to postpone doing college assignments and do their duties and roles in other environments. In addition, as for what is a challenge in carrying out a dual role towards learning on campus is still thinking about the important feeling of doing assignments without seeing how high quality the assignments are done (PNF, 2023).

NS Postgraduate Students of Arabic Language Education (PBA) at one of the State Islamic Universities who make it a challenge

in carrying out dual roles towards learning on campus is that it is not easy to carry out three roles at once which makes her have to divide her attention between attention to children, attention to work and attention to coursework. So that the biggest challenge is always sacrificing rest hours to do coursework or domestic work at home (NS, 2023).

IA Postgraduate Student of Al-Qur'an Science (IAT) at one of the State Islamic Universities who made it the reason for committing academic procrastination was due to prioritising other coursework that could not be postponed and replaced and the collection time was close (IA, 2023).

NR Postgraduate Student of Islamic Religious Education (PAI) of one of the State Islamic Universities, W Postgraduate Student of Islamic Broadcasting Communication (KPI) of one of the State Islamic Universities and AS Postgraduate Student of Islamic Economics (EI) of one of the State Islamic Universities who made the reason for academic procrastination was because of her role in work that could not be replaced (AS, 2023; NR, 2023; W, 2023).

RDR, Postgraduate Student of Islamic Religious Education (PAI) at one of the State Islamic Universities, said that the reason for committing academic procrastination is the result of having to compose with an unplanned schedule. That is, when you have done several schedules in doing assignments, there are always other tasks at work and also home assignments. In addition, what is a challenge in carrying out dual roles towards learning on campus is that carrying out dual roles, especially taking care of husbands and children, is always a priority, which even makes coursework done inadequately (RDR, 2023).

NYA Postgraduate Student of Islamic Broadcasting Communication (KPI) of one of the State Islamic Universities and DB Postgraduate Student of Islamic Broadcasting Communication (KPI) of one of the State Islamic Universities and ZH Postgraduate Student of Islamic Education Management (MPI) of one of the State Islamic Universities who make it the reason for doing academic procrastination is due to laziness to see courses that are less preferred (DB, 2023; NYA, 2023; ZH, 2023).

Table 1. Reasons for Female Dual Role Students to Commit Academic Procrastination

No.	Full Name	Major/Campus	Reason
1.	PNF	PBA/UITN	Academic duties and motherhood come together
2.	NS	PBA/UITN	Difficult to manage time
3.	IA	IAT/UITN	Prioritising other tasks over academic work
4.	NR	PAI/UITN	Due to job
5.	W	KPI/UITN	Due to job
6.	AS	EI/UITN	Due to job
7.	RDR	PAI/UITN	Conducting compulsions on an unplanned schedule
8.	NYA	KPI/UITN	Feeling lazy
9.	DB	KPI/UITN	Feeling lazy
10.	ZH	MPI/UITN	Feeling lazy

Source: Results of Interviews with Informants

Based on the table above, female students with dual roles have several reasons why they do academic procrastination such as being lazy, having other jobs, deadlines always come up with ideas, there are sudden interests and it takes too long to prepare assignment materials. But of course, as students, they should be aware that in the academic world the lecture process is a very important and main need. This awareness will have an impact on the completion of assignments, so there are no expressions of sir, asking for additional time, just collecting tomorrow, and others. These various expressions prove that there is unpreparedness in collecting assignments, such events will make the culprit try to hunt for delays. Often student procrastination occurs without any goals, reasons, and arguments that can be accounted for. This action will form a character, causing prolonged problems and affecting the learning performance given by the lecturer. Of course, this is a big problem that must be eradicated and eradicated (Nur Wangid, 2014). Students have a variety of academic work, so there needs to be a balance between personal busyness and busy lectures. Lectures must be prioritised, while other activities are a place to rest in order to restore their condition to prepare to carry out the tasks that have been given. Thus, academic procrastination can be minimised, so that all kinds of distractions can be overcome and the task is completed.

The act of procrastination has a wide range of effects, if it happens to final students, it will affect the accreditation of majors and institutions. Good self-regulation is a wise step in reducing student procrastination, so this must be conveyed to students who are completing their final assignments. Because

students in the final semester often postpone the completion of theses, daily assignments, theses, and dissertations, without proper reasons. Therefore, it is very important for students to set metacognitive strategies, time management, and planning, in order to avoid procrastination. Where time management is the most efficient way to overcome academic procrastination (Khoirunnisa et al., 2021). Individuals taking too long to carry out an order is a common sign for procrastinators, there are four arguments for students who postpone tasks, namely irrational, poor time management, unable to focus, and experiencing boredom. Those are some of the factors inhibiting assignment completion ('Aisyah et al., 2021). Actually, students can refrain from procrastination if they have matured in understanding themselves and understand the extent of their ability to translate the various exercises assigned.

Time Management Model for Female Dual Role Students in Facing Academic Procrastination

Time management is all the activities that are carried out with all the planning and photographing in determining the main activities. Planning is orientated to strive so that the main activities can be implemented as well as possible in order to achieve a dream (Meilyana, 2021). Correct time management has a positive influence on the sustainability and continuity of an activity agenda to run perfectly. Time management is related to self-management to have a measurable and structured agenda (Simaremare et al., 2020). Students as academic people who take care of many things in lectures and management related to activities outside of lectures require

regular agenda planning. This management is intended so that there are no clashes between lecture assignments and other activities. A good form of time management is very urgent to apply which is useful for balance in living everyday time.

There is one phrase that is often said in relation to matters related to time management. The expression is that time is like money that contains high levels, time that is gone then automatically cannot come back. This is interesting because time must be utilised by everyone so that his life is not in vain and is always busy carrying out productive activities. Managing time well will have a big influence on a person so that his activities are always filled without being wasted. A person's weakness to manage time is the impetus for the emergence of academic stress (Vinahapsari & Rosita, 2020). Academic assignments managed by students should run based on determining the right schedule, this schedule serves to maintain physical, psychological, and mental conditions so that there is no decline in health and strength or disturbance of sleep. Adequate sleep is important to promote good physical and mental health (Meng et al., 2023; C. Zhang et al., 2023). Mental health among university students is an important and growing public health issue (Maria-Ioanna & Patra, 2022). Bedtime procrastination is a common phenomenon among college students, which has negative effects on sleep quality, attention, memory in class, and overall academic performance (Y. Yang et al., 2024; Zhuo, 2024). Therefore, it is important to create a daily agenda of activities to know the work that will be done on each day, such creation

will guide a person to appreciate and realise time to the fullest.

Proper organisation of time serves to encourage and maintain enthusiasm for learning (Rahmatullah & Sutama, 2021). Time management is a precious spring that must be arranged in such a way as to maximise the time available, so that time is filled and not wasted. Time management is related to how much time is utilised in fulfilling priority work, not about how much work is done. Time management skills are an ability that must be possessed by students in the midst of various activities undertaken. In this case, students are able to determine a provision that must be carried out immediately (Mansur N, 2018).

The time management applied by female students of State Islamic University with dual roles in dealing with academic procrastination, among others:

DB Postgraduate Student of Islamic Broadcasting Communication (KPI) at one of the State Islamic Universities in dealing with academic procrastination has its own model and tricks, namely having to be disciplined towards time and asking for help from her husband when the conditions are tight and she is unable to think. This step made her reduce her academic procrastination behaviour considerably (DB, 2023).

RDR Postgraduate Student of Islamic Religious Education (PAI) at a State Islamic University, AS, Postgraduate Student of Islamic Economics (EI) at a State Islamic University, and NS, Postgraduate Student of Arabic Language Education (PBA) at a State Islamic University, in dealing with academic procrastination, have their own models and

tricks, namely dividing time well between homework, teaching at school and doing college assignments. By dividing her time well, she can reduce her academic procrastination behaviour (AS, 2023; NS, 2023; RDR, 2023).

PNF Postgraduate Students of Arabic Language Education (PBA) at one of the State Islamic Universities in dealing with academic procrastination have their own models and tricks, namely always carrying out existing routines and maximising them and managing time to carry out these roles and tasks (PNF, 2023).

IA Postgraduate Student of Al-Qur'an Science (IAT) at a State Islamic University, W Postgraduate Student of Islamic Broadcasting Communication (KPI) at a State Islamic University, and ZH Postgraduate Student of

Islamic Education Management (MPI) at a State Islamic University, in dealing with academic procrastination, have their own models and tricks, namely by prioritising effective tasks. This makes it quite effective in reducing academic procrastination for himself and for W, this step slightly reduces academic procrastination behaviour (IA, 2023; W, 2023; ZH, 2023).

NR Postgraduate Student of Islamic Religious Education (PAI) at one of the State Islamic Universities in dealing with academic procrastination have their own models and tricks, namely making maximum efforts and always asking for guidance from God, carrying out all tasks by looking at their priorities. It was able to reduce academic procrastination behaviour for her (NR, 2023).

Table 2. Dual Role Student's Time Management in Reducing Academic Procrastination

No.	Full Name	Major/Campus	Time Management
1.	PNF	PBA/UIN	Time Sharing, Prioritising tasks, asking for help and maximising time well.
2.	NS	PBA/UIN	
3.	IA	IAT/UIN	
4.	NR	PAI/UIN	
5.	W	KPI/UIN	
6.	AS	EI/UIN	
7.	RDR	PAI/UIN	
8.	NYA	KPI/UIN	
9.	DB	KPI/UIN	
10.	ZH	MPI/UIN	

Source: Results of Interviews with Informants

Based on the explanation of the table above, it can be seen that the time management carried out by female students with dual roles in order to reduce academic procrastination is by dividing time and maximising it, doing tasks and roles according to their priorities and asking for help and understanding from their husbands and work environment in doing college assignments. With a pattern of time management that is carried out regularly, female students are able

to control themselves to carry out various kinds of activities in order to avoid unproductive behaviour that can result in procrastination. There are various types of students who are carrying out lectures, including those who like to discuss with their friends all night, study while working and socialising, and are addicted to games. These actions have implications for the inaccurate completion of student work in the academic space (Pertiwi, 2020). Students as intellectuals

who have the main task of learning should carry out time management and carry out tasks in a timely manner. So, correct time management is important to be applied in daily life which is useful for achieving the fulfilment of all academic work. Activities outside of lectures that are done must adapt to academic tasks, because the main job of students is to study, not work.

Perceived social support plays an important role in reducing procrastination (X. Yang et al., 2023). In addition, self-management has a positive correlation for students to achieve their desired achievements through time management. Self-management determines success in achieving the orientation of studying. Knowledge is achieved through a long struggle that requires serious effort to be embedded in the soul. Therefore, students must learn to maintain and increase motivation for a goal (Sari et al., 2017). Learning should be a benchmark that bridges the way to success. Efforts should be made to distance themselves from the character of wasting time. Time that is gone cannot return as before, this is the same as an opportunity that will not come twice in the same conditions. Respect for time must always be the main goal in life. Without realising the wheel of life time is always spinning which will not return, time management is very fundamentally implemented in adjusting between academic and work interests. The achievement of lecture achievements can be realised and carried out from the awareness of respect for time, so that learning does not get into trouble for the accuracy of graduation.

CONCLUSION

A learning model for dual-role female students in dealing with academic procrastination with proportional time management is very important to be implemented as an effort to avoid procrastination of academic tasks. There are many consequences of the emergence of

procrastination behaviour, including female students experiencing the completion of studies that should not be on time, causing an impact on psychology, life becomes irregular, and it is difficult to join together with many people. Female students as self-controllers must have the strength to keep procrastination behaviour away in order to be able to complete academic tasks in a timely manner. The ability of self-control will have a positive effect on the realisation of a balanced academic atmosphere. There is a lot of resistance needed for female students to be kept away from academic laziness, this research recommends to state Islamic universities, especially to female students for the ability to manage time between the world of lectures and the world of daily life, such as the role of wife, career woman, and student, then this must be arranged in such a way as to create a balance.

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