

**HUBUNGAN *SELF CONTROL* DAN PROKRASTINASI AKADEMIK
DENGAN INTENSITAS PENGGUNAAN MEDIA SOSIAL PADA
MAHASISWA PROGRAM STUDI KEDOKTERAN PROGRAM
SARJANA FAKULTAS KEDOKTERAN UPN “VETERAN” JAKARTA**

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ABSTRAK

Penggunaan media sosial di Indonesia mencapai 79,5% populasi, dengan rata-rata durasi 18 jam 41 menit per minggu, sehingga berpotensi memengaruhi perilaku mahasiswa, termasuk *self control* dan prokrastinasi akademik. Penelitian ini bertujuan mengetahui hubungan antara *self control* dan prokrastinasi akademik dengan intensitas penggunaan media sosial pada mahasiswa PSKPS Fakultas Kedokteran UPN “Veteran” Jakarta. Penelitian analitik observasional dengan desain *cross-sectional* ini dilakukan pada November 2025 terhadap 75 mahasiswa yang dipilih menggunakan *simple random sampling*. Instrumen yang digunakan yaitu *Brief Self Control Scale* (BSCS), *Procrastination Assessment Scale for Students* (PASS), dan Skala Intensitas Penggunaan Media Sosial (SIPMS). Hasil menunjukkan mayoritas responden memiliki *self control* sedang (76%), prokrastinasi akademik sedang (65,33%), dan intensitas penggunaan media sosial sedang (90,67%). Uji *likelihood ratio* menunjukkan terdapat hubungan signifikan antara *self control* dengan intensitas penggunaan media sosial ($p=0,045$), namun tidak terdapat hubungan antara prokrastinasi akademik dengan intensitas penggunaan media sosial ($p=0,292$). Simpulan: *self control* berhubungan dengan intensitas penggunaan media sosial, sedangkan prokrastinasi akademik tidak berhubungan.

Kata kunci: Intensitas penggunaan media sosial; Mahasiswa kedokteran; Prokrastinasi akademik; *Self control*.

***THE RELATIONSHIP BETWEEN SELF CONTROL AND ACADEMIC
PROCRASTINATION WITH THE INTENSITY OF SOCIAL MEDIA USE
AMONG UNDERGRADUATE MEDICAL STUDENTS AT THE FACULTY
OF MEDICINE, UPN “VETERAN” JAKARTA***

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ABSTRACT

The use of social media in Indonesia reaches 79.5% of the population, with an average duration of 18 hours and 41 minutes per week, potentially affecting student behavior, including self control and academic procrastination. This study aimed to examine the relationship between self control and academic procrastination with the intensity of social media use among pre-clinical students at the Faculty of Medicine, UPN “Veteran” Jakarta. This observational analytical cross-sectional study was conducted in November 2025 and involved 75 students selected through simple random sampling. The instruments used were the Brief Self control Scale (BSCS), Procrastination Assessment Scale for Students (PASS), and Social Media Usage Intensity Scale (SIPMS). The results showed that the majority of respondents had moderate self control (76%), moderate academic procrastination (65.33%), and moderate social media usage intensity (90.67%). The likelihood ratio test showed a significant relationship between self control and the intensity of social media use ($p=0.045$), but there was no relationship between academic procrastination and the intensity of social media use ($p=0.292$). Conclusion: Self control is related to the intensity of social media use, while academic procrastination is not.

Keywords: *Academic procrastination; Intensity of social media use; Medical students; Self control.*