The Influence of Anime Consumption on Academic Procrastination in Students

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Abstrak

Penelitian ini bertujuan untuk memperoleh informasi tentang pengaruh dari konsumsi anime terhadap sikap prokrastinasi akademik yang terjadi pada mahasiswa. Penelitian ini dilaksanakan pada bulan April 2022. Penelitian ini menggunakan metode penelitian dengan pendekatan deskriptif kuantitatif dengan populasi 60 mahasiswa yang berusia 17-25 tahun, dan menyukai anime. Instrumen penelitian menggunakan kuesioner yang terdiri dari 30 pernyataan *favorable* dan *unfavorable* yang diambil dari beberapa penelitian lain, kemudian disebarkan melalui google form secara acak. Teknik analisis data yang digunakan adalah dihitung menggunakan skala likert, dan diolah dengan menggunakan program Microsoft Excel. Berdasarkan hasil penelitian menunjukkan bahwa, (1) tingkat prokrastinasi dari mahasiswa yang mengkonsumsi anime ada di tingkat sedang, dengan persentase 81,6%, (2) pengaruh dari konsumsi anime terhadap sikap prokrastinasi akademik pada mahasiswa tidak terlalu berpengaruh, karena para mahasiswa memiliki skala prioritasnya, dan para mahasiswa hanya menonton anime ketika liburan saja.

Kata Kunci: *Pengaruh; Anime, Mahasiswa, Prokrastinasi, Akademik*

Abstract

This study aims to obtain information about the effect of anime consumption on academic procrastination attitudes that occur in students. This research was conducted in April 2022. This study uses a descriptive quantitative approach with a population of 60 students aged 17-25 years who likes anime. The research instrument used a questionnaire consisting of 30 favorable and unfavorable statements taken from several other studies, then distributed via google form randomly. The data analysis technique used is calculated using a Likert scale, and processed using the Microsoft Excel program. Based on the results of the study, (1) the procrastination level of students who consume anime is at a moderate level, with a percentage of 81.6%, and (2) the effect of anime consumption on students' academic procrastination attitudes is not too influential, because students have a scale priority, and students only watch anime on vacation.

Keywords: *Influence, Anime, Student,Procrastination, Academic*

INTRODUCTION

According to the Big Indonesian Dictionary (KBBI), students are people who study in higher education. While the definition of a student according to (Hartaji, 2012), is someone who is in the process of gaining knowledge or studying and is registered to be undergoing education in one form of higher education, whether academic, polytechnic, high school, institute, and university.

As students who have academic rights and obligations, sometimes there are some distractions that make students neglect to fulfill their academic obligations. Students themselves mostly do delay activities doing activities or tasks that they should be doing. This can be called academic procrastination behavior from the theory of Burka & Yuen. (Yuniar, 2021)

According to Nora, in her book (Learning Guidance and Counseling: Theory and Its Application: Edition 1), there are several problems in learning, one of which is academic procrastination. Academic procrastination is a term in learning problems that are used for individuals who like to procrastinate their homework or assignments related to school activities.(Yuniar, 2021)

Based on previous studies related to the title of this study, first, research conducted by Gultom states that academic procrastination is one of the reasons students feel disinterested in their assignments. (Gultom

et al., 2018). Second, Fauziah found that based on the theories put forward by Ferrari, Rizvi, Bruno, and Wulan it can be concluded that academic procrastination is caused by two factors, namely internal and external factors, based on external factors themselves due to the high level of task difficulty, lack of facilities to work on, lack of references, relying on friends, busy students outside campus, and accumulation of assignments.(Fauziah, 2016)

Third, Japanese cartoons or usually called anime are very popular today. Anime is a typical Japanese animation which is usually characterized by colorful pictures featuring characters in various locations and stories, aimed at various types of audiences (Aghnia, 2012). Anime is influenced by the style of manga drawings, typical Japanese comics. Anime is one of the animated films that are favored by children, teenagers and adults. Currently, anime has begun to develop in several parts of the world, including Indonesia. The entry of anime in Indonesia has led to the emergence of anime-loving communities. The anime community makes it easy for anime lovers to find information about the anime they like.

Fourth, the current development of anime in Indonesia is very rapid. Anime began to appear in Indonesia in the 1990s when Indonesian private television broadcast a lot of anime. This can be seen in the number of anime shows from 1990-to 2003 such as Doraemon, Pokemon, Digimon, Rurouni Kenshin, etc. (Yuliani, 2003). However, nowadays anime lovers enjoy anime by watching anime online or downloading anime from the internet. Many internet sites have appeared that have been created to download anime such as animeindo. tv, oploverz.net, animedesu. co, narutobleachloverz.net, samehadaku.net, wardhanime.net, and alibabasub.net (Rifai, 2015), making it easier for anime lovers to enjoy the current anime.

Furthermore, in previous studies, namely, fifth, according to Anjani (Sokalia Anjani & Puri Astiti, 2020) anime fans are not limited to children only, but also among teenagers and adults, from interviews conducted it can be seen that they like anime because of the interesting storyline, and influenced by his friends. Sixth, according to Rachmadiar, and Dwi mood and motivation have a very large effect on the learning achievements achieved by each student, therefore, when watching anime, usually it will relieve stress, and raise the mood, thus creating its own satisfaction and making students happy. many people prefer to watch anime. (Perdana & Rachmah, 2018). Normaliza also through his research said that anime has succeeded in making many people in the world interested and making them continuously read and watch, or indirectly make them addicted to anime.(Normaliza, 2014)

Seventh, Meiliza, Purwanti, and Sri in their journal on the Effect of Self-Control on Academic Procrastination of Class X Students of SMA Negeri 1 Sungai Ambawang said that procrastination can be said to be an inefficient behavior in using time. According to him, someone who does procrastination doesn't mean to avoid or don't want to know the task at hand, but they just procrastinate doing it, so that it takes up time and makes them fail to be on time. (Meiliza Purwanti, Purwanti, 2016)

The difference between this study and previous studies is that it focuses on the effect of anime consumption on students academic procrastination attitudes. In this study, we focus on internal factors that cause academic procrastination, namely watching entertainment or doing activities outside of student obligations.

Then the question from the various backgrounds that we write about is whether or not there is an influence of anime consumption on the attitude of academic procrastination in students. For this reason, the purpose of this study was to determine the effect of anime consumption on students' academic procrastination attitudes.

METHODS

The method used in this research is the descriptive quantitative method. The quantitative descriptive method is a type of research that describes various conditions, situations, or various variables that arise in a society that are the object of research based on what happened. This study aims to determine the effect of anime consumption on the attitude of academic procrastination that occurs in students, especially students who are undergoing lectures at the undergraduate level.

This research was conducted in April 2022. The population in this study is active students who like and enjoy watching anime. This study involved 60 respondents, consisting of undergraduate students at various universities in Indonesia, male and female aged 17-25 years. The data instrument of this study used the distribution of online questionnaires, namely through the google form application which consisted of 30 questions that were adapted to aspects of academic procrastination. This study uses a Likert scale with favorable and unfavorable statements. Then, the results of the research data instrument were calculated using a Likert scale and then added up by the researcher to be analyzed using the Microsoft Excel program.

RESULT AND DISCUSSION

Result

The results of the overall percentage of students' academic procrastination level categories on the influence of anime consumption are as follows:

Category	Interval	Quantity	Percentage
Low	< 62	7	11,6
Medium	62 <= X < 74	49	81,6
High	X > 74	4	6,6
Totality		60	100

Table 1 Level of Academic Procrastination of Students who consume anime, taken from the results Of research conducted through surveys with online questionnaires, google form applications.

From the overall results in the table above shows that there are 7 students (11.6%) in the low category or low procrastination level with a score range of less than 62, the medium category is 49 students (81.6%) with the same score range. with or more than 62 and less than 74, then there are 4 students (6.6%) in the category of High Academic Procrastination with a score range of more than 74. So it can be concluded that the level of student procrastination the influence of anime consumption is moderate with a percentage of 81.6% with a total of 49 students.

Discussion

Based on the results of data analysis that has been carried out using the Microsoft Excel program, the level of academic procrastination in students who consume anime is classified as moderate, with a percentage of 81.6% with a total of 49 students. This moderate level of academic procrastination shows that students who consume anime are quite able to overcome and control themselves against existing academic procrastination attitudes.

As Ferrari said (Fauziah, 2016), that the characteristics of academic procrastination are as follows: procrastinating doing assignments until the deadline for collection, being late in doing assignments, and choosing to do other activities that are much more enjoyable. The students themselves here have an activity that is much more fun than doing their assignments, such as traveling or watching anime. Most students who watch anime are considered students who like to procrastinate, and don't even do their assignments because they are busy watching anime. But from this research it can be proven, from one of the questionnaire questions, the statement states that "even though I often watch anime, but I rarely forget to do my assignments", in the results of the questionnaire distributed as many as 20% answered

strongly agree, and 42.6% answered agree, this shows that the stigma that students who consume anime are procrastinators, or academic procrastination.

According to Knaus, several reasons cause students to procrastinate, including poor time management. Procrastination means not being able to manage time wisely. This results in individuals tending to delay doing the tasks they are responsible for because there are no priorities and goals. (Makhinudin, 2019)

This can be proven by the results of questionnaires and interviews with the DN. In an interview with DN, she said that although she likes watching anime, she still has a priority scale in doing his daily activities. DN also said that she only watches anime when she is on vacation and that she always feels guilty when she delays doing his homework. It can be concluded that people who watch anime, especially students, are not people who will be lazy to move and procrastinate their work, because they have their priority scale.

Category	Frequency	Precentage
High	35	58,33
Medium	23	38,33
Low	2	3,33
Totality		100

Table 2 Research Results on Questionnaire Answers, the statement "although I like anime, but I have priorities"

Based on the results of the research that the researchers have done, the results show that students who consume anime and have a priority are in high frequency, as many as 58.33% or as many as 35 students. It can be concluded that the priority scale greatly affects the level of student academic procrastination.

CONCLUISON

Based on the results of the research that has been done, it can be concluded that the Priority Scale greatly affects the occurrence of Academic Procrastination in Students. This study shows that, (1) the level of procrastination of students who consume anime is at a moderate level, with a percentage of 81.6%, (2) the effect of anime consumption on students' academic procrastination attitudes is not too high, because students have a priority scale, and the students only watch anime when on vacation. The suggestions that can be submitted are as follows. (a) The need to set a good priority scale for each student, so as not to be trapped in academic procrastination. (b) The need for more respondents to prove the existing theory.

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