

# **THE RELATIONSHIP BETWEEN TASK AVERSIVENESS AND ACADEMIC PROCRASTINATION**

**ALFA ULAIYIL UDHAMA**

**Faculty of Psychology**

**Darul 'Ulum University Jombang**

**2025**

## **ABSTRACT**

Task aversiveness means task aversion, which is a tendency to avoid unpleasant tasks that manifest in the form of boredom, frustration, and hatred of academic tasks. This behavior is one of the factors causing students to commit academic procrastination. This study aims to determine whether there is a relationship between task aversiveness and academic procrastination. This study involved 62 respondents. The data collection technique was carried out online with a Google form using a purposive random sampling technique. The results of the correlation test analysis obtained a correlation coefficient ( $r_{xy}$ ) = 0,790 with a significance value ( $p$ ) of 0.000 ( $p < 0.05$ ). This indicates that there is a significant positive correlation between task aversiveness and academic procrastination, meaning that the higher the task aversiveness score, the higher the individual's academic procrastination score. The hypothesis in this study is accepted. The coefficient of determination obtained was  $r^2 = 0,6241$ , meaning that task aversiveness contributed 62,41 % to academic procrastination, with the remaining 37,59 % influenced by other factors.

**Keywords:** Task Aversiveness, Task Aversion, Academic Procrastination, Students.