

Hubungan Antara Bedtime Procrastination Dan Subjective Well-Being Pada Mahasiswa Dan Pekerja Di Masa Pandemi COVID-19 = The Relationship between Bedtime Procrastination and Subjective Well-Being in Student and Worker During the COVID-19 Pandemic

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Abstrak

Bedtime procrastination yang didefinisikan sebagai penundaan waktu tidur tanpa adanya alasan eksternal ditemukan terjadi pada mahasiswa dan pekerja selama masa pandemi Covid-19, sebagai dampak dari kebijakan Pembatasan Sosial Berskala Besar. Perilaku bedtime procrastination sendiri ditemukan berhubungan dengan beberapa variabel lain, salah satunya adalah subjective well-being. Penelitian ini bertujuan untuk menjelaskan apakah terdapat hubungan antara perilaku bedtime procrastination yang dilakukan oleh mahasiswa dan pekerja dengan subjective well-being mereka khususnya pada masa pandemi Covid-19, serta menjelaskan bagaimana dinamika perilaku bedtime procrastination pada sampel yang sama. Penelitian dilakukan pada 278 sampel, yang terdiri dari 143 orang mahasiswa dan 135 orang pekerja. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara bedtime procrastination dengan subjective well-being, serta tidak ditemukannya perbedaan perilaku bedtime procrastination antara kelompok mahasiswa dan pekerja.

..... Bedtime procrastination, defined as going to bed later than intended with no external reasons for doing so were found to occur in college students and workers during the Covid-19 pandemic, as the result of Pembatasan Sosial Berskala Besar policy. The behaviour itself was found to be related with several variables, one of which was subjective well-being. This study aims to explain whether there is a relationship between bedtime procrastination and subjective well-being in college students and workers especially during the Covid-19 pandemic, and also to explain whether there is a different between college students and workers in term of bedtime procrastination in the same sample. The study was conducted on 278 samples, consisting of 143 students and 135 workers. This study found that there was a significant negative relationship between bedtime procrastination and subjective well-being, and also there were no significant differences found in the term of bedtime procrastination behaviour between groups of college students and workers.