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## **Analysis of the Concept of *Istiqomah* in the Qur'an Surah *Al-Ashr* Prevention of Procrastination Among Generation Z**

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### **Abstract**

Surah *Al-Ashr* is one of the surahs in the Qur'an about the importance of making good use of time and living life with *Istiqomah*. In the context of generation Z, often facing the challenge of procrastination due to digital distraction, this surah provides strategic guidelines to build discipline. This study aims to analyze the concept of *Istiqomah* in Surah *Al-Ashr* and interpret it in the prevention of procrastination in generation Z. The method used is thematic interpretation study with descriptive analysis approach. The results showed that *Istiqomah* in Surah *Al-Ashr* includes being consistent in faith, doing good deeds, advising each other in goodness and patience. The implementation of these values in generation Z can encourage productive and structured utilization of time. This

article confirms that the values in the Qur'an can be a spiritual and practical solution in facing modern challenges, especially in improving time management and overcoming procrastination behavior.

**Keywords:** Generation Z, *Istiqomah*, Procrastination, Surat *Al-Ashr*

### Abstrak

Surat *Al-Ashr* merupakan salah satu surat dalam Al-Qur'an mengenai pentingnya memanfaatkan waktu dengan baik dan menjalankan kehidupan secara *Istiqomah*. Dalam konteks generasi Z, sering menghadapi tantangan prokrastinasi akibat distraksi digital, surat ini memberikan pedoman strategi untuk membangun disiplin. Penelitian ini bertujuan untuk menganalisis konsep *Istiqomah* dalam surat *Al-Ashr* serta diinterpretasikan dalam pencegahan prokrastinasi pada generasi Z. Metode yang digunakan adalah studi tafsir tematik dengan pendekatan deskriptif analitis. Hasil penelitian menunjukkan bahwa *Istiqomah* dalam surat *Al-Ashr* mencakup konsisten dalam beriman, beramal shalih, saling menasehati dalam kebaikan dan kesabaran. Implementasi nilai-nilai tersebut pada generasi Z dapat mendorong pemanfaatan waktu secara produktif dan terstruktur. Artikel ini menegaskan bahwa nilai-nilai yang ada dalam Al-Qur'an dapat menjadi solusi spiritual dan praktis dalam menghadapi tantangan modern, khususnya dalam meningkatkan manajemen waktu dan mengatasi perilaku prokrastinasi.

**Kata Kunci:** Generasi Z, *Istiqomah*, Prokrastinasi, Surat *Al-Ashr*

### Introduction

Procrastination, the habit of procrastinating work or tasks, is an increasingly common problem among the younger generation, especially generation Z. Instant lifestyle, high academic demands, and easy access to various types of entertainment through digital devices such as, *Google*, *YouTube*, *AI* and platforms *Online Other* (Zis et al., 2021, pp. 71–71). This can occur as a result of increasing dependence and duration of use of gadgets. Internet users in Indonesia will reach 221.5 million people or around 79.5% by 2024, with a duration of 8 hours of use to play social media. 8 hours for sleeping, 8 hours of other activities such as school, bathing, eating, praying and others. So that this has resulted in an increase in cases of procrastination, especially among college students.

Students who often procrastinate on assignments given by their lecturers, such as avoiding reading material for final exams by choosing to do other activities that are more fun until the night before the exam or postpone it by playing *games* until they forget time. This causes them to study all night so that they often do not understand the material well due to limited time resulting in a decrease in academic quality. Therefore, Islam emphasizes the importance of *Istiqomah*.

*Istiqomah*, which is consistent and diligent in doing good things. One of the *Term* The reference in this case is إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ deep الْمُسْتَقِيمَ Qur'an Surah Al-Fatihah verse 6. الْمُسْتَقِيمَ derived from the word قَامَ - يَقُومُ in the form of *Al-Sudasi*, which is often interpreted straight. From this, it can be understood that the so-called straight path is the truth that can be done resistively. The consequences of negligence or lack of understanding of this concept of *Istiqomah* will have an impact on the losses that are explicitly discussed in Surah *Al-Ashr*, about the importance of time and effort in achieving success. This letter gives a very relevant message to the problem of procrastination, namely that time is a very valuable asset and must be used as well as possible to do righteous deeds. In addition, although generation Z is often considered an individualistic and less religious generation, religious values such as *Istiqomah* are very relevant and can be *Istiqomah* for generation Z not to procrastinate (Zuhdi, 2011 : 117).

Several previous studies have discussed procrastination, including Andrias Pujiono (Pujiono, 2021), Hana Hanifah Fauziah (Fauziah, 2015) and Kurniawan (Kurniawan, 2016) explained that academic procrastination is one of the challenges in the world of education, especially for generation Z who are very close to social media. This shows that social media can be used as a learning medium because it has features that support the learning process, such as *so learning*. However, academic procrastination is also influenced by various factors, both internal such as physical and psychological conditions, as well as external factors such as the environment and parenting of both parents. In facing this challenge, the concept of *Istiqomah* that emphasizes perseverance and consistency in running a business, including in studying, can help individuals overcome the habit of procrastination and improve academic discipline. Therefore, using social media as an effective means of learning needs to be accompanied by an attitude of *Istiqomah* so that academic results can be more optimal.

Although there have been many studies that discuss procrastination and efforts to overcome it, research that specifically examines the role of the concept of *Istiqomah* in the Qur'an surah *Al-Ashr* in the prevention of procrastination among generation Z is still very limited. Therefore, this research is expected to fill this gap and make a significant contribution to the development of science, especially in the fields of Qur'an and Tafsir as well as psychology. Therefore, the formulation of the problem in this study is how the concept of *Istiqomah* in the Qur'an surah *Al-Ashr* can be interpreted in the context of preventing procrastination among generation Z. This research aims to make the concept of *Istiqomah* in the Qur'an surah *Al-Ashr* can be interpreted in the context of preventing procrastination among generation Z. Implications of benefits both theoretical and practical. Theoretically, this research is expected to contribute to the enrichment of Islamic knowledge about procrastination in generation Z.

Practically, this research is expected to make generation Z apply the concept of *Istiqomah* in daily life. The main problem in this study is that there is procrastination among generation Z.

## Theoretical Studies

Procrastination comes from the Latin *procrastinare*, which means to postpone until tomorrow (*pro* = forward, *crastinus* = tomorrow). In the context of modern psychology, procrastination is defined as the behavior of procrastinating to start or complete a task despite realizing that the procrastination will have a negative impact on oneself. Solomon, L. J., & Rothblum 1984:503) Steel (2007) called procrastination a form of self-regulation failure that causes a person to postpone work even though he knows the bad consequences of the procrastination. Steel, P 2007: 65–94) This is often not because of laziness, but because of emotional conflicts, lack of motivation, or the desire to avoid tasks that you find unpleasant.

In an effort to overcome this problem, it is necessary to explore various approaches, including approaches based on religious values. Islam, as the majority religion in Indonesia, offers various relevant concepts to overcome the problem of procrastination, one of which is the concept of *Istiqomah*. *Istiqomah*, which means determination in doing good and staying away from all forms of evil, is a fundamental value in Islam that can be the basis for a person to have self-discipline and avoid procrastination (Rahman 2018:92).

One of the academic interventions that will be carried out is the positive psychology approach, which is a renewal in the science of psychology by identifying the factors that help individuals, communities, and organizations to thrive by creating the power and goodness of psychology. To illustrate, Sin and Lyubomirsky define positive psychology interventions as programs, practices, treatment methods, or activities that aim to improve positive feelings, behaviors, or cognition. Intervention efforts can be realized through grit which is one of the positive psychological theories that can help success in academics.

Opinion Angela Duckworth Grit is one of the many predictors of achieving success. Rather, it is one of many factors that affect success. So that from a point of view, it will produce a one-dimensional or multidimensional construct. In addition, grit is more often used to deal with difficulties and achieve goals over a long period of time. In minimizing and preventing procrastination, according to the author, it is necessary to have additional characteristics that are not yet contained in the grit dimension, but are contained in another concept, namely *Istiqomah* (Husna 2024:3–4).

## Method

In this study, the author uses a qualitative approach to examine the concept of *Istiqomah* in the Qur'an surah *Al-Ashr* and how this concept can be used to overcome procrastination among generation Z. Qualitative approach is a research method that focuses on the collection and analysis of non-numerical data, such as text, images and observations. The primary data source in this study is the Qur'an surah *Al-Ashr*. The author uses the Qur'an surah *Al-Ashr* as a primary source. Meanwhile, secondary data sources are cited from sources that include books of commentary, articles, books that are relevant, credible and accessible with procrastination. The data analysis techniques used in this study are *Maudhu'i* (Suhadianto & Ananta, 2022, p. 73).

*Maudhu'i* is an analysis technique based on related verses in the Qur'an. To connect the verses of the Qur'an with the theme of procrastination through several steps. The first step determines the main theme, which is procrastination which includes procrastination behavior or responsibilities. Once the theme is determined, the next step is to search for keywords related to the theme of *Al-Ashr* in the Qur'an. The verses collected and analyzed such as the Qur'an surah *Al-Ashr*, the Qur'an surah At-Taubah verse 105, the Qur'an surah Al-A'raf aya 179. These verses are grouped by subthemes such as time management, productivity and the threat of laziness. Finally, concluding the relevant values of the Qur'an to provide solutions to procrastination behavior, with this approach, the concept of procrastination can be understood and overcome through the perspective of the Qur'an (Amin, 2003; 35).

## Result

Surah *Al-Ashr* describes four fundamental concepts that can be a guideline for generation Z in facing the challenges of procrastination, namely faith, good deeds, mutual counseling in the truth and patience can be applied in various aspects of daily life as follows: first, faith, generation Z often experiences identity confusion and loss of direction. Strong faith can be the foundation in the face of various social changes and cultural pressures. Generation Z can apply it by improving religious understanding through studies, maintaining a balance between technology and spirituality, and maintaining moral integrity in social interactions, both in the real and digital worlds. Second, righteous deeds, righteous deeds in the context of Generation Z are not only limited to ritual worship, but also include contributions to society and self-development. This can be applied by spreading positive content on social media, developing useful

skills, and avoiding procrastination to be more productive in completing academic and work assignments. Third, advising each other in the truth, in the midst of a rapid and often biased flow of information, Generation Z needs to have the courage to voice the truth, and become agents of change. Fourth, patience is the key for Generation Z in facing academic, social, and success pressures, because they will see failure as part of the learning process.

By applying the values in Surah Al-'Ashr, Generation Z can be wiser in making use of time, avoiding procrastination, and becoming more productive individuals. Understanding and applying these values not only helps in personal life, but also makes Generation Z able to bring a positive impact to society in today's digital era. However, in implementing the four concepts of the Qur'an Surah *Al-Ashr*, Generation Z faces a major challenge in the digital era, namely easy access to entertainment, social media, and various digital distractions that make it difficult for Generation Z to maintain these good habits consistently. Social media algorithms designed to retain attention often get users addicted to consuming instant content, making it difficult to focus on more productive and meaningful activities. To overcome these challenges, Generation Z needs to build self-discipline in using technology and create an environment that supports good habits. One way is to apply Digital Well-Being, such as limiting the use of social media, avoiding unhelpful content, and replacing it with more positive activities, such as reading, discussing, or participating in online studies. In addition, forming a community that has the same vision and values can also help maintain the spirit of *Istiqomah*, both in spiritual aspects and in daily productivity. The term is also derived from the Latin word *Procrastination*, with the prefix *pro* which means push forward or move forward, and suffix *crastinus*, which means the tendency to postpone or even reluctant to do activities until an indefinite time, postponing until the next time is the meaning of a combination of procrastination words (Wangid, 2014, p. 236).

## Discussion

### *Procrastination Discourse on Generation Z*

The term procrastination is used to describe the tendency to procrastinate on a task or work. A procrastinator is someone who procrastinates his or her work (Harkinawati, 2019, p. 10). The term procrastination comes from the Latin word *Procrastinare*, which means procrastinating until an indefinite time. The term is also derived from the Latin word *Procrastination*, with the prefix *pro* which means push forward or move forward, and suffix *crastinus*, which means the tendency to postpone or even reluctant to do activities until an indefinite time, postponing until the next time is the meaning of a combination of procrastination words (Wangid, 2014, p. 236).

In the early 17th century, the term procrastination was used to describe the condition in which people choose cognitively to maintain an action until the right moment. After the tendency to procrastinate had existed since a few years ago, in the mid-18th century when the industrial revolution appeared, procrastination began to be used as a negative consequence of wasting time before *Deadline* (Reyes Trelles et al., 2024, p. e40787). However, this becomes a problem when societies in an increasingly advanced culture place discipline to adhere to schedules. In more advanced societies, the term procrastination becomes more important as time goes by (Asri, 2015, p. 16). Brown and Holzman were the first to use the term procrastination in the scientific realm. A procrastinator is someone who delays his or her work. Academic procrastination is the inability to complete formal tasks related to education, such as schoolwork, lectures, or courses. Academic procrastination is a behavior of deliberate procrastination into an invidu habit that is considered more enjoyable. Psychological dynamics say that students become academic procrastinators when they accept assignments and don't complete them (Hidayati & Aulia, 2019, p. 130).

Generation Z is people born between 1996 and 2010. Those identified as having goal-oriented traits, love to share, value diversity, and support social change. One of the most prominent characteristics of Generation Z is their reliance on technology, devices, and random information tracking. Generation Z was born in a highly sophisticated era where the internet has spread all over the world. Generation Z is also referred to as Gen NET because they are very dependent on technology and are proficient in using various sources of information. Generation Z has the ability to access any information from any device that is nearby (Kristowati, 2021, pp. 3–4).

Based on a survey involving 54 students, the results of the analysis showed that the distribution of diverse abilities in the high category was 33.33% of students, the very high category was 5.56%, the medium category was 29.63% of students, the low category was 27.78%, and the very low category was 3.70%. In addition to the classification based on the category of ability data, this also shows a comparison of academic procrastination between male and female students, it is shown that the category is very high in male students 22.22%, female students 2.22%, in the high, medium and low categories of female students 31.11%. Meanwhile, male students were 44.45% high, 22.22% moderate, 0.00% low. Meanwhile, in the very low category, female students are 4.45%, male students are 11.11%. Judging from the data above, both male and female students have the same tendency to procrastinate or procrastinate (Anisa et al., 2023, pp. 30–31).

### *The Concept of Istiqomah in the Qur'an*

The word *Istiqomah* comes from the root of the word **إِسْتَقَامَ - يَسْتَقِيمُ** which means straight, firm and consistent (Mahmud al-Mishri Abu Ammar, 2016, p. 23). According to the "Islamic Encyclopedia" *Istiqomah* is the condition of a person who is firm in the straight path that has been shown by Allah SWT. The Qur'an also commands us to *Istiqomah* in terms of goodness, among others, the Qur'an surah Al-Ahqaf verses 13-14, the Qur'an surah Jonah verse 89, the Qur'an surah Hud verse 112, the Qur'an surah al-Shura verse 15, the Qur'an surah Fussilat verses 6 and 30, the Qur'an surah At-Taubah verse 7, the Qur'an surah Al-Jin verse 16, and the Qur'an surah At Takwir verse 28 (Hadi, 2018, p. 15). *Istiqomah* and procrastination are two opposite things, a person who has the nature of *Istiqomah* will continue to try to carry out the commandments and prohibitions of Allah swt consistently while procrastination is the habit of procrastinating work or obligations until they forget time so that it leads to negligence. In Islam, *Istiqomah* is highly recommended because it reflects the seriousness of a servant (Purnama & Muis, 2017, pp. 685–687). A person who is *Istiqomah* will always be aware that every time has value and good deeds that are done consistently to bring good luck in this world and the hereafter. *Istiqomah* makes a solution to avoid procrastination, a person will appreciate time, discipline and focus more with the goal because procrastination only brings losses and regrets. *Istiqomah* is the key to preventing procrastination habits. Therefore, it is important for every individual to have an *Istiqomah* attitude to avoid the habit of procrastinating.

Procrastination often arises due to weak determination and lack of awareness of the importance of time, there are four important roles in the prevention of procrastination. First **الذين آمنوا**, faith is the main foundation that encourages to remain steadfast in carrying out duties and responsibilities so that strong faith makes a person realize that time is a mandate from Allah. Second **عملوا الصالحات** includes all good deeds done consistently, generation Z who understand the importance of charity, will be encouraged to complete tasks on time as part of worship. Third, Generation Z is very connected through social media, if the value of advising each other in the truth will create positive communication that supports productivity. Fourth patience, is the key to overcoming challenges, because *Istiqomah* requires patience and time. By understanding faith, doing righteous deeds, advising each other about the truth and patience become an example for generation Z to overcome the habit of procrastination in living a more productive life.

## *Analysis of the Qur'an Concept of Surah Al-Ashr in the Prevention of Procrastination*

Etymologically, the word "Al-Ashr" comes from the word *عصر* which means to squeeze, squeeze or press something so that what is in the innermost part of it appears out or appears on it. A wind that is so strong that it breaks everything is called "Ashr" or time" when the sun's path goes beyond the center and goes to its lowest point, is called "Al-Ashr or asar. This naming is due to the fact that the person who has been squeezing his energy since the morning expects the results of his efforts. Al-Mu'shirat is the name of a cloud that contains water grains that then gather, so that it pours rain because of its weight (Ricky et al., 2024, pp. 3578–3579).

*Al-Ashr* is defined as the time after the sun slips to set, due to its existence as the ash prayer or the period of life. Surah *Al-Ashr* is the 103rd surah in the Qur'an and consists of three verses. This surah begins with a sentence containing an oath using *waw al-qasam*, namely *والعصر* in the Qur'an there are four words *عصر* derived from the word *عصر*. Al-Qur'an surah *Al-Ashr* verse 1, the Qur'an surah *An-Naba* verse 14, the Qur'an surah *Yusuf* verses 49 and 36.

*Al-Ashr* which means time or time. God does not explain how to manage time. However, Allah explains it in the Qur'an surah *Al-Ashr*, the first verse of *العصر* Allah swears to keep time, then Allah reminds that whoever wastes time will lose (Ath-Thabari, 2007 : 290–292) In the last verse, Allah explains the true meaning of the time when a person declares his faith and performs actions that are beneficial to himself and others and lastly, reminding one another.

The word "*Al-insan*" in the second verse comes from the word "*mufrod*", referring to all people, both believers and infidels. In the last verse of Surah *Al-Ashr* Al-Qur'an uses the word "charity" or work to describe the use of human power, including thought, physical, heart and conscious life by humans. Word "São Paulo" Derived from the word "*Shalihah*" which is an antonym of eloquent which means broken. Therefore, the word "*salih*" is used to describe the absence of damage. Word "*Watawashau*" which is generally interpreted as instructing well, comes from the word *washa*. Word "*Al-Haqq*" according to Al-Baghowi the word *al-haqq* refers to the Qur'an while *Hasan*, *Qotada* and *Muqotil* said that the term *Haqq* interpreted as faith and monotheism (Al-Baghwaji, 1997).

Allah swt is the center of all that is righteous. Religious values are also *haq* because they must remain and cannot be changed. Something cannot change because it is fixed and true. This short letter of three verses shows a complete concept of human

life as Islam intends, with a great and complete essence. The signs are very clearly and meticulously visible.

The four concepts in Surah *Al-Ashr* referring to Islamic sharia are discussed thoroughly in a few short sentences in this Sura. In addition, in the third verse of Surah *Al-Ashr* Allah associates Muslims with their nature and actions. The great essence found in this surah is that there are only four beneficial concepts and one path of salvation whose boundaries have been delineated and explained by Surah *Al-Ashr*. The opposite of it is futility and loss. The concept is faith, charity, advising each other to obey the truth and patience.

## Conclusion

Based on the discussion, the analysis of the concept of *Istiqomah* in the Qur'an surah *Al-Ashr* prevents procrastination in generation Z can be concluded that surah *Al-Ashr* emphasizes the importance of making good use of time and adhering to good values. The concept of *Istiqomah*, which means resistance in doing good, can be a solution to prevent procrastination among generation Z. Verses in Surah *Al-Ashr* provide four concepts of values, namely faith, deeds of sholah, mutual respect in truth and patience. Through the cultivation and implementation of these values, it gives birth to awareness in generation Z to be able to develop a high attitude of discipline, responsibility and productivity so as to avoid the habit of procrastination or procrastination.

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