

**THE EFFECT OF AN ISLAMIC VOLITIONAL TRAINING
ON VOLITION, ACADEMIC SELF-REGULATION,
AND ACADEMIC PROCRASTINATION**

**A thesis submitted to the Centre for Graduate Studies in full
fulfillment of the requirements for the degree of Doctor of
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ABSTRAK

Kajian ini bertujuan untuk mengkaji konsep musabarah atau "*volition*" (keazaman) dari perspektif Islam. Kajian ini melihat keberkesanan latihan musabarah dalam meningkatkan tahap musabarah serta kesannya ke atas tahap regulasi sendiri akademik dan masalah bengkalai akademik.

Bahagian pertama kajian adalah analisa korelasi antara semua skala yang digunakan. Skala-skala tersebut mengukur tahap komitmen agama, musabarah, regulasi sendiri akademik serta tahap masalah bengkalai akademik.

Bahagian kedua adalah kajian berbentuk separa-eksperimen melibatkan tiga kumpulan pelajar pengajian tinggi berjumlah 134 prasiswa. Kumpulan kajian didedahkan kepada latihan musabarah berteraskan ibadah sunat beserta latihan pengurusan masa. Kumpulan kedua didedahkan kepada latihan pengurusan masa tanpa mengaitkan dengan pengisian agama. Kumpulan kawalan hanya menjalani ujian pra dan pos

Analisa GLM ANOVA berulang serta siri ujian t antara kumpulan menunjukkan latihan musabarah telah berkesan meningkatkan dengan signifikan tahap musabarah dan tahap regulasi sendiri akademik. Namun, penurunan tahap masalah bengkalai tidak signifikan.

Secara keseluruhan, subjek wanita mempunyai skor yang lebih tinggi dari subjek lelaki bagi dua dari tiga kumpulan tersebut. Mereka juga menunjukkan peningkatan yang lebih tinggi

berbanding subjek lelaki, tetapi perbezaan tersebut tidak signifikan, kecuali bagi skala Barat yang mengukur tahap keazaman.

Secara keseluruhan, subjek yang mempunyai tahap komitmen agama yang tinggi mempunyai skor yang lebih tinggi berbanding dengan mereka yang rendah komitmen agama. Analisa interaksi bagi jenis latihan dan tahap agama adalah signifikan.

ABSTRACT

The purpose of this study was to explore the concept of volition according to the Islamic perspective. This was done by examining the effectiveness of an Islamic volitional training program in raising the level of volition, and its effect on the level of academic self-regulation and academic procrastination.

The first part of the study was a set correlational analyses among the measures used: These were measures for religiosity, *musabarah* or volition, academic self-regulation, and academic procrastination.

The second part of the study was a quasi-experimental pre-post study involving three groups of students from a local university ($n = 134$). The treatment group was exposed to six weekly on hour sessions of an Islamic volitional strength training integrated with a time management skills training, while the comparative treatment group was given time management training with no volitional exercises. Both groups were educated on the concept of procrastination. The no treatment control were only given pre and post questionnaires.

GLM repeated measure analysis and multiple t-tests among the groups showed that the Islamic volitional treatment was effective in significantly raising the level of volition and academic self-regulation, but the improvement for academic procrastination was not significant.

Female participants showed better overall scores in two out of the three groups, and they showed better overall improvement,

but the differences were not significant except for the established measures of volition.

Overall, high religiosity participants showed better scores than their low religiosity counterparts, but they did not show better improvements.

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Dedications

In the name of Allah, Most Beneficent, Most Merciful

Salawat and Salam on the Prophet Rasullullah S.A.W.

I would like to dedicate this thesis to my husband Aidi, who has shared with me everything - including the process of this thesis. Also, dedications to my children Iman, Muhammad, Isa, Ibrahim, Anis, and Nuh, who have accompanied me through the process, and have made it meaningful.

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CHAPTER ONE

PROCRASTINATION, SELF-REGULATION, AND ACADEMIC ACHIEVEMENT

Procrastination in the Malay Culture

There is a Malay proverb rebuking against the act of procrastination: "*Kerja berdikit tak bertahan, kerja bertanggung tak menjadi*" (Work in small steps will not be stalled, Work stalled will never be). This Malay proverb shows the ideal work values in the Malay culture. If you are patient and willing to work bit by bit, you will eventually be done, but if you are awed by how much the work is and never get started, you will never get the work done.

However, a better known proverb reflects what is perhaps the more popular work culture: "*Takkan lari gunung dikejar*" (A mountain chased will not run). This proverb originally meant to inspire patience, but it has often been misquoted as a justification of putting off work – loosely interpreted as "there is no hurry to do today, what can be put off until tomorrow."

These two dominant and contradicting values coexisting in the Malay culture results in the acknowledgment of procrastination as a common problem among the Malay people.

The Malay language distinguishes between delaying work for legitimate reasons and delaying work for non-legitimate reasons. "*Menangguhkan*" is delaying a task on purpose, while "*menangguh-nangguhkan*" is delaying work because of laziness or other personal

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