



The Relationship Between the Intensity of Artificial Intelligence (AI) Usage and Academic Procrastination Among Generation Z Students in the Digital Era

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ABSTRACT

Development Artificial Intelligence (AI) has change pattern Study students, in particular Generation Z is very coexisting and adaptive to digital technology. Research This aim for test connection between intensity use of AI with Procrastination Academic student Generation Z. Research This use approach quantitative with correlational design. Subject study This totaling 150 students active selected use technique purposive sampling method research used covering scale intensity AI use and scale Procrastination academic. Data analysis using Pearson correlation test. Research results show that existence significant relationship between intensity AI users with procrastination academic with $r = 0.35$; $p < 0.01$). Research results show the taller intensity use of AI without good regulation, then trend procrastination academics also increased.

INTRODUCTION

Development very rapid digital technology bring very significant changes in various aspect life, especially in the world of education. Davis (1989) in the theory The Technology Acceptance Model (TAM) explains that somebody will use technology If feel technology they have benefits and easy used. One of the highly developed innovation related rapid with technology is with presence Artificial Intelligence (AI) Technology This allows student for access information in a way fast, do it tasks, as well as understand material learning in lectures with easy. Various platforms including like ChatGPT, Google Gemini, Grammarly, Canva, Gamma, has become part from activities student during studying.

Student Generation Z is students who grew up in a digital environment since early, so that own high adaptability to technology. Russel (2021) The use of AI is mainly student in life daily can influence various aspect behavior, such as method learning, management time and also procrastination academic. Convenience access especially AI makes student the more depending on usage digital devices especially AI that have the potential increase efficiency learning, but also giving rise to challenge new in learning academic. The phenomenon that became problem specifically in lectures is procrastination academic, where student tend postpone finish task academic although realize will existence sanctions when too late. According to Steel (2007) Procrastination is form failure regulations self, which is influenced factor motivation, impulsivity and perception to assignment. Ferrari et al. (1995) Procrastination the more appear where is the era of technology the more advanced and superior. In the use of AI is emerging phenomenon new in the student world Where student tend postpone task Because feel can finish with fast when they use AI technology is approaching limit specified time lecturer.

LITERATURE REVIEW

According to Bandura (1986) behavior individual influenced by interaction between personal, environmental and behavioral factors That itself. The use of AI in learning own characteristic dualism, one side using AI can help increase productivity Study students. However, on the other hand using AI excessively without control self will cause behavior procrastination. Therefore, that in today's digital era This important for study connection between intensity use of AI with procrastination academics in Gen Z students.

METHODOLOGY

Method study This use approach quantitative with design correlational for now connection between intensity use of AI with procrastination academics in students Generation Z. Subject study There are 150 students' active generation Z lectures. Techniques for taking sample in study This use purposive sampling with criteria as following:

- a. Student active in the city Madiun
- b. Aged 18-25 years
- c. Once using AI in activity learning

Instrument in study This use scale Intensity AI usage and scale procrastination academic. Intensity Scale The use of AI is used for measure frequency and duration use of AI in activities academic, Procrastination Scale Academic For measure trend postpone task academic based on indicator; delay assignments, delays collection, gap between plans and actions, and anxiety Academic. Data analysis techniques using normality tests, linearity tests and correlation tests Pearson.

RESULT AND DISCUSSION

Anova test results show that mark significance of 0.000 which means method regression used in study worthy and significant for see prediction connection between intensity use of AI with procrastination academic Gen Z students in the digital era. Analysis results show that the data is normally and linearly distributed, Correlation test Pearson show that r value = 0.35 and $p < 0.01$. So that results study This show that there is connection significant positive between intensity use Artificial Intelligence (AI) with procrastination academic Gen Z students. This means that the taller intensity uses Artificial Intelligence (AI), then trend procrastination academics are also increasingly tall.

Research result show that intensity the use of AI has significant relationship with procrastination academic Gen Z students. Findings This show that convenience in accessing AI can bring up trend student for procrastination assigned tasks lecturer in learning academic learning in lectures, especially when student have perception that task can completed with correct and fast use AI technology.

Understanding phenomenon This in line with draft about procrastination as a self-regulation failure, where individual experience difficulty in manage time when There are tasks to be done completed, individual tend postpone work when There is alternative more activities interesting or give decision instant, Steel (2007). Sahin (2025) said that procrastination academic work carried out student caused by thinking irrational so that will influence on the way views and behaviours. Unauthorized use of AI controlled with Good can strengthen trend for postpone task Because lower urgency in start does task more early and right time. However, results study this is also not close possibility that AI can functioning as a medium that can help reduce procrastination If used in a way precise and adaptive. Zimmerman (2000) Students who have regulations good self tend using this AI as tool help, they so that more innovative and productive, and vice versa If student have regulations self-low tendency for procrastination task.

Rahayu (2023) AI can reduce bias in learning and providing bait accurate and precise feedback time, so that student utilise the existence of AI. In addition, that characteristics Gen Z students are accustomed to with speed and versatility instant in use technology that makes contribution also to procrastination. Habit instant This can lower Power stand student to assigned tasks in lectures that require business high cognitive. Solomon (1984) procrastination academic student No only influenced internal factors such as

anxiety and fear fail but it is also influenced by factors external that is development AI technology. With thus AI can interpreted as a "knife eyed two " in context learning students, namely can increase productivity and efficiency at a time potential for strengthen procrastination.

CONCLUSIONS AND RECOMMENDATIONS

There is a relationship significant positive between intensity use Artificial Intelligence (AI) with procrastination academic student Generation Z in the digital era. Increasingly tall intensity uses of AI, then the taller trend procrastination academic. Recommendations For research and development more carry on related with AI, namely with do studies deeper about impact the use of AI is related with results academic and also steps strategic for overcome challenges in the digital era especially generation Z.

FURTHER STUDY

This research still has limitations so further research on this topic is still needed "The Relationship Between the Intensity of Artificial Intelligence (AI) Usage and Academic Procrastination Among Generation Z Students in the Digital Era".

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