



**Designing a Digital Interactive Book as a Form of Self-
Development in an Effort to Reduce Academic
Procrastination Among Gen Z**

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A Thesis Submitted to the Faculty of Art, Design, and Architecture

President University,

As Partial Fulfilment of Requirements for Sarjana Desain

In Visual Communication Design

Bekasi, Indonesia

TURNITIN PLAGIARISM RESULT

Designing a Digital Interactive Book as a Form of Self-Development in an Effort to Reduce Academic Procrastination Among Gen Z

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11 Background

Every individual has different priorities in life. However, having a lot of work makes people confused about completing the work. This confusion often makes a person delay completing work and avoid remembering their work. In the world of education, it is also unavoidable, because education has become a daily necessity with various tasks obtained from teachers (Lisnawati, 2022). The main purpose of educators when giving assignments is to encourage students to study harder and complete them well. This assignment aims to make students more disciplined, responsible, and wiser in managing their time for useful activities such as in the academic field. According to Paragita (2022), in the learning process, not a few students experience academic problems at school, such as difficulties in completing school assignments, facing exams, managing study time, and so on. This often leads students to postpone their work and try to find other, more interesting diversions. This phenomenon is commonly referred to as "procrastination". The word procrastination comes from the Latin procrastinare, which is the word pro which means forward, forward, moving forward, and crastinus which means tomorrow or being tomorrow (Wulandari, et. al, 2021). Procrastination is a behavior that is inefficient in using time and there is a tendency not to start a job when facing a task immediately. According to Wicaksono (2017), Procrastination is the behavior of postponing an activity/job until the next time and replacing it with another activity even though the level of importance is lower. According to PDDikti (2023), there are 9.6 million students in Indonesia, while Generation Z makes up 27.94% of the country's population (Central Statistics Agency, 2021). Thus, it is possible to approximate the number of students in Generation Z to be 6.9 million.

ABSTRACT

Academic procrastination is among the most frequent problems Generation Z students encounter, particularly in their second to final year, especially in the digital age, where various distractions are offered. As a visual communication design student, the author wants to contribute to reducing academic procrastination by designing a digital interactive book. The data for the materials will be gathered using qualitative methods, including a literature review and in-depth interviews with experts including a psychologist, a UI/UX designer, and related target users. The finished output will be evaluated and tested to establish whether the digital interactive self-development book is an effective tool for addressing the research topics. The findings indicate that digital interactive book media can deliver an enjoyable reading experience for the target audience. The audience seems to enjoy the material delivered, with positive remarks and reactions to the digital book. They were also able to accurately answer practically all questions about the digital book material.

Keywords: *Procrastination, Academic Procrastination, Digital Interactive Book, Gen Z*

ACKNOWLEDGEMENT

Thanks to Allah SWT. for His grace and mercy, in giving the opportunity so that the author can finally complete the thesis final report. The author also wants to say thank you to all individuals who support and give assistance in the process of creating the thesis report and the outcome:

1. My parents and my family, who never stopped to give prayers, support, and trust to the author to be able to complete the studies well.
2. Ma'am Fransiska Rachel and Mr Rinaldi Aditya, who always give the best advice and guide the author throughout the final project.
3. My sister, Alna who always present to accompanies me everytime I need.
4. Kasuari, Ayank, Niak, Qilut, Baniyut, Bio, Talitut, who are always present in difficulty and pleasure.
5. My beloved friends, Radit, Jeje, Hamnur, Jaki, Adrian, who are always cheered when the author is feeling burned out.
6. The Psychologist and the UI/UX designer, for the knowledge they share with the author.
7. All the target users, for the time they spared to help the author collect the data and complete the thesis requirements.
8. JKT48, for keeping the author sane.
9. My Spotify playlist and the artists inside, for company on a lonely day.

The author used all her abilities to complete the thesis report and acknowledged that this project was still imperfect. The author really appreciates the future research that will complete the lack of this project. Hopefully, this project can be useful for readers and upcoming research.

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