

## DAFTAR PUSTAKA

- Arikunto, Suharsimi. (2010). *Prosedur penelitian: Suatu pendekatan praktik*. Jakarta: Rineka Cipta.
- Beck, Judith. S. (2011). *Cognitive behavior therapy: Basic and beyond*. USA: Guilford Press.
- Corey, Gerald. (2012). *Theory & practice of group counseling*. USA: Brooks/Cole.
- Dewi, Rosmala. (2020). *Profesionalisasi guru bimbingan konseling melalui penelitian tindakan bimbingan konseling*. Medan:-
- Ferrari, J.R., Johnson, J.L., & McCown, W.G. (1995). *Procrastination and task avoidance: Theory, research and treatment*. New York: Plenum Press.
- Ghufron, M.N., & Risnawita, R. (2010). *Teori-teori psikologi*. Yogyakarta: Ar-Ruz Media.
- Green, Leon. (1982). Minority students self control of procrastination. *Journal of counseling psycology*, 29(6), 636-644.
- Gulo, W. (2002). *Metodologi penelitian*. Jakarta: Gramedia Widiasarana Indonesia.
- Gunarsa, D. Singgih. (1996). *Konseling dan psikoterapi*. Jakarta: Gunung Mulia.
- Hurlock, E.B. (1980). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan*. Jakarta: Erlangga.
- Knaus, W. (2010). *End procrastination now*. New york: Mac Graw Hill.
- Kurnanto, M. Edi. (2013). *Konseling kelompok*. Bandung: Alfabeta.
- Lubis, N.L., & Hasnida. (2016). *Konseling kelompok*. Medan: Kencana.
- McLeod, John. (2003). *An introduction to counseling*. New york: Mac Graw Hill.
- Menanti, Asih. (2013). *Penelitian eksperimen*. Medan: Universitas Negeri Medan.
- Munawaroh, M.L., Alhadi, S., & Saputra, W.N.E. (2017). Tingkat prokrastinasi akademik siswa sekolah menengah pertama Muhammadiyah 9 Yogyakarta. *Jurnal kajian bimbingan dan konseling*, 2(1), 26-31.

- Murad, Abdul. (2009). *Konseling kelompok: Teori, asumsi, konsep dan aplikasi*. Bandung: Rizqi Press.
- O'donohue, W.T., & Fisher, J.E. (2012). *Cognitive behavior therapy: Prinsip-prinsip utama untuk praktik*. Yogyakarta: Pustaka Belajar.
- Oemarjoedi, A. Kasandra. (2003). *Pendekatan Cognitive Behavior dalam Psikoterapi*. Jakarta: Creative Media.
- Prayitno & Amti, Erman. (2013). *Dasar-dasar bimbingan & konseling*. Jakarta: Rineka Cipta.
- Priyono. (2008). *Metode penelitian kuantitatif*. Surabaya: Zifatama.
- Ramadhan, R.P., & Winata, H. (2016). Prokrastinasi akademik menurunkan prestasi belajar siswa. *Jurnal pendidikan manajemen perkantoran*, 1(1), 154-159.
- Robertson, Donald. (2010). *The philosophy of cognitive behavioral therapy (CBT)*. London: Karnac.
- Setiyana, S. (2018). *Pengaruh konseling kelompok teknik cognitive behavior therapy terhadap penurunan prokrastinasi akademik (penelitian pada siswa kelas X SMK Muhammadiyah 1 Bandongan)* (Skripsi, Universitas Muhammadiyah Magelang, Magelang, Indonesia). Diakses dari <https://www.google.com/url?sa=t&source=web&rct=j&url=http://eprintslib.umgl.ac.id/148/1/14.14.0301>.
- Solomon, L.J., & Rothblum, E.D. (1984). Academic procrastination frequency and cognitive behavior correlates. *Journal of counseling psychology*, 31(4), 503-509.
- Stewart, J.G., Webb, C.A., & Averbach, R.P. (2016). *Cognitive behavior therapy for depressed adolescents*. New York: Routledge.
- Sudjana. (2005). *Metoda statistika*. Bandung: Tarsito.
- Sugiyono. (2009). *Metodologi penelitian pendidikan: Pendekatan kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta.
- Toker, B., & Avci, R. (2015). Effect of cognitive behavior therapy based skill training on academic procrastination behavior of university students. *Educational sciences journal: Theory and practice*, 15(5), 1157-1168.
- Tolin, David. F. (2016). *Doing CBT: A comprehensive guide to working with behavior, thoughts and emotions*. New York: Guilford Press.

Wang, Shuo., dkk. (2017). Acceptance and commitment therapy and cognitive behavioral therapy as treatments for academic procrastination: A Randomized controlled group session. *Sage journal*, 17(1), 48-58.



THE  
*Character Building*  
UNIVERSITY