

ABSTRAK

ANNISA FITRI. NIM 1173151005. Pengaruh Konseling Kelompok Pendekatan *Cognitive Behavior Therapy* Terhadap Perilaku Prokrastinasi Akademik Siswa Kelas VII di MTsN 2 Labuhanbatu Tahun Ajaran 2020/2021.

Tujuan penelitian ini untuk mengetahui pengaruh konseling kelompok pendekatan *cognitive behavior therapy* terhadap perilaku prokrastinasi akademik siswa kelas VII di MTs Negeri 2 Labuhanbatu. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan *quasi experiment*, yaitu penelitian yang dilakukan dengan memberi perlakuan kepada sekelompok orang yang dijadikan subjek penelitian. Subjek penelitian adalah siswa yang memiliki perilaku prokrastinasi akademik di kelas VII MTs Negeri 2 Labuhanbatu yang berjumlah 6 orang siswa. Instrumen yang digunakan adalah angket perilaku prokrastinasi akademik. Teknik analisis data menggunakan uji jenjang bertanda *wilcoxon*. Hasil penelitian menunjukkan bahwa ada pengaruh signifikan konseling kelompok pendekatan *cognitive behavior therapy* terhadap perilaku prokrastinasi akademik siswa. Diperoleh rata-rata skor *pre-test* sebesar 134,6 dan rata-rata *post-test* sebesar 93,6. Hal ini menunjukkan terdapat penurunan perilaku prokrastinasi akademik siswa dengan rata-rata *post-test* lebih kecil dari rata-rata *pre-test* ($93,6 < 134,6$) dengan persentase penurunan sebesar 30,4%. Hal ini teruji dengan menggunakan uji *wilcoxon* yang diperoleh dari perhitungan dengan hasil $J_{hitung} > J_{tabel} = (9,5 > 0)$. Maka hipotesis penelitian yang menyatakan bahwa “Ada pengaruh konseling kelompok pendekatan *cognitive behavior therapy* terhadap perilaku prokrastinasi akademik siswa kelas VII di MTs Negeri 2 Labuhanbatu T.A 2020/2021” dapat diterima.

Kata Kunci : Perilaku Prokrastinasi Akademik, Konseling Kelompok, Pendekatan *Cognitive Behavior Therapy*



ABSTRACT

ANNISA FITRI. NIM 1173151005. *The Effect of Cognitive Behavior Therapy Approach Group Counseling on Academic Procrastination Behavior for Grade VII Students at MTsN 2 Labuhanbatu Academic Year 2020/2021.*

The purpose of this study is to determine the effect of group counseling on the cognitive behavior therapy approach on the academic procrastination behavior of grade VII students at MTsN 2 Labuhanbatu. This is quantitative research using a quasi-experimental approach that was conducted by giving treatment to a group of people who are used as research subjects. The research subjects are students who have academic procrastination behavior in grade VII MTsN 2 Labuhanbatu, there were a total of 6 students. An academic procrastination behavior questionnaire was used as the research instrument. The Wilcoxon marked level test was used as the data analysis technique. The results showed that there was a significant effect of group counseling with cognitive behavior therapy approach on students' academic procrastination behavior. The average pre-test score was 134.6 and the post-test average was 93.6. This shows that there is a decrease in students academic procrastination behavior as the post-test average is smaller than the pre-test average ($93.6 < 134.6$) with a decrease of 30.4%. This was tested using the Wilcoxon test obtained from the calculation with the results $J_{count} > J_{table} = (9.5 > 0)$. Hence, the research hypothesis states that "There is an effect of group counseling on the cognitive behavior therapy approach on the academic procrastination behavior of grade VII students at MTsN 2 Labuhanbatu academic year 2020/2021" can be accepted.

Keywords : Academic Procrastination Behavior, Group Counseling, Cognitive Behavior Therapy Approac