ABSTRACT

MHD IMAN SYALEH NST. NIM: 1183151002. The Effect of Self Modeling Technique Group Counseling on Academic Procrastination of Class XI Science One Students at SMA Swasta Prayatna Medan, Academic Year 2021/2022. Essay. Educational Psychology and Guidance Study Program. Faculty of Science Education. Medan State University. 2022.

The purpose of this study is to find out whether Self Modeling Technique Group Counseling has an effect on academic procrastination of class XI science 1 students of Prayatna Private High School Medan for the 2021/2022 Academic Year. The method used in this study is a quantitative method. This type of research is a pseudo-experiment and is designed with a pre-test post-test group design. The subjects of this study were 8 students of class XI science 1 with a high academic procrastination score. Research materials were collected through the Academic Procrastination Questionnaire, which had a total of 55 valid and reliable items. Questionnaires are given before and after the implementation of group counseling services. The data were analyzed using the Wilcoxon test to determine whether the provision of Self Modeling Technique Group Counseling had a significant effect on the Academic Procrastination of students of class XI science 1 prayatna private high school. This is obtained from the calculation results, where the initial test score of the experimental group (pre-test) averaged = 175 while the data (post-test) averaged = 136. This can be obtained from the Wilcoxon test which shows that the Wilcoxon rating test is obtained by the formula Jhitung = 21 while Jtabel = 4. From the table of critical values of J for the rating test marked Wilcoxon for n=8, α=0.05 according to the criteria of acceptance and rejection of the hypothesis, the hypothesis is accepted if Jhicount>Jtable where 21>4, this calculation shows that the treatment of the experimental group means that the hypothesis is accepted. This shows that Self-modeling Technique Group Counseling affects the academic procrastination of class XI science 1 students of Prayatna Private High School Medan for the 2021/2022 Academic Year.

Keywords : Self Modeling Technique Group Counseling, Academic Procrastination.

ABSTRAK

MHD IMAN SYALEH NST. NIM: 1183151002. Pengaruh Konseling Kelompok Teknik *Self Modeling* Terhadap Prokrastinasi Akademik Siswa Kelas XI IPA 1 SMA Swasta Prayatna Medan Tahun Ajaran 2021/2022. Skripsi. Program Studi Psikologi Pendidikan dan Bimbingan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2022.

Tujuan dari penelitian ini adalah untuk mengetahui apakah Konseling Kelompok Teknik *Self Modeling* berpengaruh terhadap Prokrastinasi Akademik siswa kelas XI IPA 1 SMA Swasta Prayatna Medan Tahun Ajaran 2021/2022. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu dan dirancang dengan desain *pre-test post-test group design*. Subyek penelitian ini adalah siswa kelas XI IPA 1 berjumlah 8 orang dengan skor prokrastinasi akademik tinggi. Materi penelitian dikumpulkan melalui Kuesioner Prokrastinasi Akademik, yang memiliki total 55 item yang valid dan reliabel. Kuesioner diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok. Data dianalisis menggunakan uji Wilcoxon untuk mengetahui apakah pemberian Konseling Kelompok Teknik *Self Modeling* berpengaruh signifikan terhadap Prokrastinasi Akademik siswa kelas XI IPA 1 SMA Swasta Prayatna. Hal ini diperoleh dari hasil perhitungan, dimana nilai tes awal kelompok eksperimen (*pre-test)* rata-rata = 175 sedangkan data (*post-test)* rata-rata =136. Hal ini dapat diperoleh dari uji Wilcoxon yang menunjukkan bahwa uji peringkat Wilcoxon diperoleh dengan rumus J_{hitung} = 21 sedangkan J_{tabel} = 4. Dari tabel nilai kritis J untuk uji peringkat bertanda Wilcoxon untuk n=8, α=0,05 sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ dimana 21>4, perhitungan ini menunjukkan bahwa perlakuan kelompok eksperimen berarti bahwa hipotesis diterima. Hal ini menujukkan bahwa Konseling Kelompok Teknik *Self modeling* berpengaruh terhadap prokrastinasi akademik siswa kelas XI IPA 1 SMA Swasta Prayatna Medan Tahun Ajaran 2021/2022.

Kata Kunci : Konseling Kelompok Teknik *Self Modeling*, Prokrastinasi Akademik