

ABSTRAK

JOSUA PARLINDUNGAN SIAHAAN. Pengaruh Layanan Konseling Kelompok Teknik *Self-Management* Terhadap Perilaku Prokrastinasi Akademik Siswa Kelas XI di SMA Negeri 10 Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui dan menganalisis pengaruh konseling kelompok teknik *self-management* terhadap perilaku prokrastinasi akademik siswa kelas XI SMA Negeri 10 Medan. Pendekatan penelitian ini yaitu pra eksperimen dengan desain penelitian Kelompok Tunggal (*desain one group pretest-posttest*). Subjek dalam penelitian ini adalah siswa kelas XI IPA-1 dan XI IPS-1 di SMA Negeri 10 Medan dengan total sampel ada 64 responden dan melalui *screening* data diperoleh 8 siswa yang akan menjadi subjek penelitian pada layanan konseling kelompok teknik *self-management*. Metode pengumpulan data menggunakan kuesioner tertutup dengan skala perilaku prokrastinasi akademik siswa. Data skor rata-rata keseluruhan *pre-test* 103,25 dan *post-test* 70,63 dengan selisih penurunan sebesar 32,625 atau 31,60% dan standart deviasi *pre-test* 14,93 dan *post-test* 10,95 dengan selisih penurunan 3,98 atau 26,63%. Analisis data penelitian ini menggunakan *Uji Wilcoxon* sebagai uji hipotesis. Berdasarkan hasil analisis data dengan uji *Wilcoxon* dengan bantuan SPSS *Statistic versi 25* diketahui bahwa nilai *Asymp Sig. (2-tailed)* lebih kecil dari 0,05 atau $0,012 < 0,05$ dan nilai *Z* adalah -2,527. Artinya ada perubahan selisih penurunan perilaku prokrastinasi akademik siswa yang tinggi ke rendah setelah diberikan layanan konseling kelompok teknik *self-management*. Dengan kata lain hipotesis dalam penelitian ini diterima. Berdasarkan hasil penelitian menunjukkan bahwa terdapat pengaruh layanan konseling kelompok teknik *self-management* terhadap perilaku prokrastinasi akademik siswa kelas XI di SMA Negeri 10 Medan.

Kata Kunci : Perilaku Prokrastinasi Akademik, Konseling Kelompok, *Self-Management*

ABSTRACT

JOSUA PARLINDUNGAN SIAHAAN. The Influence of Self-Management Technique Group Counseling Services on Academic Procrastination Behavior of Class XI Students at SMA Negeri 10 Medan. Skripsi. Medan: Faculty of Education. State University of Medan, 2024.

This study aims to determine and analyze the effect of self-management technique group counseling on academic procrastination behavior of class XI students of SMA Negeri 10 Medan. The research approach is a pra- experiment with a Single Group research design (one group pretest posttest design). The subjects in this study were students of class XI IPA-1 and XI IPS-1 at SMA Negeri 10 Medan with a total sample of 64 respondents and through data screening, 8 students were obtained who would be the subjects of the study in the self-management technique group counseling service. The data collection method used closed questionnaires with a scale of student academic procrastination behavior. The overall average score data for the pre-test was 103,25 and the post-test was 70,63 with a decrease of 32,625 or 31,60% and the standard deviation pre-test 14,93 and post-test 10,95 with a decrease of 3,98 or 26,63%. The data analysis of this study used the Wilcoxon test as a Hypothesis test. Based on the results of data analysis with the Wilcoxon test with the help of IBM SPSS Statistics version 25 it is known that the Asymp Sig. (2-tailed) value is smaller than 0,05 or $0,012 < 0,05$ and Z value is -2,527. This means that there is a change in the difference in the decrease in the academic procrastination behavior of students from high to low after being given group counseling services using self-management techniques. In other words, the hypothesis in this study is accepted. Based on the results of the study, it shows that there is an influence of group counseling services using self-management techniques on the academic procrastination behavior of class XI students at SMA Negeri 10 Medan.

Keywords : Academic Procrastination Behavior, Group Counseling, Self-Management