

## ABSTRAK

### **PENERAPAN LAYANAN BIMBINGAN KELOMPOK DENGAN TEKNIK *TIME MANAGEMENT TRAINING* UNTUK MENINGKATKAN KEDISIPLINAN AKADEMIK MAHASISWA HIMPUNAN MAHASISWA JURUSAN ILMU PENDIDIKAN (HIMAJIP) UNIVERSITAS LAMPUNG**

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Masalah penelitian ini adalah kedisiplinn Akademik Rendah pada Himpunan Mahasiswa Jurusan Ilmu Pendidikan (HIMAJIP). Penelitian ini bertujuan untuk mengetahui peningkatan kedisiplinan akademik mahasiswa melalui penerapan layanan bimbingan kelompok dengan teknik *time management training* pada mahasiswa Himpunan Mahasiswa Jurusan Ilmu Pendidikan (HIMAJIP) Universitas Lampung. Pendekatan penelitian yang digunakan adalah kuantitatif dengan metode penelitian *Quasi Experiment, Design One Group Pretest Posttest*. Sampel penelitian terdiri dari 7 mahasiswa pengurus HIMAJIP yang memiliki tingkat kedisiplinan kategori rendah berdasarkan hasil *pre-test*. Instrumen pengumpulan data berupa kuesioner skala kedisiplinan akademik yang telah teruji validitas dan reliabilitasnya. Data dianalisis menggunakan uji hipotesis *Paired Sample T-Test*, dan uji *Effect Size*. Hasil penelitian menunjukkan bahwa uji hipotesis *Paired Sample T-Test*, diperoleh nilai  $t = -49.313$  dengan signifikansi  $0,000$  ( $p < 0,05$ ), yang menunjukkan bahwa  $H_0$  ditolak dan  $H_a$  diterima. Dengan demikian, penerapan bimbingan kelompok teknik *Time Management Training* terbukti dapat meningkatkan kedisiplinan akademik mahasiswa HIMAJIP Universitas Lampung secara signifikan. Penelitian ini juga menunjukkan bahwa intervensi berbasis pengelolaan waktu dapat membantu mahasiswa menyeimbangkan tuntutan akademik dan organisasi secara lebih optimal.

**Kata kunci:** Bimbingan kelompok, *Time Management Training*, Kedisiplinan Akademik, Mahasiswa.

## **ABSTRACT**

### **IMPLEMENTATION OF GROUP GUIDANCE SERVICES WITH TIME MANAGEMENT TRAINING TECHNIQUES TO IMPROVE THE ACADEMIC DISCIPLINE OF STUDENTS OF THE UNIVERSITY OF LAMPUNG EDUCATION STUDENT ASSOCIATION (HIMAJIP)**

**By**

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*The problem of this research is the Low Academic Discipline in the Student Association of the Department of Education (HIMAJIP). This study aims to determine the improvement of students' academic discipline through the implementation of group guidance services with time management training techniques for students of the Student Association of the Department of Education (HIMAJIP) of the University of Lampung. The research approach used is quantitative with the Quasi Experiment research method, Design One Group Pretest Posttest. The research sample consisted of 7 students of the HIMAJIP administrators who had a low level of discipline category based on the results of the pre-test. The data collection instrument was in the form of an academic discipline scale questionnaire that had been tested for validity and reliability. Data were analyzed using the Paired Sample T-Test hypothesis test, and the Effect Size test. The results showed that the Paired Sample T-Test hypothesis test obtained a  $t$  value = -49.313 with a significance of 0.000 ( $p < 0.05$ ), which indicated that  $H_0$  was rejected and  $H_a$  was accepted. Thus, the implementation of group guidance with Time Management Training techniques was proven to significantly improve the academic discipline of HIMAJIP students at the University of Lampung. This study also shows that time management-based interventions can help students balance academic and organizational demands more optimally.*

**Keywords:** *Group guidance, Time Management Training, Academic Discipline, Students.*