

ABSTRAK

PENERAPAN KONSELING KELOMPOK DENGAN TEKNIK *SELF-MANAGEMENT* UNTUK MENGURANGI PERILAKU PROKRASTINASI AKADEMIK MAHASISWA BIMBINGAN DAN KONSELING UNIVERSITAS LAMPUNG

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Prokrastinasi akademik merupakan salah satu permasalahan yang terjadi pada mahasiswa, khususnya mahasiswa Bimbingan dan Konseling. Penelitian ini bertujuan untuk mengetahui penerapan layanan konseling kelompok dengan teknik *self-management* dalam mengurangi perilaku prokrastinasi akademik pada mahasiswa Bimbingan dan Konseling Universitas Lampung. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *pra-eksperimen (One Group Pretest-Posttest Design)*. Teknik pengambilan sampel menggunakan *purposive sampling*. Data dikumpulkan menggunakan angket prokrastinasi akademik sebelum dan sesudah diberikan perlakuan berupa layanan konseling kelompok dengan teknik *self-management*. Hasil penelitian menunjukkan bahwa layanan konseling kelompok dengan *teknik self-management* efektif dalam mengurangi perilaku prokrastinasi akademik. Hal ini ditunjukkan oleh hasil uji *Paired Sample t-test* dengan nilai $P\text{-value} = 0,000 < \alpha (0,05)$, yang menunjukkan adanya perbedaan signifikan antara skor *pre-test* dan *post-test*. Hasil penelitian ini diharapkan dapat menjadi alternatif layanan bimbingan dan konseling dalam mengurangi perilaku prokrastinasi akademik mahasiswa.

Kata kunci : Konseling Kelompok, *Self-Management*, Prokrastinasi akademik

ABSTRACT

IMPLEMENTATION OF GROUP COUNSELING WITH SELF-MANAGEMENT TECHNIQUES TO REDUCE ACADEMIC PROCRASTINATION BEHAVIOR STUDENTS OF GUIDANCE AND COUNSELING AT THE UNIVERSITY OF LAMPUNG

By

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Academic procrastination is a common problem experienced by university students, particularly those in Guidance and Counseling programs. This study aims to determine the implementation of group counseling services using the self-management technique in reducing academic procrastination behavior among Guidance and Counseling students at the University of Lampung. This research employed a quantitative approach with a pre-experimental design (One Group Pretest–Posttest Design). The sampling technique used was purposive sampling. Data were collected using an academic procrastination questionnaire administered before and after the implementation of group counseling services using the self-management technique. The results indicate that group counseling services using the self-management technique are effective in reducing academic procrastination behavior. This is shown by the results of the paired sample t-test with a p-value of $0.000 < \alpha (0.05)$, indicating a significant difference between pre-test and post-test scores. The findings of this study are expected to serve as an alternative guidance and counseling service in reducing students' academic procrastination behavior

Keywords: Group Counseling, Self-management, Academic Procrastination