

ABSTRAK

Nurfadhila, Qodrun Nada. 2023. Efektivitas Layanan Bimbingan Kelompok Menggunakan Teknik *Self Regulation Learning* Untuk Mereduksi Prokrastinasi Akademik Peserta Didik Di SMA Muhammadiyah 2 Metro. Skripsi. Jurusan Ilmu Pendidikan. Program Studi Bimbingan dan Konseling. FKIP Universitas Muhammadiyah Metro. Pembimbing (I) Dr. Agus Wibowo, M.Pd, (II) Dr. Eko Susanto, M.Pd.Kons.

Kata Kunci : Bimbingan Kelompok, Teknik *Self Regulation Learning*. Prokrastinasi Akademik

Tujuan dari penelitian ini untuk mengetahui efektivitas layanan bimbingan kelompok menggunakan teknik *self regulation learning* untuk mereduksi prokrastinasi akademik peserta didik di SMA Muhammadiyah 2 Metro. Jenis Penelitian jenis *Pre-Eksperimental Designs* dengan bentuk *one group pretest-posttest design*, dalam penelitian ini terdapat kegiatan pretest yang akan diberikan pada awal kegiatan penelitian untuk melihat seberapa tinggi tingkat prokrastinasi akademik yang dialami peserta didik, kemudian diberikan perlakuan dengan layanan bimbingan kelompok menggunakan teknik *self regulation learning* lalu setelah itu akan diadakan posttest untuk melihat tingkat perbedaan yang muncul. Analisis data dengan paired sampel t test menggunakan bantuan software JASP v.16.4.

Hasil penelitian dan analisis statistik yang dilakukan dengan membandingkan hasil *pre test* dan *pos test* untuk melihat perbedaan skor yang didapatkan terbukti efektif menurunkan tingkat prokrastinasi akademik. Hasil pre test menunjukkan skor rata-rata ($M=4,175$). Sedangkan setelah perlakuan, peserta didik memperoleh nilai skor rata-rata post test ($M=1,599$). Berdasarkan perbandingan nilai pre test dan post tes data memiliki selisih ($M=2,576$). Guru BK perlu memanfaatkan program bimbingan kelompok *self-regulation learning* untuk mengatasi prokrastinasi akademik siswa. Orang tua juga harus dilibatkan dalam pelatihan khusus tentang bagaimana mereka dapat membantu memantau belajar anak-anak mereka. Penelitian selanjutnya sebaiknya mengeksplorasi penggunaan *self-regulation learning* dalam berbagai layanan bimbingan dan konseling, termasuk layanan individu untuk siswa dengan tingkat prokrastinasi akademik tinggi.

ABSTRACT

Nurfadhila, Qodrun Nada. 2023. *The Effectiveness of Group Guidance Services Using Self Regulation Learning Techniques to Reduce Academic Procrastination of Students at SMA Muhammadiyah 2 Metro.* Thesis. Department of Education Science. Guidance and Counseling Study Program. FKIP Muhammadiyah Metro University. Supervisor (I) Dr. Agus Wibowo, M.Pd, (II) Dr. Eko Susanto, M.Pd.Kons.

Keywords: Group Guidance, Self Regulation Learning Technique. Academic Procrastination

The purpose of this study was to determine the effectiveness of group guidance services using self-regulation learning techniques to reduce students' academic procrastination at SMA Muhammadiyah 2 Metro.

Research type Pre-Experimental Designs with the form of one group pretest-posttest design, in this study there are pretest activities that will be given at the beginning of research activities to see how high the level of academic procrastination experienced by students, then given treatment with group guidance services using self-regulation learning techniques and then after that a posttest will be held to see the level of difference that appears. Data analysis with paired sample t test using JASP v.16.4 software.

The results of the research and statistical analysis conducted by comparing the results of the pre-test and post-test to see the difference in scores obtained proved effective in reducing the level of academic procrastination. The pre-test results showed an average score ($M = 4.175$). Meanwhile, after the treatment, students obtained an average post test score ($M = 1.599$). Based on the comparison of the pre-test and post-test scores, the data has a difference ($M = 2.576$). BK teachers need to develop self-regulation learning group guidance programs to overcome students' academic procrastination. Parents should also be involved in specialized training on how they can help monitor their children's learning. Future research should explore the use of self-regulation learning in various guidance and counseling services, including individual services for students with high levels of academic procrastination. The results of the research and statistical analysis conducted by comparing the results of the pre-test and post-test to see the difference in the scores obtained proved effective in reducing the level of academic procrastination. The pre-test results showed an average score ($M = 4.175$). Meanwhile, after the treatment, students obtained an average post test score ($M = 1.599$). Based on the comparison of the pre-test and post-test scores, the data has a difference ($M = 2.576$). Counseling teachers need to utilize the self-regulation learning group guidance program to overcome students' academic procrastination. Parents also.