

DAFTAR PUSTAKA

- Ariani, N., & Haryanto, D. (2010). *Pembelajaran multi media di sekolah: Pedoman pembelajaran inspiratif, konstruktif, dan prospektif*. Prestasi Pustaka.
- Arikunto, S. (2012). *Prosedur Penelitian Suatu Pendekatan Praktek*.
- Arsyad, A. (2011). *Media Pembelajaran*. Grafindo Persada Jakarta.
- Azar, F. S. (2013). Self-efficacy, Achievement Motivation, and Academic Procrastination as Predictors of Academic Performance. *US-China Education Review B*, 3(11), 847–857.
- Azwar, S. (2017). *Penyusunan skala psikologi* (edisi 2, c). Pustaka Pelajar.
- Basith, A., Shahinoor Rahman, M., & Robert Moseki, U. (2021). College Students' Academic Procrastination during the Covid-19 Pandemic: Focusing on Academic Achievement (Prokrastinasi Akademik Mahasiswa di Masa Pandemi Covid-19: Fokus pada Prestasi Akademik). *Jurnal Kajian Bimbingan Dan Konseling*, 112(3), 112–120. <https://doi.org/10.17977/um001v6i32021p112-120>
- Burhan, M. N. I., & Herman. (2019). Perilaku Prokrastinasi Akademik Mahasiswa (Studi Pada Mahasiswa Prodi Pendidikan Ilmu Pengetahuan Sosial Fakultas Ilmu Sosial Universitas Negeri Makassar). *Social Landscape Journal Pendidikan Ilmu Pengetahuan Sosial*, 1–10. <http://eprints.unm.ac.id/id/eprint/16675>
- Burka, J. B., & Yuen, L. M. (2008). *Procrastination: Why You Do It, What to Do About It Now* (Rev.). <https://pdfroom.com/books/procrastination-why-you-do-it-what-to-do-about-it-now/avd94BAO5KD>
- Chun Chu, A. H., & Choi, J. N. (2005). Rethinking procrastination: Positive effects of “active” procrastination behavior on attitudes and performance. *Journal of Social Psychology*, 145(3), 245–264. <https://doi.org/10.3200/SOCP.145.3.245-264>
- Corey, G. (2016). *Theory & Practice of Group Counseling* (9th ed.).
- Dale, E. (1946). *Audio Visual Methods in Teaching* (pp. 3–66). Dryden Press.

- Dale, E. (1970). The Cone of Experience. *Theory Into Practice*, 9(2), 96–100. <https://doi.org/10.1080/00405847009542260>
- Ellis, A., & Knaus, W. J. (1977). *Overcoming Procrastination*. A Signet Book.
- Fauziah, H. H. (2016). Faktor-Faktor Yang Mempengaruhi Prokrastinasi Akademik Pada Mahasiswa Fakultas Psikologi Uin Sunan Gunung Djati Bandung. *Psymphatic : Jurnal Ilmiah Psikologi*, 2(2), 123–132. <https://doi.org/10.15575/psy.v2i2.453>
- Ferrari, J. R., Johnson, J. L., & McCown, W. G. (1995). Assessment of academic and everyday procrastination: The use of self-report measures. *Procrastination and Task Avoidance: Theory, Research, and Treatment*, 47–70.
- Ferrari, J. R., & Olivette, M. J. (1993). Perceptions of parental control and the development of indecision among late adolescent females. *Adolescence*, 28(112), 963–970.
- Ferrari, Joseph R., Johnson, J. L., & McCown, W. G. (1995). Procrastination and Task Avoidance. In *Springer Science+Business Media* (1st ed.). Plenum Press. <https://doi.org/10.1007/978-1-4899-0227-6>
- Galanaki, E., Papalexandris, N., Halikias, J., Galanaki, E., Papalexandris, N., Halikias, J., Burke, S., Collins, K. M., Brandt, T., & Laiho, M. (2013). *Gender in Management : An International Journal Article information :*
- Gibson, R. L., & Mitchell, M. H. (2011). *Bimbingan dan konseling*. Pustaka Pelajar.
- Hadi, S. (1988). *Metodologi Research Jilid 2*. Andi Offset Yogyakarta.
- Hafiyannisa, L. Z. (2016). Pengaruh Penggunaan Media Audio Visual Terhadap Faktor - Faktor Hasil Belajar Peserta Didik Pada Mata Pelajaran Ekonomi Kelas Xi Iis 2 Sma Negeri 16 Bandung Semester Genap Tahun Ajaran 2015 - 2016. *Repository Universitas Pasundan*, 9, 11–40.
- Hallen. (2005). *Bimbingan dan konseling*. Quantum Teaching.
- Jamila. (2020). Konsep Prokratinasi Akademik Mahasiswa. *Jurnal EduTech*, 6(2), 257–261.
- Kennedy, G. J., & Tuckman, B. W. (2013). An exploration into the influence of academic and social values, procrastination, and

- perceived school belongingness on academic performance. *Social Psychology of Education*, 16(3), 435–470. <https://doi.org/10.1007/s11218-013-9220-z>
- Knaus, W. (2010). End Procrastination Now!: Get It Done ith a Proven Psychological Approach. In *Mc Graw Hill*. McGraw Hill.
- Kurniawan, D. E. (2017). Pengaruh Intensitas Bermain Game Online Terhadap Perilaku Prokrastinasi Akademik Pada Mahasiswa Bimbingan Dan Konseling Universitas PGRI Yogyakarta. *Jurnal Koseling Gusjigang*, 3(1), 97–103. <http://jurnal.umk.ac.id/index.php/gusjigang/article/download/1120/1071>
- Mashuri, D. K., & Budiyo. (2020). Pengembangan Media Pembelajaran Video Animasi Materi Volume Bangun Ruang untuk SD Kelas V. *JPGSD: Jurnal Pendidikan Guru Sekolah Dasar*, 8(5), 893–903.
- Mayer, R. E., & DaPra, C. S. (2012). An embodiment effect in computer-based learning with animated pedagogical agents. *Journal of Experimental Psychology: Applied*, 18(3), 239–252. <https://doi.org/10.1037/a0028616>
- Mirayenti, M., Syahniar, S., & Alizamar, A. (2017). Efektivitas Layanan Informasi Menggunakan Media Animasi Meningkatkan Sikap Anti Bullying Peserta Didik. *Insight Jurnal Bimbingan Konseling*, 6(2), 176–184. <https://doi.org/10.21009/insight.062.06>
- Moonaghi, H., & Beydokhti, T. (2017). Academic Procrastination and Its Characteristics: A Narrative Review. *Future Of Medical Education Journal Introduction*, 58(March), 134–142. http://kiss.kstudy.com/journal/thesis_name.asp?name=kiss2002&key=3183676
- Munir. (2015). Multimedia konsep dan aplikasi dalam pendidikan. In *Alfabeta*. CV Alfabeta. [http://file.upi.edu/Direktori/FPMIPA/PRODI_ILMU_KOMPUTER/196603252001121-MUNIR/BUKU/MULTIMEDIA Konsep %26 Aplikasi dalam Pendidikan.pdf](http://file.upi.edu/Direktori/FPMIPA/PRODI_ILMU_KOMPUTER/196603252001121-MUNIR/BUKU/MULTIMEDIA_Konsep%26Aplikasi%20dalam%20Pendidikan.pdf)
- Muyana, S. (2018). Prokrastinasi akademik dikalangan mahasiswa program studi bimbingan dan konseling. *Counsellia: Jurnal*

- Bimbingan Dan Konseling*, 8(1), 45.
<https://doi.org/10.25273/counsellia.v8i1.1868>
- Muzaqi, S., & Arumsari, A. D. (2016). Prokrastinasi Akademik pada Mahasiswa yang Bekerja. *Jurnal Spirit Pro Patria*, 2(2), 30–39.
<https://jurnal.narotama.ac.id/index.php/patria/article/view/534>
- Nurihsan, A. J. (2009). *Bimbingan dan konseling : dalam berbagai latar belakang*. Refika aditama.
- Prayitno. (2017a). *Konseling profesional yang berhasil : layanan dan kegiatan pendukung*. PT RajaGrafindo Persada.
- Prayitno. (2017b). *Konseling Profesional yang berhasil : layanan dan kegiatan pendukung / Prayitno*. Jakarta : Rajawali Pers, 2017.
- Prayitno, & Amti, E. (2015). *Dasar-dasar bimbingan dan konseling / H. Prayitno, Erman Amti* (3 th). Jakarta : Pusat Perbukuan Depdikbud, 1999.
- Privitera, G. J., & Ahlgrim-Delzell, L. (2018). *Research Methods for Education*. SAGE Publications.
- Putri, P. W. (2013). Analisis Faktor-Faktor yang Mempengaruhi Prokrastinasi Akademik pada Mahasiswa Angkatan 2009 Fakultas Psikologi Universitas Islam Negeri Maulana Malik Ibrahim Malang. *Skripsi*, 64–65.
- Rabin, L. A., Fogel, J., & Nutter-Upham, K. E. (2011). Academic procrastination in college students: The role of self-reported executive function. *Journal of Clinical and Experimental Neuropsychology*, 33(3), 344–357.
<https://doi.org/10.1080/13803395.2010.518597>
- Rasimin, & Hamdi, M. (2018). *Bimbingan dan konseling kelompok*. Bumi Aksara.
- Riduwan. (2010). *Metode dan Teknik Menyusun Proposal Penelitian*. Alfabeta.
- Riku, P. E. D. (2021). *Perbedaan prokrastinasi akademik pada mahasiswa yang berasal dari jawa dan luar jawa*.
- Schouwenburg, H. C. (1992). Procrastinators and fear of failure: an exploration of reasons for procrastination. *European Journal of Personality*, 6(3), 225–236.
<https://doi.org/10.1002/per.2410060305>
- Sirois, F. M. (2004). Procrastination and counterfactual thinking:

- Avoiding what might have been. *British Journal of Social Psychology*, 43(2), 269–286.
<https://doi.org/10.1348/0144666041501660>
- Solomon, L. J., & Rothblum, E. D. (1984). Academic procrastination: Frequency and cognitive-behavioral correlates. *Journal of Counseling Psychology*, 31(4), 503–509.
<https://doi.org/10.1037//0022-0167.31.4.503>
- Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin*, 133(1), 65–94.
<https://doi.org/10.1037/0033-2909.133.1.65>
- Steel, P., & Klingsieck, K. B. (2015). Procrastination. *International Encyclopedia of the Social & Behavioral Sciences: Second Edition*, 19, 73–78. <https://doi.org/10.1016/B978-0-08-097086-8.25087-3>
- Subana, & Sudrajat, M. R. (2015). *Statistik Pendidikan* (4th ed.). pustaka setia.
- Sugiyono. (2011). *Metode penelitian kuantitatif kualitatif dan R&D*. AlfaBeta.
- Sugiyono. (2021). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*.
- Tohirin. (2008). *Bimbingan dan konseling di Sekolah dan madrasah : (berbasis integrasi)*. Raja Grafindo Persada.
- Tuckman, B. W. (1990). Measuring Procrastination Attitudinally and Behaviorally Procrastination Scale. *American Educational Research Association*, 51, 473–480.
<http://files.eric.ed.gov/fulltext/ED319792.pdf>
- W.Creswell, J. (2010). *Research Design: Pendekatan Kualitatif, Kuantitatif, Dan Mixed*.
- Wicaksono, L. (2017). Prokrastinasi akademik mahasiswa. *Jurnal Pembelajaran Prospektif*, 2(2), 67–73.
www.luhurwicaksono@yahoo.com
- Widodo, P. B. (2006). RELIABILITAS DAN VALIDITAS KONSTRUK SKALA KONSEP DIRI UNTUK MAHASISWA INDONESIA. *Jurnal Psikologi Universitas Diponegoro*, 3(1), 1–9.
- Winkel, W. S., & Hastuti, S. (2005). *Bimbingan dan konseling di*

institusi pendidikan (4th ed.). Yogyakarta Media Abadi.

- Wolters, C. A., Won, S., & Hussain, M. (2017). Examining the relations of time management and procrastination within a model of self-regulated learning. *Metacognition and Learning, 12*(3), 381–399. <https://doi.org/10.1007/s11409-017-9174-1>
- Yang, X., Liu, R. De, Ding, Y., Hong, W., & Jiang, S. (2021). The relations between academic procrastination and self-esteem in adolescents: A longitudinal study. *Current Psychology, 19*. <https://doi.org/10.1007/s12144-021-02075-x>
- Ying, Y., & Lv, W. (2012). A Study on Higher Vocational College Students' Academic Procrastination Behavior and Related Factors. *International Journal of Education and Management Engineering, 2*(7), 29–35. <https://doi.org/10.5815/ijeme.2012.07.05>
- Yong, F. L. (2010). A Study on the Assertiveness and Academic Procrastination of English and Communication Students at a Private University. *Methodology, 9*(9), 62–72.
- Yudistiro, Y. (2016). Hubungan Prokrastinasi Akademik dengan Prestasi Belajar Pada Siswa yang Aktif dalam Kegiatan Ekstrakurikuler. *Psikoborneo: Jurnal Ilmiah Psikologi, 4*(2), 305–309. <https://doi.org/10.30872/psikoborneo.v4i2.4017>