

## ABSTRAK

Padha, Bii, Imelda, Maria, 2021. Pengaruh Penggunaan Teknik *Self- Management* Dalam Konseling Kelompok Melalui *Google Meet* Terhadap Prokrastinasi Akademik Siswa Dalam Pembelajaran Daring Saat Pandemi Covid-19 Di SMA Dr. Soetomo Surabaya. Skripsi. Program Studi Bimbingan dan Konseling. Universitas PGRI Adi Buana Surabaya. Pembimbing Drs. H. Sutijono, M.M. dan Bapak Dimas Ardika M.S.Pd., M.Pd.

Kata Kunci: *Self-management*, Konseling Kelompok, Prokrastinasi Akademik Siswa.

Penelitian ini bertujuan untuk menguji Pengaruh Penggunaan Teknik *Self- Management* Dalam Konseling Kelompok Melalui *Google Meet* Terhadap Prokrastinasi Akademik Siswa Dalam Pembelajaran Daring Saat Pandemi Covid-19 Siswa Kelas XI IPS-I Di SMA Dr. Soetomo Surabaya.

Penelitian ini menggunakan rancangan penelitian *praksperimental* dengan rancangan *One Group Pretest Postest Design* pada populasi 31 siswa kelas XI IPS-I di SMA Dr. Soetomo Surabaya. Penelitian melibatkan 5 orang siswa kelas XI IPS-I di SMA Dr. Soetomo Surabaya sebagai sampel penelitian yang diambil secara *Purposive Sampling*.

Metode pengumpulan data menggunakan skala pengukuran yang telah dilakukan uji validitas butir dan uji reliabilitas *alpha cronbach* sebesar 0,712. Hasil uji validitas butir skala pengukur prokrastinasi akademik siswa kelas XI IPS-I di SMA Dr. Soetomo Surabaya antara 0,090-0,729. Data penelitian dianalisis menggunakan bantuan *SPSS for Windows* versi 26.0 dengan analisis data statistika *parametric* yang menggunakan teknik Uji-T *Independet* atau  $f=0,875$  pada taraf signifikansi 0,431 yang artinya signifikansi.

Jadi hasil penelitian ini dapat disimpulkan bahwa penggunaan teknik *self-management* dalam konseling kelompok melalui *Google Meet* memiliki pengaruh yang signifikan mengurangi prokrastinasi akademik siswa kelas XI IPS-I di SMA Dr. Soetomo Surabaya.

## ABSTRACT

Padha, Bii, Imelda, Maria, 2021. The Effect of *Using Self-Management Techniques* In Group Counseling Through Google Meet Against Academic Procrastination of Students In Online Learning During the Covid-19 Pandemic At Dr. Soetomo High School Surabaya. The thesis. Guidance and Counseling Study Program. University of PGRI Adi Buana Surabaya. Supervisor Drs. H. Sutijono, M.M. and Mr. Dimas Ardika M.S.Pd., M.Pd.

Keywords: *Self-management*, Group Counseling, Student Academic Procrastination.

This study aims to test the Influence of The Use of *Self-Management Techniques* In Group Counseling Through Google Meet Against Academic Procrastination of Students In Online Learning During the Covid-19 Pandemic Grade XI IPS-I Students At Dr. Soetomo High School Surabaya.

This study used a *pre-experimental research design designed by One Group Pretest Posttest Design* on a population of 31 students in grade XI IPS-I at Dr. Soetomo High School Surabaya. The study involved 5 students of grade XI IPS-I at Dr. Soetomo High School Surabaya as a sample of research taken *purposive sampling*.

The data collection method uses a measurement scale that has been performed item validity test and *alpha cronbach reliability* test as large as 0.712. The results of the test validity of the academic procrastination measuring scale of students in grade XI IPS-I at Dr. Soetomo High School Surabaya between 0.090-0.729. The research data was analyzed *using the help of SPSS for Windows* version 26.0 with analysis of *parametric statistical* data using the *Independet T-Test technique* or  $f= 0.875$  at a significance level of 0.431 which means significance.

So the results of this study can be concluded that the *use of self-management techniques* in group counseling through Google Meet has a significant influence reducing academic procrastination of students in grade XI IPS-I at Dr. Soetomo High School Surabaya.