

**PENGEMBANGAN BUKU PANDUAN KONSELING BEHAVIORAL
TEKNIK KONTRAK PERILAKU UNTUK MEREDUKSI PERILAKU
PROKRASINASI AKADEMIK PADA SISWA SMK**

Oleh

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ABSTRAK

Studi berikut bertujuan guna mengembangkan Buku Panduan Konseling Behavioral Teknik Kontrak Perilaku Untuk Mereduksi Perilaku Prokrastinasi Akademik pada Siswa SMK. Studi berikut memakai metode R&D dengan model 4D. Subyek Penelitian ialah Siswa kelas X AKL A dan X AKL B di SMK Negeri 1 Singaraja dengan setiap kelas jumlahnya 35 siswa. Data penelitian didapatkan dari hasil instrumen data Validitas Ahli, Kepraktisan Pakar, dan Instrumen perilaku prokrastinasi akademik. Perolehan studi membuktikan bahwasannya Panduan Konseling Behavioral Teknik Kontrak Perilaku Untuk Mereduksi Perilaku Prokrastinasi Akademik berada pada Tingkat Validitas yang tinggi dan praktis, serta implementasi panduan melalui uji independent sample t-test memperoleh nilai Sig. (2-tailed) dan (1-tailed) $0,001 < 0,05$ artinya “Buku Panduan Konseling Behavioral Teknik Kontrak Perilaku Efektif Untuk Mereduksi Perilaku Prokrastinasi Akademik pada siswa SMK.”

Kata Kunci: Konseling Behavioral, Kontrak Perilaku, Prokrastinasi Akademik

***DEVELOPMENT OF A BEHAVIORAL COUNSELING GUIDE USING
BEHAVIORAL CONTRACTING TECHNIQUES TO REDUCE ACADEMIC
PROCRASTINATION AMONG VOCATIONAL HIGH SCHOOL STUDENTS.***

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ABSTRACT

This study aims to develop a Behavioral Counseling Guidebook on Behavioral Contract Techniques to Reduce Academic Procrastination Among Vocational High School Students. This study employs the R&D method using the 4D model. The research subjects were students in classes X AKL A and X AKL B at SMK Negeri 1 Singaraja, with 35 students in each class. Research data were obtained from the Expert Validity and Expert Practicality instruments, as well as the Academic Procrastination Behavior Instrument. The study findings demonstrate that the Behavioral Counseling Guide on Behavioral Contract Techniques to Reduce Academic Procrastination exhibits a high level of validity and practicality. Furthermore, the implementation of the guide, as assessed via an independent samples t-test, yielded a significance level (Sig.) (2-tailed) and (1-tailed) of $0.001 < 0.05$, meaning that “the Behavioral Counseling Guide on Behavioral Contract Techniques is effective in reducing academic procrastination among vocational high school students.”

Keywords: Academic Procrastination, Behavioral Counseling, Behavioral Contract