

ABSTRAK

Styorini, Indyah Novi (2026), EFEKTIVITAS KONSELING *COGNITIVE BEHAVIOR* DENGAN TEKNIK KONTROL DIRI UNTUK MENURUNKAN *PROKRASTINASI* AKADEMIK DAN DISIPLIN BELAJAR DITINJAU DARI INTENSITAS BERMAIN GAME ONLINE SEBAGAI KOVARIAT PADA SISWA SMA LENTERA HARAPAN KUPANG, Tesis, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Penelitian ini bertujuan untuk menguji efektivitas konseling *Cognitive Behavior* dengan teknik kontrol diri dalam menurunkan prokrastinasi akademik dan meningkatkan disiplin siswa SMA Lentera Harapan Kupang, dengan mengontrol intensitas bermain *game online* sebagai variabel kovariat.

Penelitian menggunakan pendekatan kuantitatif dengan desain *quasi-experimental*, yaitu *Non-Equivalent Control Group Pretest-Posttest Design*, dilaksanakan di SMA Lentera Harapan Kupang. Subjek penelitian berjumlah 120 siswa yang dipilih melalui teknik *purposive sampling*, terdiri atas 60 siswa kelompok eksperimen dan 60 siswa kelompok kontrol. Sumber data diperoleh langsung dari siswa melalui angket berskala Likert sebagai teknik pengumpulan data utama, didukung observasi partisipan terbatas selama *treatment*. Instrumen berupa Skala Prokrastinasi Akademik dan Skala Disiplin Siswa telah diuji validitas isi dengan formula Lawshe (CVR dan CVI = 1,00), validitas butir ($r_{xy} > 0,361$), serta reliabilitas Alpha Cronbach berkisar 0,703 hingga 0,779. Data dianalisis menggunakan *Multivariate Analysis of Covariance* (MANCOVA) berbantuan SPSS versi 25, didahului uji prasyarat normalitas, homogenitas, dan linearitas.

Hasil penelitian menunjukkan konseling *Cognitive Behavior* dengan teknik kontrol diri berpengaruh signifikan secara simultan terhadap penurunan prokrastinasi akademik dan peningkatan disiplin siswa setelah mengontrol intensitas bermain *game online*. Disimpulkan bahwa intervensi ini merupakan pendekatan berbasis bukti yang efektif. Disarankan agar konselor sekolah menerapkan program ini secara sistematis, sementara peneliti selanjutnya memperpanjang durasi intervensi dan memperluas sampel guna meningkatkan generalisabilitas temuan.

Kata Kunci: Konseling *Cognitive Behavior*, teknik kontrol diri, *prokrastinasi* akademik, disiplin siswa, intensitas bermain *game online*, MANCOVA.

ABSTRACT

Styorini, Indyah Novi (2026), THE EFFECTIVENESS OF COGNITIVE BEHAVIOR COUNSELING WITH SELF-CONTROL TECHNIQUES FOR REDUCING ACADEMIC PROCRASTINATION AND LEARNING DISCIPLINE VIEWED FROM THE INTENSITY OF ONLINE GAMING AS A COVARIATE AMONG STUDENTS OF SMA LENTERA HARAPAN KUPANG, Thesis, Postgraduate Program, Universitas Pendidikan Ganesha.

This thesis has been approved and reviewed by Supervisor I: Prof. Dr. Kadek Suranata, S.Pd., M.Pd., Kons, and Supervisor II: Prof. Dr. I Ketut Dharsana, M.Pd., Kons.

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This study aims to examine the effectiveness of Cognitive Behavior counseling with self-control techniques in reducing academic procrastination and enhancing student discipline among students of SMA Lentera Harapan Kupang, while controlling for the intensity of online gaming as a covariate variable.

This study employed a quantitative approach with a quasi-experimental design, specifically a Non-Equivalent Control Group Pretest-Posttest Design, conducted at SMA Lentera Harapan Kupang. The research subjects consisted of 120 students selected through purposive sampling, comprising 60 students in the experimental group and 60 students in the control group. Data were obtained directly from the students through a Likert-scale questionnaire as the primary data collection technique, supplemented by limited participant observation throughout the treatment. The research instruments—the Academic Procrastination Scale and the Student Discipline Scale—were subjected to content validity testing using Lawshe's formula (CVR and CVI = 1.00), item validity testing ($r_{xy} > 0.361$), and reliability testing using Cronbach's Alpha, which ranged from 0.703 to 0.779. The data were analyzed using Multivariate Analysis of Covariance (MANCOVA) with the assistance of SPSS version 25, preceded by prerequisite tests for normality, homogeneity, and linearity.

The findings indicate that Cognitive Behavior counseling with self-control techniques had a significant simultaneous effect on the reduction of academic procrastination and the improvement of student discipline after controlling for the intensity of online gaming. It is concluded that this intervention constitutes an effective evidence-based approach. School counselors are recommended to implement this program systematically, while future researchers are encouraged to extend the duration of the intervention and expand the sample size to enhance the generalizability of the findings.

Keywords: Cognitive Behavior Counseling, self-control techniques, academic procrastination, student discipline, intensity of online gaming, MANCOVA.