

**PENGEMBANGAN PANDUAN KONSELING SINGKAT BERFOKUS
SOLUSI (SFBC) TEKNIK *IMAGERY* UNTUK MENGATASI PERILAKU
PROKRASINASI AKADEMIK SISWA**

Oleh

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Pascasarjana Bimbingan Konseling

ABSTRAK

Prokrastinasi akademik merupakan kecenderungan siswa untuk menunda melaksanakan tugas-tugas yang telah diberikan kepadanya. Salah satu model dan teknik konseling yang dapat mengatasi prokrastinasi akademik yaitu model *solution focused brief counseling* Teknik *Imagery*. *Solution Focused Brief Counseling (SFBC)* adalah bentuk konseling yang ringkas, berdasarkan kekuatan konseli, untuk membantu mereka menemukan solusi atas masalah. *Imagery* adalah pengalaman perseptual, seolah-olah itu benar-benar dialami oleh individu tanpa rangsangan eksternal imajiner. Tujuan dari penelitian ini adalah untuk mengetahui prosedur pelaksanaan model *solution focused brief counseling* Teknik *Imagery*, mengetahui validitas isi panduan konseling singkat berfokus solusi Teknik *Imagery* dan mengetahui Efektifitas (*Effectitivity*) panduan konseling singkat berfokus solusi Teknik *imagery* untuk mereduksi perilaku proraktinasi akademik. Jenis penelitian ini merupakan *research and development* (R&D) dengan model 4D (*define, design, develop, dan disseminate*). Metode pengumpulan data yang digunakan yakni dengan kuesioner dan pencatatan perilaku. Analisis data dalam pengujian validitas konten buku panduan adalah dengan rumus Lawshe CVR dan CVI. Pengujian dilaksanakan oleh 5 pakar atau ahli yang memiliki kompetensi dalam bidang Bimbingan Konseling dan Psikologi. Hasil penelitian ini sesuai dengan analisis validitas dari konten tersebut, nilai CVR per item diperoleh antara +1 sampai 0, sedangkan nilai CVI yaitu 1. Berdasarkan analisis data tersebut didapatkan nilai validitas dari isi buku manual tinggi. Untuk mengetahui efektifitas buku panduan dilakukan melalui uji *wilcoxon's signed-rank*. Hasil uji *wilcoxon's signed-rank* sangat signifikan ($W=45$, $p < 0,007$). Berdasarkan hasil analisis tersebut diketahui bahwa terdapat perbedaan rata-rata skor prokrastinasi akademik siswa sebelum mengikuti konseling (*pretest*) dengan setelah mengikuti konseling (*postest*) dengan begitu konseling singkat berfokus solusi (SFBC) Teknik *Imagery* efektif untuk mengatasi perilaku prokrastinasi akademik siswa.

Kata kunci: produk buku panduan, model *solution focused brief counseling*, *research and development*, Teknik *imagery*, prokrastinasi akademik.

GUIDELINES (SFBC) *IMAGERY* TECHNIQUES FOR OVERCOMING STUDENTS ACADEMIC PROCRASTINATION BEHAVIOR

By

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ABSTRACT

Academic procrastination is the tendency of students to delay carrying out the tasks that have been given to them. One of the counseling models and techniques that can overcome academic procrastination is the solution focused brief counseling model of the Imagery Technique. Solution Focused Brief Counseling (SFBC) is a concise form of counselling, based on the counselee's strengths, to help them find solutions to problems. Imagery is a perceptual experience, as if it were experienced by the individual without any imaginary external stimuli. This study aims to determine the procedure for implementing the solution focused brief counseling model of Imagery Techniques in overcoming student's academic procrastination behavior, to determine the validity of the contents of the solution focused brief counseling model manual and to determine the effectiveness solution focused brief counseling model of Imagery Techniques to reduce academic procrastination behavior. This type of research is research and development (R&D), the research model used is Four-D (4D). The 4D model consists of four stages of research, namely define, design, develop, and disseminate. The data collection method used is a questionnaire and behavioral recording. Data analysis to test the validity of the content of the manual product using the Lawshe CVR and CVI formulas. The test is carried out by 5 experts or experts who are competent in the field of Counseling and Psychological Guidance. The results of the study based on the analysis of the validity of the content, the CVR value per item was obtained between +1 to 0 (CVR > 0). Furthermore, the results of the Lawshe CVI analysis obtained a score of 1 (CVI > 0). Based on the data analysis, the validity value of the contents of the manual is high. To determine the effectiveness of the manual, the Wilcoxon's signed-rank test was carried out. Wilcoxon's signed-rank test results were highly significant (W=45, p < 0.007). Based on the results of the analysis, it is known that there is a difference in the average score of students' academic procrastination before attending counseling (pretest) and after attending counseling (posttest) so that short solution-focused counseling (SFBC) Imagery technique is effective to overcome students' academic procrastination behavior.

Keywords: manual product, solution focused brief counseling model, research and development, imagery technique, academic procrastination