

## DAFTAR PUSTAKA

- Aklima, Y., Supriyanto, A., & Antara, U. (2020). Upaya Mengurangi Prokrastinasi Akademik Siswa Melalui Layanan Bimbingan Kelompok (Pada Masa Pandemi Covid-19 Di Sma Negeri 1 Muara Batu). *Prosiding Pendidikan Profesi Guru FKIP Universitas Ahmad Dahlan*, 6, 919–927. <http://eprints.uad.ac.id/21378/>
- Al-Ghazali. (1964). Ilya Ulummudin, Juz III. *Darul Kitabil Islamiy*.
- Ali Rachman, M. A. R. (2014). Efektifitas Konseling Singkat Berfokus Solusi (Solution Focused Brief Therapy) Untuk Meningkatkan Self Esteem Mahasiswa Program Studi Bimbingan Konseling Fkip Unlam Banjarmasin. 48, 62(4), 7.
- Apóstolo JL, K. K. (2009). The effects of guided imagery on comfort, depression, anxiety, and stress of psychiatric inpatients with depressive disorders. *Arch Psychiatr Nurs*, 6(23), 403–411.
- Arofah, L., Nawantara, R. D., & Puspitasari, A. D. (2018). Pengembangan Panduan Solution Focused Brief Counseling Untuk Guru Bk Sekolah Menengah Pertama Negeri (Smpn) 1 Kota Kediri. *Bikotetik (Bimbingan Dan Konseling: Teori Dan Praktik)*, 2(1), 100. <https://doi.org/10.26740/bikotetik.v2n1.p100-104>
- Brannon, L., & Feist, J. (2000). *Health psychology: an introduction to behavior and health*. Matrix Production Inc.
- Burka, J. ., & Yuen, L. . (2008). *Procrastination: Why you do it, what to do about it*. Da Capo Press.
- Carolia, F. (2012). *Profil perilaku prokrastinasi akademik berbasis*. 7(1), 19–20.
- 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>
- Cohen, L., Manion, L., & Morrison, K. (2007). Research Methods in Education. In *Professional Development in Education* (Sixth, Vol. 38, Issue 3). Routledge. <https://doi.org/10.1080/19415257.2011.643130>
- Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy*. Brooks/Cole.
- Corey, G. (2012). *Student Manual for Theory and Practice of Counseling and Psychotherapy* (9th ed.). Brooks/Cole.
- Dahlan, T. H. (2011). *Model Konseling Singkat Berfokus Solusi (solution-focused brief counseling) untuk Meningkatkan Daya Psikologis Mahasiswa*, .
- de Shazer, S., Dolan, Y., Korman, H., Trepper, T., McCollum, E., & Berg, K. I.

- (2007). *More Than Miracles: The State of the Art of Solution-Focused Brief Therapy*. Taylor & Francis.
- Erfatinni, I., Purwanto, E., & Japar, M. (2016). Konseling Kelompok Cognitive-Behavior Therapy Dengan Teknik Cognitive Restructuring Untuk Mereduksi Prokrastinasi Akademik. *Jurnal Bimbingan Konseling*, 5(2), 119–125.
- Ernayanti, N. M. D., Dantes, N., & Suranata, K. (2020). Cognitive Behavior Counseling to Improve Responsibility Attitudes: A Development of Guidebooks. *Bisma The Journal of Counseling*, 4(2).
- Fernando, F., & Rahma, I. . (2016). Konsep Bimbingan dan Konseling Islam Solution Focused Brief Therapy (SFBT) untuk Membantu Menyembuhkan Perilaku Prokrastinasi Mahasiswa. *Edukasi : Jurnal Bimbingan Konseling*, 2(2), 215–236.
- Ferrari, J. R, Johnson, J. ., & Mc Cown, W. G. (1995). *Procrastination and Task Avoidance, Theory, Research and Treatment*. Pelnum Press.
- Ferrari, Joseph R., Johnson, J. L., & McCown, W. G. (1995). Procrastination and Task Avoidance. *Procrastination and Task Avoidance, January 1995*. <https://doi.org/10.1007/978-1-4899-0227-6>
- Fibrianti, I. (2009). Hubungan Antar Dukungan Orang Tua dengan Prokrastinasi Akademik dalam Menyelesaikan Skripsi. *Fakultas Psikologi Universitas Diponegoro*.
- Freeman, E. K., Cox-Fuenzalida, L. E., & Stoltenberg, I. (2011). Extraversion and Arousal Procrastination: Waiting for the Kicks. *Current Psychology*, 30(4), 375–382. <https://doi.org/10.1007/s12144-011-9123-0>
- Gading, I. ketut. (2014). Pengaruh pelatihan kendali diri dan jenis kelamin terhadap perilaku prokrastinasi akademik siswa SMP. *Universitas Negeri Malang*.
- Gafni, R., & Geri, N. (2010). Time management: Procrastination tendency in individual and collaborative tasks. *Interdisciplinary Journal of Information, Knowledge, and Management*, 5, 115–125. <https://doi.org/10.28945/1127>
- Gay, LR, G. E. M. and P. A. (2009). Educational Research, Competencies for Analysis and Application. *Pearson Education, Inc*.
- Gingerich, W. J., & Peterson, L. T. (2015). *Effectiveness of Solution-Focused Brief Therapy: A Systematic Qualitative Review of Controlled Outcome Studies*. 23(3), 266–283. <https://doi.org/10.1177/1049731512470859>
- Genders, N. (2006). Fundamental aspects of complementary therapies for healthcare professionals. Chapter 7: CAM therapies in practice: art therapy, music therapy and relaxation and imagery. *Quay Books Mark Allen Group*, 85–98.
- Ghufron, M., & Rini, F. (2014). *Teori-teori Psikologi*. AR-Ruzz Media.
- Grocke, D., & Moe, T. (2015). *Guided Imagery & Music ( GIM ) and Music Imagery Methods for Individual*. May, 2015.

- Guterman, J. T. (2015). *Mastering the Art of Solution-Focused Counseling: Second Edition* (Second). American Counseling Association. <https://doi.org/10.1002/9781119221562>
- Hall, E., Hall, C., Stradling, & Young, D. (2006). *Guided imagery Creative Interventions in Counseling & Psychotherapy*. SAGE Publication.
- Hanton, P. (2011). Skills in solution focused brief: Counselling & psychotherapy. In *Skills in Solution Focused Brief: Counselling and Psychotherapy*. <https://doi.org/10.4135/9781446251980>
- Hart, J. (2008). *Guided Imagery*. Mary Ann Liebert, INC.
- Höcker, A., Engberding, M., Beißner, J., & Rist, F. (2008). Evaluation einer kognitiv-verhaltenstherapeutischen intervention zur reduktion von prokrastination. *Verhaltenstherapie*, 18(4), 223–229. <https://doi.org/10.1159/000167857>
- Hudaya, R. (2011). *T Ime D Elay E Stimation a Lgorithms for E Cho*. 9(1), 21–28.
- Humphrey, P., & Harbin, J. (2010). An Exploratory Study of the Effect of Rewards and Deadlines on Academic Procrastination in Web-Based Classes. *Academy of Educational Leadership Journal*, 14(4), 91.
- Ilfiandra. (2015). *Program Bimbingan Karir Untuk Meningkatkan Kematangan Karir Siswa Sekolah Menengah Kejuruan Studi Deskriptif Terhadap Siswa Kelas XI SMK Nasional Depok Tahun Ajaran 2009/2010*. 2504, 1–9.
- Jacobson A.F. (2006). Cognitive-Behavioral Interventions for IV Insertion Pain. *AORN Journal*, 84, 1031–1048.
- Kaplan, H. I., & Sadock, B. . (2010). *Retardasi Mental dalam Sinopsis Psikiatri*. Binarupa Aksara.
- Kim, J. S., & Franklin, C. (2009). Solution-focused brief therapy in schools: A review of the outcome literature. *Children and Youth Services Review*, 31(4), 464–470. <https://doi.org/10.1016/j.childyouth.2008.10.002>
- Knaus, W. J. (2002). *The Procrastination Workbook: Your Personalized Program for Breaking Free From The Patterns That Hold You Back*. New Harbinger Publications.
- Kurnanto, M. E. (2019). Solution Focused Brief Counseling (SFBC): Study in Students with Academic Procrastination. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 9(1), 7. <https://doi.org/10.24127/gdn.v9i1.1579>
- Kusumawide, K. T., Nanda, W., Saputra, E., & Alhadi, S. (2019). *Keefektifan Solution Focused Brief Counseling ( SFBC ) untuk menurunkan perilaku prokrastinasi akademik Siswa*. 9(2), 89–102. <https://doi.org/10.25273/counsellia.v9i2.4618>
- Lawshe, C. H. (1975). a Quantitative Approach To Content Validity. *Personnel Psychology*, 28(4), 563–575. <https://doi.org/10.1111/j.1744->

6570.1975.tb01393.x

- Lukas, C. A., & Berking, M. (2018). Reducing procrastination using a smartphone-based treatment program: A randomized controlled pilot study. *Internet Interventions, 12*, 83–90. <https://doi.org/10.1016/j.invent.2017.07.002>
- Mangen, A., & Kuiken, D. (2014). Lost in an iPad. *Scientific Study of Literature, 4*(2), 150–177. <https://doi.org/10.1075/ssol.4.2.02man>
- Milgram, N. A., Batori, G., & Mowrer, D. (1993). Correlates of academic procrastination. *Journal of School Psychology, 31*(4), 487–500. [https://doi.org/10.1016/0022-4405\(93\)90033-F](https://doi.org/10.1016/0022-4405(93)90033-F)
- Munawaroh. (2017). Tingkat Prokrastinasi Akademik Siswa Sekolah Menengah Pertama Muhamaddiyah 9 Yogyakarta. *Jurnal Kajian Bimbingan Dan Konseling, 2*(1).
- Neolaka, A. (2014). *Metode Penelitian dan Statistik*. PT Remaja Rosdakarya.
- Noventera, A. (2013). Guided Imagery Untuk Mengurangi Rasa Nyeri Saat Menstruasi. *Jurnal Ilmiah Psikologi Terapan, 26*(4), 1–37.
- Nurmalasari, Y. (2016). Konseling Singkat Berfokus Solusi Dalam Mengembangkan Kemampuan Mengendalikan Compulsive Internet Use Siswa. *Jurnal Bimbingan Dan Konseling, 3*(2), 1–16.
- O'Connel, B., & Palmer, S. (2003). *Handbook of solution-focused therapy*. Sage.
- Oematan, C. S. (2013). Hubungan Antara Prokrastinasi Akademik dan Prestasi Akademik pada Mahasiswa Fakultas Psikologi–Universitas Surabaya. *Calyptra, 2*(1), 1–7.
- Özer, B. U., & Saçkes, M. (2011). Effects of academic procrastination on college students' life satisfaction. *Procedia - Social and Behavioral Sciences, 12*, 512–519. <https://doi.org/10.1016/j.sbspro.2011.02.063>
- Patasik, C., Tangka, J., & Rottie, J. (2013). Efektifitas Teknik Relaksasi Nafas Dalam Dan Guided Imagery Terhadap Penurunan Nyeri Pada Pasien Post Operasi Sectio Caesare Di Irina D Blu Rsup Prof. Dr. R. D. Kandou Manado. *Jurnal Keperawatan UNSRAT, 1*(1), 105476.
- Popowiranta, A., Widiastuti, R., & Mahfud, A. (2019). *Penggunaan Solution Focused Brief Counseling (SFBC) untuk Mengurangi Prokrastinasi Akademik Siswa*. 0–14.
- Reasinger, R., & Brownlow, S. (2000). Putting off until tomorrow what is better done today: Academic procrastination as a function of motivation toward college work. *Journal of Social Behavior and Personality, 15*(5), 15–34.
- Reliani. (2015). Teknik Guided Imagery Terhadap Tingkat Kecemasan Penderita Kanker Serviks. *The Sun, 2*(1), 19–24.
- Riyadi, D., Sartono, H., & Komarudin, K. (2019). Pengaruh Metode Latihan Imagery terhadap Kosentrasi dan Keterampilan Bermain Sepakbola. *Jurnal*

- Kepelatihan Olahraga*, 11(1), 43–50. <https://doi.org/10.17509/jko-upi.v11i1.16825>
- Schraw, G., Wadkins, T., & Olafason, L. (2007). Doing the Things We Do: A Grounded Theory of Academic Procrastination. *Journal of Educational Psychology*, 2(12), 12–25.
- Seligman, L. (2006). *Theories of Counseling and Psychotherapy*. Pearson Merrill Prentice Hall.
- Senécal, C., Koestner, R., & Vallerand, R. J. (1995). Self-regulation and academic procrastination. *The Journal of Social Psychology*, 135(4), 607–619. <https://doi.org/https://doi.org/10.1080/00224545.1995.9712234>
- Smeltzer, S. ., & Bare, B. . (2002). *Buku Ajar Medikal Bedah Edisi 8*. EGC.
- Snyder. (2006). Balancing psychological assessments: Including strengths and hope in client reports. *Journal Of Clinical Psychology*, 62(1), 33–46.
- Snyder, H. N. (2010). Dissecting Crime Statistics. *Justice Research and Policy*, 2(12), 77–103.
- Solomon, L. J., & Rothblum, E. D. (1984). Academic Procrastination: Frequency and Cognitive-Behavioral Correlates. *Journal Of Counseling Psychology*, 31(4).
- 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>
- Sugiyanti, D., Suhariyanti, E., & Priyanto, S. (2017). Pengaruh Guided Imagery dalam menurunkan stress siswa menghadapi proses boarding school di SMK kesdam IV kota Magelang. *Journal of Holistic Nursing Science*, 4(2), 50–5.
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif, R%D*. Alfabeta.
- Sumarwiyah, S., Zamroni, E., & Hidayati, R. (2015). Solution Focused Brief Counseling (Sfbc): Alternatif Pendekatan Dalam Konseling Keluarga. *Jurnal Konseling Gusjigang*, 1(2). <https://doi.org/10.24176/jkg.v1i2.409>
- Susana, S. A., & Sri, H. (2012). *Terapi Modalitas Keperawatan Kesehatan Jiwa*. EGC.
- Sutherland, S. (2008). Free personal and nursing care in Scotland. *European View*, 7(2), 297–302. <https://doi.org/10.1007/s12290-008-0046-6>
- Swandevi, N. K. A., Suranata, K., & Dharsana, I. K. (2020). Development of The Solution Focused Brief Counseling (SFBC) to Improve The Autonomy of Vocational School Students. *Bisma The Journal of Counseling*, 42.
- Thiagarajan, S., Dorothy, S. S., & Melvyn, I. S. (1974). *Instructional development for training teachers of exceptional children: A sourcebook*. Leadership Training Institute/Special Education, University of Minnesota. [https://doi.org/10.1016/0022-4405\(76\)90066-2](https://doi.org/10.1016/0022-4405(76)90066-2)

- Wolters, C. A. (2003). Understanding Procrastination from a Selfregulated Learning Perspective. *Journal of Educational Psychology*, 97, 179 –187.
- Wulandari, A. (2006). Hubungan Kecerdasan Emosi dengan Prokrastinasi Akademik pada Mahasiswa Siswa Kelas XI SMA Negeri 1 Tenganan. *Skripsi Psikologi Kristen Satya Wacana Salatiga*.
- Yong, F. L. (2010). A Study on the Assertiveness and Academic Procrastination of English and Communication Students at a Private University in Malaysia. *Swinburne University of Technology*.
- Yusak, M. (2014). Korelasi Religiusitas dengan Prestasi Akademik. *Jurnal Intelegensia*, 3(1).

