

ABSTRACT

Bunga, Fara Z, 2023, *The Effectiveness of Structured Learning Approach to Reduce Academic Procrastination MA Student*. Thesis, Guidance and Counseling Study Program. Faculty of Teaching and Education. Darul Ulum University. Advisors: (1) Dr. Bakharudin All Habsy, M.Pd., (II) Wisnu Kurniawan, M.Pd.

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Procrastination is the behavior of delaying or skipping a task or work that should be done. a complex behavior that affects and also controls human life. This procrastination behavior is called procastinasm or procrastination. Procrastination has a negative effect on students' academic development. Academic procrastination that is often carried out by students is procrastinating on academic tasks which include procrastinating writing papers, preparing for exams, and reading to complete academic assignments.

This study aims to examine the effectiveness of structured learning approach to reduce academic procrastination in MA. This study used a nonequivalent two group pretest-posttest control group design. The data analysis used to test the parametric hypothesis is Independent Sample T Test, and Paired Sample T Test to see any differences in each group, both experimental and control groups.

The results of hypothesis testing through the Independent Sample T Test obtained an average posttest group score of 83.43. Meanwhile, the control group obtained an average posttest result of 108.29. Furthermore, the results of the analysis using the Paired Sample T Test were obtained where the mean value of the experimental group was 48.143 greater than the control group of 23.174. The significance value in the experimental group is $0.000 < 0.05$. It can be concluded that the experimental group counseling technique using structured learning approach technique is more effective when compared to the control group given group counseling discussion technique.

Based on the research results, the following suggestions were made: (1) For counselors, structured learning approach techniques can be applied to reduce the level of academic procrastination in MA students. (2) For further researchers, it is expected to pay more attention to factors that complicate procastinasm, and can use different techniques.