



Technique Self Management In Overcoming Procastination Of Junior High School Students

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KEYWORDS

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A B S T R A C T

Procrastination is Wrong One problems that occur among junior high school students or School Intermediate First (Junior High School). On method researcher This use qualitative descriptive , which will to study more in about a phenomenon that has happen in today's era And cases - cases or incident Which happen in the field . Study This aiming For describe level procrastination academic junior high school students and aiming method For overcome to be able to changed . Participants educate This is junior high school level very difficult manage time between play And Study so that cause flavor lazy For go to school on student level JUNIOR HIGH SCHOOL This . Results from interview researcher This disclose that This junior high school student experience disturbance like often Sleep in class , often using gadgets in class , and more Like play than Study.

1. Introduction

Development world education follow various problem education , Wrong the only one is indicator quality education . In level must study 12 years , quality teaching No the only one criteria , but book notes , mark student , as well as attitude And behavior students who are being watched . This is in accordance with Article 3 of the Law System National Education Law Number 20 of 2003 states that that : Education national develop skills And to form character as well as civilization nation Which valuable for to make smart life nation , so that student Can develop opportunity For become man . Creature Which believe And pious to Lord Which Maha One . By

Because that , education general explain the conditions set for participant educate , namely ownership , knowledge broad , moral noble , independent And not quite enough answer . Needs the can filled through learning , Because learning give information new , or information that carries change for its creator .

According to Nitami et al.,(2015) Somebody Which Study means He try to obtain knowledge new use reach something For replace Change in learning student No only about more information Lots knowledge , but Also in the form of skills , abilities , attitudes , understanding , prices self , interests , character , and etc. Regulations Matter This clear applicable on all over aspect And behavior individual . By Because That , That is task man student Study , including finish task appropriate time And endure pass difficulty finish task . However moment This often happen student postpone start Work or delay called delay . The person who did it delay very near with failure Because student must avoid behavior delay Because can hinder student reach results optimal learning .

Participant educate Junior High School (School Continued Level First) is participant educate which is still in the process of transformation from children going to teenagers . Still Lots matter want to they try And they do . As obligation a participant educate Of course must follow learning that exists in schools . Doing assignments given by the teacher, socializing with Friend same age is things to do done by a participant educate . However on the reality in the learning process Certain always There is obstacles . For example like procrastination , procrastination is attitude individual who always procrastinate task . In harmony with opinion Muyana (2018) Procrastination academic is behavior procrastinate do or finish tasks academic .

A participant educate Can do procrastination that is Because There is something more interesting For done besides Study . For example like play , play gadget And and so on . With existence matter the cause a participant educate distracted For follow learning . Impact from procrastination This Can make participant educate become difficult manage time between play And Study , lower performance , And rather increase laziness in self . This is must , so as not to prolonged . How to overcome it that is Can with use self management techniques . With individual self management Can more clever in arrange he thought , time And everything that must be in put it first And Which Can done Later . Based on description the objective article This is know technique self-management for overcome procrastination participant educate junior high school level

2. Methodology

Study This use approach qualitative descriptive . According to Sahir (2021) Approach qualitative descriptive is a method research that will be to study more in about a phenomenon Which investigated with to study phenomenon That in a way more detailed on case or events that occur in the field .

The data collection technique used researcher For collect data namely with method observation And interview . According to Sudaryono (2016) Observation is technique different specific data collection with technique others . Researchers do study in a way direct For see activity from close . Interview is Wrong One technique Which used For gather data study . According to Hikmawati (2020) interview is method data collection with existence meeting between researcher along with object , for exchange information and ideas through ask answer , so that can arranged meaning in a Topic certain.

Target from study This namely SLTP (Senior High School) Advanced First Level) or equal with JUNIOR HIGH SCHOOL And MTs. Client Which made into as object that is participant educate class VII, according to with the advice



of the school guidance counselor local.

3. Result and Discussion

Term procrastination Already become common thing heard. Procrastination according to Muyana (2018) Procrastination academic is A habit procrastinate work or finish tasks academic . As for procrastination according to Dear Sandra, (2013) that is to win work , procrastinate until day or time which will come . Procrastination done in a way on purpose , procrastinate matter Which important for the sake of doing matter Which No important . If a individual do procrastination 1 times, then For work furthermore will do procrastination back , because procrastination is the act of making a individual addicted .

So also after researcher do assessment to counselee symptom Which experienced counselee that is own indication problem 1) Frequently asleep in class , cause from often Sleep in the classroom that is Because client when Evening always play the gadget until Morning . That matter cause when at school client very sleepy And when learning in progress Like sleep . 2) Often using gadgets on during class hours , the party school No forbid child For bring tool communication , but when learning in progress of course recommended For focus towards the teacher who is explain . Sometimes There is Teacher Which ignore student Which play gadget when learning , so that student feel given freedom use it . According to results interview towards the BK teacher there is a number of students who are caught by the BK teacher in progress using gadgets when learning until the gadget confiscated 1 week . After confiscated child the become give up And No do matter Which similar . 3) More Like play than learn . As participant educate Junior High School Which is school advanced after school base , participant educate Still in search teak self and exploration period . Baseline of problem client that is procrastinate Study with choose play games, easy invited by others to play And No focus when learning . After know identification problem And baseline of problem the things to do changed on client that is No procrastinate learn , have establishment when time study , focus when learning ongoing .

For achieve the desired target changed from self client so researcher offer intervention in the form of Behavioral Counseling with Self Management techniques . Behavioral Counseling is counseling conducted For change behavior individual . In harmony with opinion Wajdaniah (2017) behavioral counseling is form adaptation that emphasizes to change behavior individual with draft change or manipulate condition Study individual .

Technique Which used in counseling behavioral This that is technique self management . Meaning from self management that is technique me manage or to fix behavior Which previously own habit bad become good habits . In harmony with opinion The Sukjadi in (Wajdaniah , 2017) Self management is technique Which used For to form attitude individual Which more proceed with method give not quite enough answer on individual the in direct change a more positive attitude Good And more discipline .. According to Juliasari & Kusmanto (2016), self management is a series slow decision later will influence life someone . Wrong take decision or No take decision The same very can result in routine daily become chaotic , causing stress , reduced immunity body , and impact negative on performance academic . Self management can interpreted as ability For prioritize , schedule , and fulfil not quite enough answer individual For satisfaction personal (Sandra, 2013)

Technique Self Management has very big impact positive for the perpetrator , and for others. Someone who has ability arrange self with Good will become individual Which wise , fair , And own awareness self . In implementation technique management self), responsibility answer on success counseling in hand participant educate . The BK teacher plays a role as initiator ideas , facilitators who help designing programs, as well as motivator for participant educate . In implementation self management, usually done with arrange environment For remove factor reason behavior who want reduced And give support on desired behavior . Settings environment can includes : (a) changing environment physical so that behavior that is not wanted difficult And No allow done , for example with arrange environment so as not to available food that provokes desire to " snack "; (b) change environment social so that the environment the support desired behavior .

Self Management has a number of part , According to Komalasari et al. in Imran (2020) part between others, monitoring self (self monitoring), reinforcement that positive (self reward), contract or agreement with self self (self contracting) and mastery to stimulation (stimulus control) . By Because That researcher give intervention with to instruct client For make daily schedule . Researcher Also to explain For Can committed in fill in the schedule . So that client Can see development from every the day . If in 1 week there are at least 3 productive days in use gadgets, share time between play And Study so on the day Sunday may give self reward to self myself . However if client No There is One a productive day so day Sunday must get sanctions , such as not playing go out or No use gadget all day long . Client can understand And understand when given intervention schedule daily . With use technique the client Can

control self And to form not quite enough answer on self myself . Disadvantages in study This that is only done One time meeting For intervention And No There is related follow up interventions that have been given by researcher.



4. Conclusion

So can concluded that problem procrastination academic Still often experienced by student class VII junior high school level , and become base for counselor For do intervention through counseling For overcome student Junior High School This to be able to changed . Wrong One approach counseling that can applied is behavioral theory and counselor try For overcome This junior high school student For give solution . Researcher Also give self reward to student level Junior High School each individual so that they Can changed For manage good time And beneficial.

5. References

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