

ABSTRACT

The Contribution of Academic Procrastination and Discipline toward Students' Academic Achievement at Senior High School Pertiwi 1 Padang and Its Implication in Guidance and Counseling Service Program

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This research is done due to the fact that a lot of students had low academic achievement. Academic procrastination and discipline were assumed to be the factors which influenced it. This research aims to describe about: (1) the academic procrastination, discipline, and students' academic achievement, (2) the contribution of the academic procrastination toward the students' academic achievement, (3) the contribution of the students' discipline toward their academic achievement, (4) the contribution of the academic procrastination and discipline toward the students' academic achievement, and (5) the Guidance and Counseling program at class eleventh and twelve of Senior High School Pertiwi 1 Padang during the Academic Year of 2016/2017 in reducing the academic procrastination and improving the students' discipline at the school.

The design was quantitative research by using the descriptive correlational method and qualitative approach. The population was the students of Senior High School Pertiwi 1 Padang. The sample was chosen by using the proportional stratified random sampling technique. The informant was the Guidance and Counseling teacher of the school. The instrument used for the quantitative approach was questionnaire while the instrument for the qualitative one was the researcher himself. The quantitative data were analyzed by using the descriptive statistics, simple linear regression, and multiple regression.

The result of the research shows that: (1) the academic procrastination and the students' academic achievement were in the "medium" while the students' discipline was in the "high" category, (2) there was a negative yet significant contribution of the academic procrastination toward the students' academic achievement, (3) there was a positive and significant contribution of the students' discipline toward their academic achievement, (4) there was a significant contribution of the academic procrastination and discipline toward the students' academic achievement, and (5) the materials in reducing the academic procrastination and improving the students' discipline were already included in the Guidance and Counseling program at class eleventh and twelve of Senior High School Pertiwi 1 Padang during the Academic Year of 2016/2017.

ABSTRAK

Kontribusi Prokrastinasi Akademik dan Kedisiplinan terhadap Prestasi Belajar Siswa di SMA Pertiwi 1 Padang serta Implikasinya dalam Program Pelayanan Bimbingan dan Konseling

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Penelitian ini dilatarbelakangi oleh masih banyak siswa yang prestasi belajar rendah. Prokrastinasi akademik dan kedisiplinan diduga menjadi faktor yang dapat mempengaruhi prestasi belajar siswa. Penelitian ini bertujuan untuk mendeskripsikan: (1) prokrastinasi akademik, kedisiplinan dan prestasi belajar siswa, (2) kontribusi prokrastinasi akademik terhadap prestasi belajar siswa, (3) kontribusi kedisiplinan terhadap prestasi belajar siswa, (4) kontribusi prokrastinasi akademik dan kedisiplinan secara bersama-sama terhadap prestasi belajar siswa, dan (5) program BK kelas XI dan XII SMA Pertiwi 1 Padang tahun Ajaran 2016/2017 dalam mengurangi prokrastinasi akademik dan meningkatkan kedisiplinan siswa di sekolah.

Penelitian ini menggunakan pendekatan kuantitatif dengan deskriptif korelasional dan pendekatan kualitatif. Populasi dalam penelitian ini adalah siswa SMA Pertiwi 1 Padang, teknik penarikan sampel menggunakan *proportional stratified random sampling*. Informan dalam pendekatan kualitatif yaitu guru BK. Instrumen yang digunakan dalam pendekatan kuantitatif yaitu kuesioner dan instrumen dalam pendekatan kualitatif adalah peneliti. Data penelitian kuantitatif dianalisis dengan statistik deskriptif, regresi linier sederhana, dan regresi ganda.

Temuan penelitian memperlihatkan bahwa: (1) gambaran prokrastinasi akademik, prestasi belajar siswa berada pada kategori sedang, dan kedisiplinan siswa berada pada kategori tinggi, (2) terdapat kontribusi negatif yang signifikan prokrastinasi akademik terhadap prestasi belajar siswa, (3) terdapat kontribusi positif yang signifikan kedisiplinan terhadap prestasi belajar siswa, (4) terdapat kontribusi prokrastinasi akademik dan kedisiplinan secara bersama-sama yang signifikan terhadap prestasi belajar siswa, dan (5) materi yang berkaitan dengan mengurangi prokrastinasi akademik, dan meningkatkan kedisiplinan siswa sebagian sudah terkandung di dalam program BK kelas XI dan XII SMA Pertiwi 1 Padang Tahun Ajaran 2016/2017 yang telah disusun oleh guru BK.