

The Effectiveness of Dream and Future Training to Reduce Academic Procrastination of Junior High School Students on The Banks of The River Banjarmasin



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ABSTRACT: The concept of goal setting is one of the aspects that have a relationship and also affects the level of academic procrastination of a person. Dream and future training is designed by emphasizing experiential learning models based on the concept of goal setting theory. The purpose of this study was to test the effectiveness of "dream and future" training as an effort to reduce academic procrastination in first-school students. The subjects of the study were junior high school students from four schools in Banjarmasin City located around the riverbank. The number of subjects was 32 students with details of 16 students as an experimental group and 16 students as a control group. Data analysis using the SPSS program, which uses a paired sample t-test difference test to see the differences that occur in the pre-test and post-test of individuals in both groups. In addition, it also uses the Independent sample t-test to analyze differences in the experimental and control groups. The results showed that there was a significant difference between the academic procrastination of students before and after being given dream and future training and the sig value. (2-tailed) is $0.000 < 0.05$. While in the control group it shows a sig. (2-tailed) value is $0.741 > 0.05$, which means that in the control group there is no difference in the pre-test and post-test scores of students. In addition, Equal variances assumed known Sig value. (2-tailed) of $0.000 < 0.05$, it can be concluded that there is a significant difference between the average academic procrastination in the experimental group and the control group. The conclusions of this study show that dream and future training can effectively reduce the level of procrastination in junior high school students around the riverbanks of Banjarmasin city.

KEYWORDS: Procrastination academic, goal setting, training, dream and future



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