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SELF-MANAGEMENT APPLICATIONS TO REDUCE PROCRASTINATION BEHAVIOR

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ABSTRACT

Many studies have focused on interventions to reduce procrastination behavior. However, no one has taken advantage of the sophistication of technology. This study aims to strengthen the effect of the intervention on reducing procrastination behavior in the long term by using the application. The method used is a literature review on research articles on counseling services with various techniques to reduce procrastination behavior in the last 10 years. Some of the important things discussed were the implementation of self-management techniques into an application, concepts and ways of working, as well as analysis of the strengths and weaknesses of the application.

Keyword: Self-management; procrastination; application

ABSTRAK

Banyak penelitian yang berfokus pada intervensi untuk mengurangi perilaku prokrastinasi. Namun, belum ada yang memanfaatkan kecanggihan teknologi. Kajian ini bertujuan untuk memperkuat efek intervensi terhadap berkurangnya perilaku prokrastinasi dalam jangka waktu yang lama dengan menggunakan aplikasi. Metode yang digunakan adalah kajian literatur pada artikel penelitian tentang layanan konseling dengan berbagai teknik untuk mengurangi perilaku prokrastinasi dalam jangka waktu 10 tahun terakhir. Beberapa hal penting yang dibahas adalah implementasi teknik manajemen diri ke dalam sebuah aplikasi, konsep dan cara kerja, serta analisis kelemahan dan kelebihan aplikasi.

Kata kunci: Manajemen diri; prokrastinasi; aplikasi

INTRODUCTION

Higher education is one level of education to obtain expertise and degrees in a field that has been specialized. Universities are coveted by many people, but not everyone can be at that level, reported from detik.com that the Deputy Minister for Coordination of Education Quality Improvement and Religious Moderation (Kemenko PMK) Prof. Dr. R. Agus Sartono, MBA at the National Webinar “Campus and School Strategies to Prepare New Student Admissions” revealed that every year, only 1.8 million high school (SMA)

/vocational (SMK)/MA graduate students succeed in continuing their education to college level.

In contrast to the educational process provided by school institutions, the education and learning process in higher education is more complex with demands for higher material aspects, assignments, and competencies. According to Abdillah and Fitriana (2021) as active students, they are expected not only in class but actively participate in other activities outside of lecture learning. However, the demands for additional activities outside of learning make some of the students' time consumed and tend to find it difficult to manage the time to carry out the activities carried out so that it has an impact on delaying lecture assignments.

Procrastination is more familiarly known as procrastination. Procrastination is a habit or tendency to procrastinate on a task and prefer to do other fun activities, resulting in delays in doing tasks. McCloskey in Ardina & Wulan (2016: 69), suggests that "Academic procrastination is a tendency to delay activities and behaviors related to education". This tendency to delay the collection of tasks will certainly have an impact, no matter how small the delay is.

Data in the field revealed that the level of procrastination carried out by students after accumulation was known to be highly correlated with personal development and learning development. These two developments have an important role that cannot be separated because when personal development has run optimally it will have an impact on learning development which becomes more *aware* of the tasks given and gives priority to what is its role in the higher education environment.

Procrastination that is ingrained in a procrastinator (individual who procrastinates) will have many impacts which are certainly more in the negative portion, some of which are (1) a procrastinator will experience a state where he is guilty or regretful for delaying the task (2) tasks that are completed cannot be done optimally because of limited time (3) it becomes easier to stress, panic, and worry. In addition, the impact of procrastination is also expressed by Wicaksono (2017) namely (a) low academic performance, this is caused by negative thoughts from individuals who have previously limited it to result in academic behavior (b) high stress, caused by pressure from the individual's mind on unfinished tasks but the approaching time for collection of tasks (c) causes illness, procrastinators who cannot divide their time and force their abilities can result in impaired health, and (d) high anxiety as a result. result of delaying tasks that have been consciously performed.

Procrastination is like having an addictive substance, making procrastinators want to keep repeating the same habit if there are no special regulations to deal with it. The development of increasingly massive studies has shown that procrastination is not only a matter of the ability to divide time. Procrastination is a complex process that includes affective, cognitive, and behavioral components Shi, etc (2019). Some of the ways that have been known for a long time and can be done to deal with procrastination include an internal approach as well as an external approach.

In the internal approach, it is usually caused by individual internal factors and can be overcome by means of the individual evaluating where the problem lies to procrastinate, whether it comes from physical conditions, psychological factors or even physiological factors. In the external approach caused by conditions outside the individual, it can be overcome by (1) associating with people who are able to inspire and invite them to do assignments on time (2) setting the most comfortable place to do assignments so that they are encouraged to work. The solution to overcome procrastination is also expressed by Wicaksono (2017), namely (a) studying attitudes towards tasks (b) aligning oneself with tasks (c) avoiding feeling burdened or *overwhelmed* (d) avoiding self from "*perfectionism*" behavior (e) important things must be considered (f) monitoring behavior patterns consciously (g) giving appreciation to yourself, and (h) developing self-respect. These solutions can be carried out by individuals through self-management technique counseling services.

Reviewing previous research on counseling services for self-management techniques to overcome procrastination. Based on research conducted by Abdillah & Fitriana (2021) regarding the Application of Cognitive Behavior Counseling with Self-Management Techniques to Overcome Academic Procrastination in Students, self-management techniques in counseling services have an effect on reducing the level of procrastination in students. Another study conducted by Swara & Yulianti (2018) showed that changes or decreases in the level of procrastination occurred after treatment for self-management was carried out.

The results of research conducted by Klingsicek (2021) stated that self-management in students had an effect on reducing the level of students procrastinating on important tasks or work. Furthermore, research conducted by Putri, Wibowo & Sugiyo (2021) stated that self-management has proven to be effective in reducing the level of procrastination in the learning process, but it can be combined with other techniques.

According to the results of research conducted by Welindasari & Astuti (2021) regarding the Effect of Self-Management Techniques on Reducing Academic Procrastination Behavior in Facing the Era of Society 5.0 states that the level of procrastination after services using self-management techniques has decreased significantly. Another study also conducted by Chisan & Jannah (2021) regarding the relationship between self-control and academic procrastination in high school students stated that the higher the self-control possessed by students, the lower the academic procrastination behavior.

Research that directly looks at the action, namely the application of self-management training to reduce the level of procrastination also conducted by Thahir (2019) also stated that the level of procrastination decreased after training on the application of self-management to students. From several previous studies, it can be seen that the use of counseling services using self-management techniques can significantly reduce the level of procrastination.

The solutions offered are of course made specifically to overcome problems, but some solutions certainly have weaknesses, including (1) Self-evaluation, not everyone is able to carry out a thorough self-evaluation and in this case assistance from other people, such as experts (Counselors) is needed. , psychologists, etc.) (2) procrastination will get worse if there is no motivation from the individual concerned and procrastination requires a suitable technique or media for regulation (3) procrastination solutions must be adapted to the goals and developments of the times so that the solutions offered relevant to practice in the field.

There have been many studies on the effect of counseling services on self-management techniques on the level of procrastination, but so far researchers are still studying several ways, such as self-management training, which cannot be said to be fully effective in overcoming long-term procrastination.

The development of technology that is increasingly fast and unlimited helps solve human problems. Today, there have been many solutions to problems based on E-Applications. To overcome the weaknesses of the solutions that have been offered by previous researchers, an E-Application was investigated to reduce procrastination behavior. Through the E application, procrastination behavior becomes easier to reduce, the development of research subjects is more closely monitored, and the impact of reducing procrastination behavior is longer. By utilizing technology, self-management is not only done with a few moments of training. But it can become a habit when everyone is used to

being scheduled, especially if the system is on a smartphone, which has become a vital need for everyone every day.

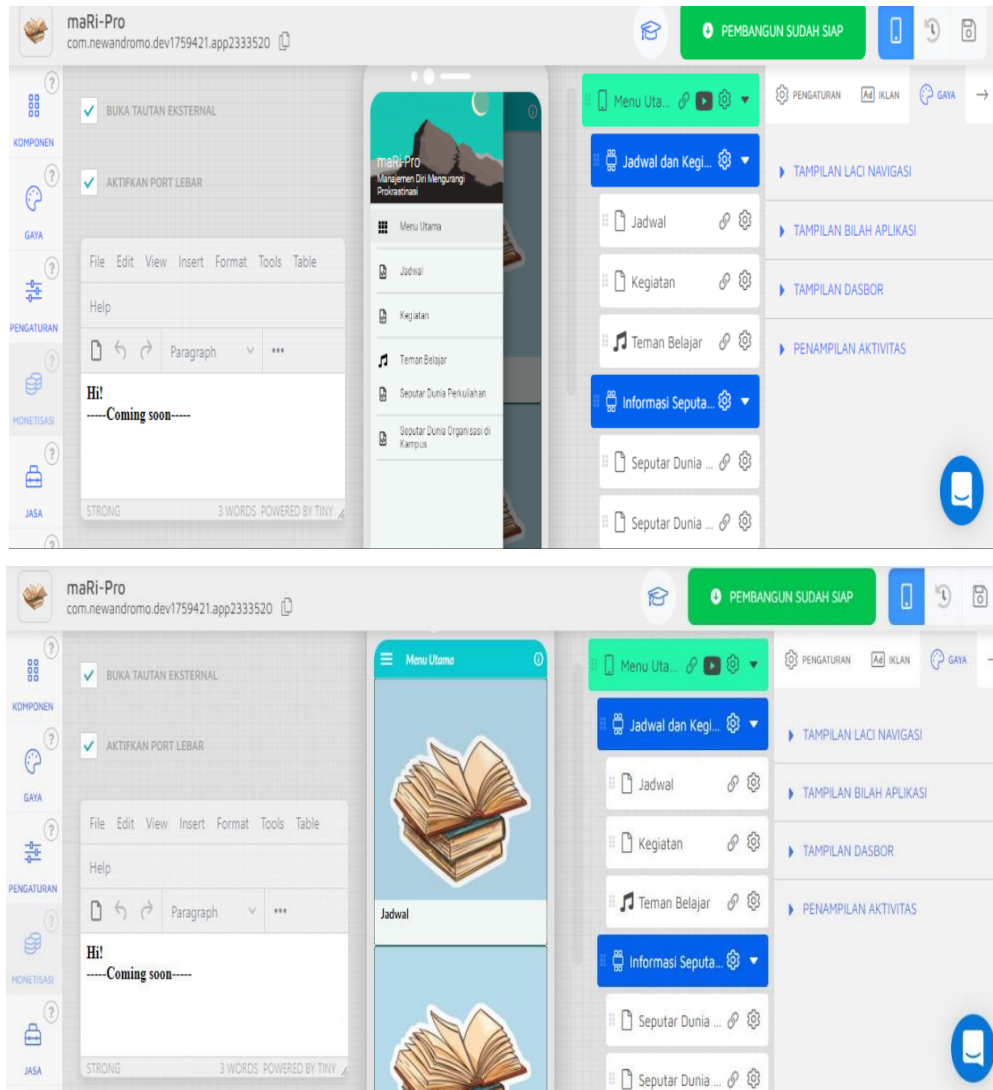
METHOD

The method used is a literature review. This literature review was carried out by collecting several previous studies which were then compiled to draw conclusions. Previous research that examined counseling services with various self-management techniques to reduce procrastination behavior was reviewed from 10 related journals in the last 5 years using Google Scholar. The selection of previous research journals was carried out by considering the many studies in the last 10 years on how self-management influences self-management to overcome procrastination.

DISCUSSION

Self-management is a conscious effort of the individual to control and evaluate his thoughts, actions, and feelings towards his life with the aim that the targets that have been outlined can be achieved. Self-management is also expressed by Yates in Mulyono (2007) that self-management is a process carried out by individuals in directing their behavior by using a tactic or a combination of therapeutic tactics to be able to behave positively and productively. Self-management is an easy and inexpensive way to be developed and implemented with additional notes done with a consistency so that what is the goal can be achieved. This is in line with the opinion that self-management is the regulation or control that is carried out on oneself to achieve the expected learning goals.

According to Hanggara (2018) Carrying out self-management in the era of technological development as it is now, in the era of *society 5.0*, will certainly be a challenge. Technological innovations can also backfire if they cannot be applied properly so that they can cause procrastination of what should be done. The most obvious technological innovations are those related to E-applications. Applications used in it can be loaded regarding the self-management system. Along with this statement, the solution can be done by instilling self-management in individuals to reduce the level of procrastination, even with a low level of procrastination because with this self-management it will eliminate the habit of procrastination little by little. The self-management application can be a reminder tool for users to schedule each activity so that the delay rate can be much lower by being equipped with several interesting features and *feedback* if the challenge of doing something on the *to-do list* in the application can be resolved.



Picture 1. Self-Management Application

This self-management application is an application that can be accessed through all types of smart phones both *android* and *ios* which are equipped with several features that help facilitate access. In the application there is a main menu feature that contains (1) dates and *to do lists* of tasks and activities (2) notes and evaluation features every week (3) reminder alarms with standard and focus modes with a choice of background music suitable for doing assignments (4) Information center about the world of lectures.

This self-management application to Reduce Procrastination Behavior is run by playing a role with the category of newbie to maniac where in each category has challenges to get to the next category. The category consists of (1) newbie, with a challenge level of completing missions for 15 days with a time specified by the user (2) normal, with a

challenge level of completing missions for 30 days with a time specified by the user (3) expert, with challenge level completing missions for 45 days with user-defined timeliness (4) maniac, with challenge level completing missions for 30 days with user-defined timeliness. This category arrangement is intended so that students who use it can diligently carry out what has become part of their to-do list that day, this is so that users can do assignments correctly and practice self-management. Every user who has successfully completed the mission will get a reward that is useful for unlocking other features. The design of the application is made in a minimalist manner so that it is easy to use, the weekly notes and evaluation feature is very useful for recording needs and tasks to be carried out, and with this feature users can also see how far the progress has been.

This application contains various advantages to support self-management and fight procrastination. The features provided have a significant impact on the time management and tasks of the users. easy app access. But of course it has a drawback, namely, the distribution of information about the application for self-management is still uneven, so that the use is still small and only accessed by the closest people. features that still need updates and additions.

With the application of self-management can introduce technology in counseling in general to users and non-users of self-management application services to reduce procrastination. The threat that occurs when using applications like this is the possibility of addiction to continue using the smartphone.

CONCLUSION

Procrastination is caused by irrational thinking that causes changes in perspective and behavior. Procrastination behavior has a negative impact on a person's life. Counseling Services Self-management techniques are considered as things that can reduce the level of procrastination. An implementation of self-management technique in counseling services is stated in the form of an application, called *MaRi-Pro*. As a follow-up to this research, future researchers can conduct research and development design to develop this prototype of application.

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