ABSTRACT

APPLICATION OF THE POMODORO TECHNIQUE IN REDUCING STUDENT ACADEMIC PROCRASTINATION

Keywords: Pomodoro Technique, Academic Procrastination

The aim of this research is to determine the impact of applying the Pomodoro technique on the academic achievement of class VIII mathematics students at Nurul Anwar. This research uses a quantitative approach with a single group pre-test and post-test design. The sample population consisted of 33 students. This research does not use a control class. The instrument used by researchers was the student procrastination scale which was validated using a validity test using SPSS version 21. Of the 60 questions, 34 were declared valid. Procrastination reliability was tested using Cronbach's Alpha and a high level of reliability was shown with a coefficient of 0.725.

Based on the results of statistical analysis using SPSS 21, the significance level of t test data using this method is 0.022, which indicates a higher level of significance compared to previous results. It can be concluded that the Pomodoro technique has an impact influence on the procrastination of MTs students' numeracy skills. Nurul Anwar in the 2024–2025 academic year.