

ABSTRAK

PENERAPAN *POSITIVE REINFORCEMENT* UNTUK MENINGKATKAN KEPERCAYAAN DIRI ANAK USIA 5-6 TAHUN

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Berdasarkan studi pendahuluan di TK Amrina Rosyada Kid's bahwa terdapat anak usia 5-6 tahun yang mengalami perkembangan kepercayaan diri yang rendah. Penelitian ini bertujuan untuk mengetahui bahwa penerapan *positive reinforcement* dapat meningkatkan kepercayaan diri anak usia 5-6 tahun. Penelitian ini menggunakan desain penelitian *pre-eksperimen* dengan pendekatan *one-group pre-test and post-test*. Pengumpulan data menggunakan teknik observasi. Sampel penelitian sebanyak 15 anak usia 5-6 tahun dengan menggunakan teknik *purposive sampling*. Hasil *pre-test* menunjukkan bahwa terdapat 47% atau sebanyak 7 anak dalam kategori belum berkembang (BB) dan 53% atau sebanyak 8 anak berada dalam kategori mulai berkembang (MB), setelah diterapkan perlakuan hasil *post-test* menunjukkan bahwa 27% atau sebanyak 4 anak berada dalam kategori berkembang sesuai harapan (BSH) dan 73% atau sebanyak 11 anak dalam kategori berkembang sangat baik (BSB). Setelah dilakukan analisis menggunakan uji *wilcoxon* yaitu terdapat pengaruh yang *signifikan* terhadap perkembangan kepercayaan diri anak usia 5-6 tahun dengan nilai *Asymp.Sig. (2-tailed)* 0,000 < dari 0,05 yang menyatakan bahwa H_a diterima dan H_o ditolak. Penelitian ini menunjukkan bahwa penerapan *positive reinforcement* dilingkungan sekolah dapat mempengaruhi perkembangan kepercayaan diri anak.

Kata kunci: anak usia dini, *positive reinforcement*, kepercayaan diri

ABSTRACT

IMPLEMENTATION OF POSITIVE REINFORCEMENT TO IMPROVE SELF CONFIDENCE IN CHILDREN AGED 5-6 YEARS

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Based on a preliminary study at Amrina Rosyada Kid's Kindergarten, it was found that there were children aged 5-6 years who experienced low self-confidence development. This study aims to determine whether the application of positive reinforcement can increase the self-confidence of children aged 5-6 years. This study used a pre-experimental research design with a one-group pre-test and post-test approach. Data collection used observation techniques. The research sample was 15 children aged 5-6 years using a purposive sampling technique. The pre-test results showed that there were 47% or as many as 7 children in the category of not yet developing (BB) and 53% or as many as 8 children were in the category of starting to develop (MB), after the treatment was applied, the post-test results showed that 27% or as many as 4 children were in the category of developing according to expectations (BSH) and 73% or as many as 11 children were in the category of developing very well (BSB). After analysis using the Wilcoxon test, there was a significant influence on the development of self-confidence of children aged 5-6 years with an Asymp.Sig. value. (2-tailed) $0.000 < 0.05$ which states that H_a is accepted and H_o is rejected. This study shows that the application of positive reinforcement in the school environment can influence the development of children's self-confidence.

Keywords : Early childhood, positive reinforcement, confidence.