

Changes in Children's Self-Confidence Level after Participating in Confident Child School Program 2018 - 2022



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ABSTRACT: This study aims to determine the level of self-confidence of the beneficiaries of the Sekolah Anak Percaya Diri program. The sample in this study were students of the Sekolah Anak Percaya Diri program as many as 57 children or all participants who actively participated in the program. The results of the analysis show that every year the self-confidence of children who take part in the Sekolah Anak Percaya Diri program has increased with the final results as many as 45 children in the good category, 11 children in the medium category and 1 child for the less category.

KEYWORDS: Self-Confidence, Children

INTRODUCTION

Self-confidence is a person's belief in the abilities that exist within him. Individuals who have confidence in doing something without asking others whether what they are doing is necessary or not, right or not, they will do that activity. If someone has the belief that what will be done is right according to what is in him, then it will be done without asking for consideration from other parties.

Trust is a person's mental attitude in assessing himself and the surrounding objects so that the person has confidence in his ability to be able to do something according to his abilities. Based on this explanation, it can be concluded that self-confidence is the belief to do something in the subject as a personal characteristic in which there is confidence in one's ability, optimistic, objective, responsible, rational and realistic.

Self-confidence serves an important function to actualize the potential possessed by a person. The description above is in line with the opinion of Suyanto (2013: 15) "The attitude of self-confidence is the main thing that a learner must have in learning as well as in everyday life". Because with an attitude of self-confidence there will be a belief in an individual in all aspects of his strengths and abilities and with this belief makes him able to achieve various goals in his life. Problems that arise because someone lacks self-confidence, for example students who cheat on exams are examples that these students do not believe in their own abilities.

does not believe in his own abilities, he relies more on other parties. This illustrates unpreparedness, especially in students in facing exams. In addition, the low self-confidence of learners encourages learners to cheat in doing test questions cheating in working on exam questions.

Aspects of Self-Confidence

Lauster (in Gufron and Risnawati, 2011) argues that excessive self-confidence is not a positive trait. In general, it will make people less careful and will do whatever they want. This is a behavior that causes conflict with others.

Individuals who have high confidence will look calmer. They have no fear, and are able to show their confidence at all times. According to Lauster (in Gufron and Risnawati, 2011) people who have positive self-confidence are mentioned below; a. Self-confidence

Self-confidence is a person's positive attitude about himself. He or she is truly capable of what he or she will do. b. Optimistic

Optimism is a positive attitude owned by someone who always has a good outlook in facing everything about himself and his abilities. c. Objective

One who views mistakes or things according to the proper truth. Not according to one's own personal or self-righteousness. d. Responsible

Responsibility is the willingness of people to bear everything that has become a consequence. e. Rationality and Reality

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Rationality and reality are the analysis of a problem, a thing, an event by using thoughts that are acceptable to reason and in accordance with reality.

Based on the above opinion, it can be concluded that self-confidence is the nature of a person who has aspects of self-confidence, optimistic, objective, responsible, rational and realistic.

Self-confidence is influenced by several factors. The following are these factors; a. Self-Concept

According to Anthony (in Gufron and Risnawati, 2011) the formation of self-confidence in a person begins with the development of a self-concept obtained in his association in a group. The results of the interactions that occur will produce a self-concept. Self-concept is defined as a person's picture of themselves and is a combination of physical, psychological, social, emotional aspirational beliefs, and the achievements they make. Self-concept is one of the important aspects for individuals in behavior.

Self-concept is what one feels and thinks about oneself. There are two self-concepts, namely the concept of the cognitive component and the self-concept of the affective component. The cognitive component is called Self Image and the affective component is called Self Esteem. The cognitive component is the individual's knowledge about himself including the knowledge of "who I am" which will give a picture of myself. This picture is called self-image. Meanwhile, the affective component is called self-esteem individuals towards themselves which will shape how self-acceptance and self-esteem of individuals. b. Self-esteem

A positive self-concept will form a positive self-esteem as well. Self-esteem is an assessment made of oneself. Santoso argues that a person's level of self-esteem will affect a person's level of selfconfidence. self-esteem is an important aspect of personality. So important that it has been studied by many researchers. Self-esteem is one of the factors that determine individual behavior. Everyone wants a positive appreciation for themselves. Positive appreciation will make a person feel valuable, successful and useful to others. Even though he has weaknesses or shortcomings both physically and psychologically. The fulfillment of self-esteem needs will result in an optimistic and confident attitude. Conversely, if this self-esteem need is not met, it will make a person or individual behave negatively.

Self-esteem is an individual's evaluation of themselves as low or high. The assessment is seen in their appreciation of their existence and significance. Individuals who have high self-esteem will accept and appreciate themselves for who they are. Self-esteem includes the evaluation and appreciation of oneself and results in a high or low assessment of oneself. A high self-assessment is an assessment of one's condition, appreciating one's strengths and potential, and accepting one's shortcomings, while a low self-assessment is an assessment of not liking or being satisfied with one's condition, not appreciating one's strengths by seeing oneself as something that is always lacking.

METODE PENELITIAN

Research Variables

The variable in this study is a single variable, namely self-confidence.

Operational Definition of Variables

Self-confidence is an aspect of personality that individuals have as a whole will have a good impact on these individuals in everyday life such as feeling able to achieve various goals in their lives and being better able to direct behavior towards success and drive for achievement.

Population

The population of this study were all 57 confident children's school students.

Research Techniques

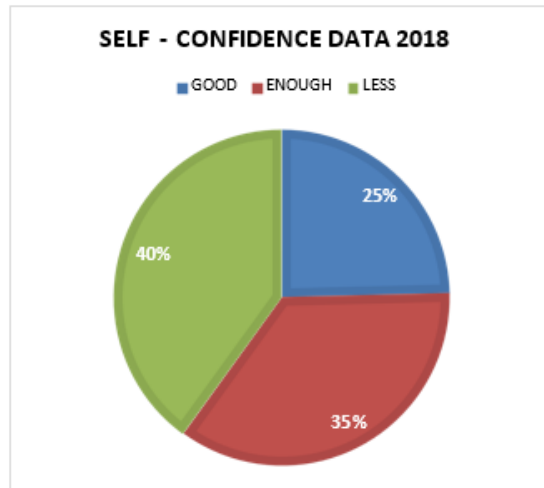
This study uses a qualitative approach with an evaluation design on the level of self-confidence of learners through filling out questionnaires and evaluations.

RESEARCH RESULTS AND DISCUSSION

This research was conducted at Sekolah Anak Percaya Diri in Makassar which is located at Barukang 3 Lorong 3 Makassar City. The population in this study were all children of confident child school Makassar consisting of 57 students, so the results obtained were:

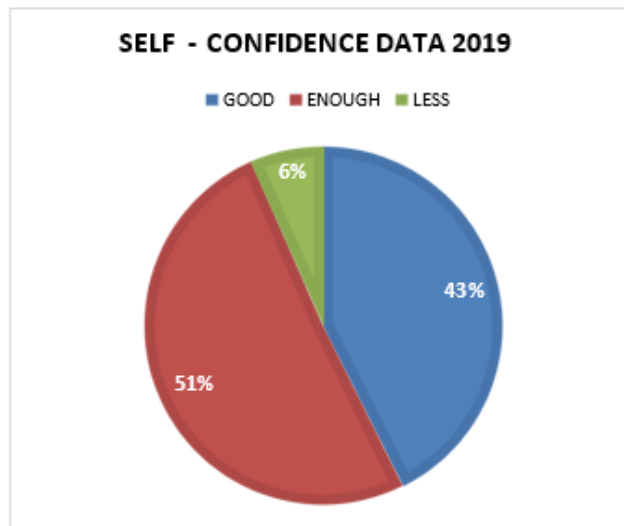
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A. Self-Confidence Data 2018



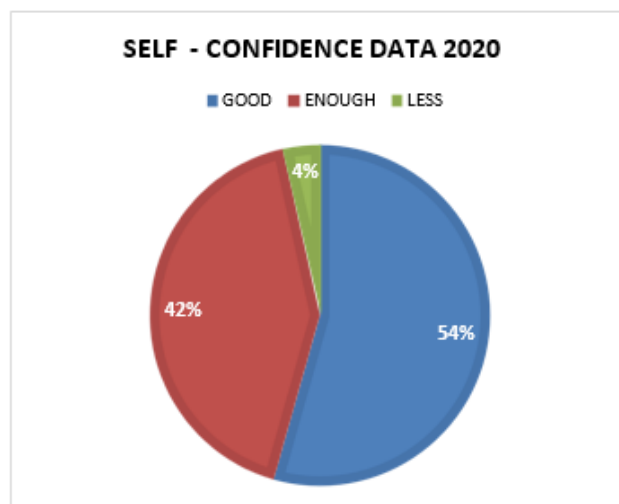
From the data above, it can be concluded that the number of children who are less confident is far more, namely 40%, while the number is quite confident as much as 35% and 25% who are confident.

B. Self-Confidence Data 2019



From the data above, it can be concluded that the number of children who are less confident has decreased very significantly from 2018, namely 40% to 6%, while the number of children who are quite confident is 48% and 46% are confident.

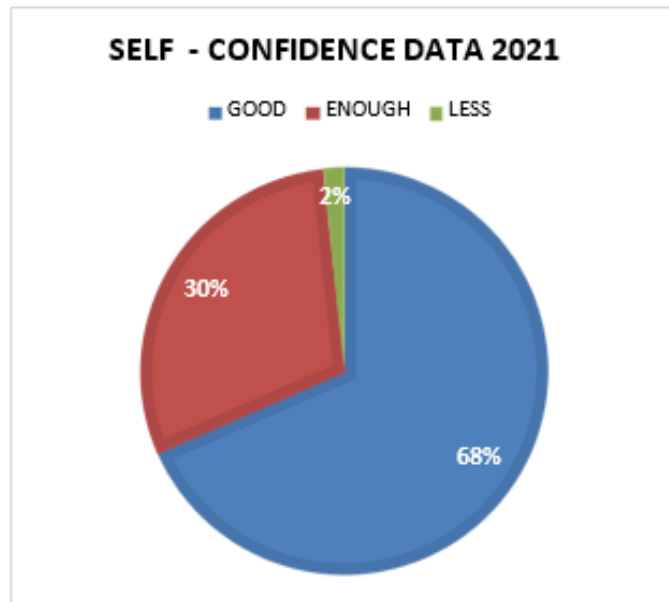
C. Self-Confidence Data 2020



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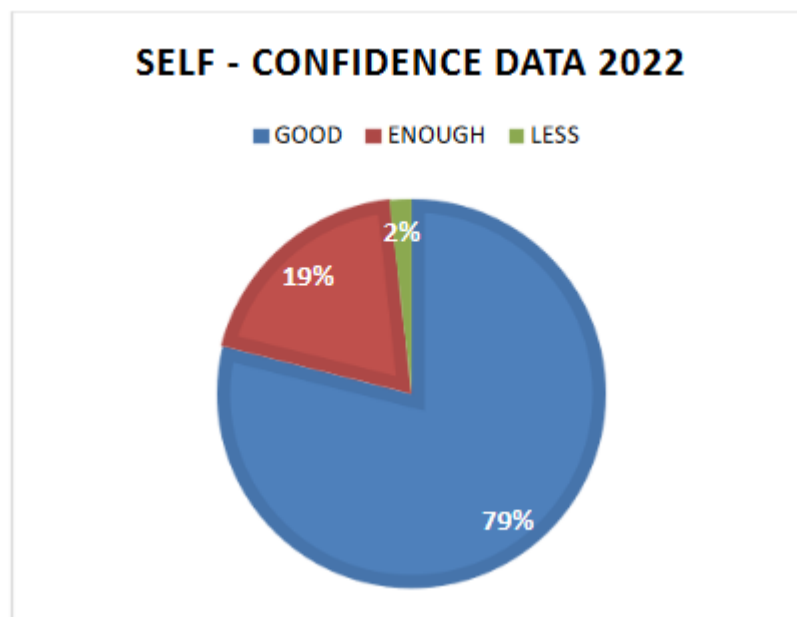
From the data above, it can be concluded that the number of children who are confident is 54%, 42% are quite confident and 4% are less confident.

D. Self-Confidence Data 2021



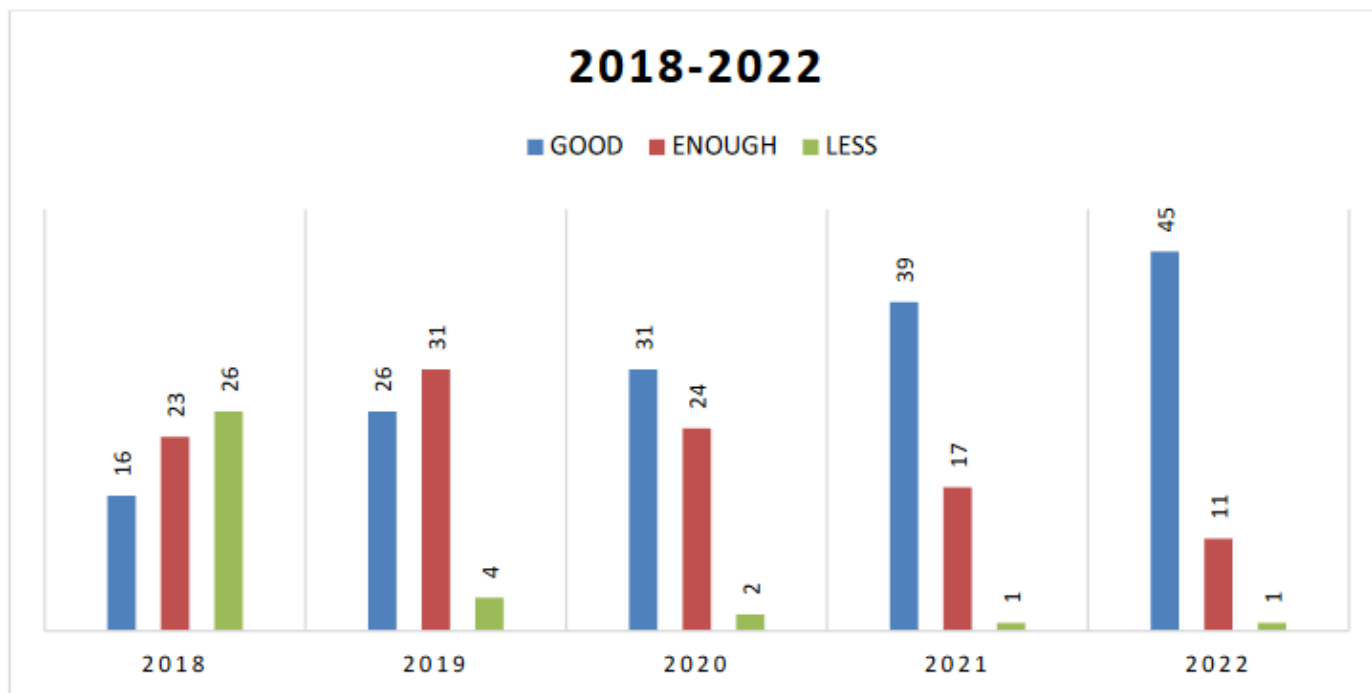
In 2021 the level of children's self-confidence is very good as seen from the number of children who are less confident as much as 2% and quite confident as much as 30% and 68% confident.

E. Self-Confidence Data 2022



In 2022 the level of children's self-confidence is very good as seen from the number of children who are less confident as much as 2% and quite confident as much as 18% and 80% confident.

F. Comparison of Number of Confident Children 2018-2022



From the table above, it can be concluded that every year the number of good category confidence levels increases from 2018 by 16 people and in 2019 it increased to 26 people even though the number of students decreased by 4 people, in 2020 it increased by 5 people so that it became 31 people and in 2021 it increased to 39 people and in 2022 it increased to 45 people.

CONCLUSIONS

Based on the results of the research conducted, the researcher can draw the conclusion that of the 57 students at the Makassar Confident Children's School. Most of them have a level of selfconfidence in the Good category, it can be seen from the results of research from 2018 - 2022, namely 45 with a good category, while in 2021 only 39 people, 2020 as many as 31 people, 2019 as many as 30 people, 2018 as many as 16 people. So it can be ascertained that every year the increase in selfconfidence of children who are self-participants has increased significantly.

ADVICE

The suggestions put forward in this study are that students are advised to increase self-confidence by studying harder so that they are motivated to continue to obtain optimal learning outcomes.

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