

The Effect of Positive Affirmation Technique on Self-confidence at PGPAUD FKIP Students of Khairun University

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Abstract: This study examines the effect of positive affirmation techniques on self-confidence at PAUD FKIP students of UNKHAIR. The purpose of this study is to know the effect of positive affirmation techniques on self-confidence at PAUD FKIP students of UNKHAIR. The research method used quantitative research with the pre-experimental type design, one group pretest-posttest. Data processing was done by statistics. The sample was 30 people taken by using simple random sampling. Data collection techniques used questionnaires and observation. Technique of analyzing data used descriptive analysis and inferential statistic analysis, namely t-test. The results of the study showed that: (1) Positive affirmation technique could be conducted by using affirmation sentences, such as messages or the power of suggestions which were internalized into oneself and carried out repeatedly to create new values. (2) The level of self-confidence of the PG PAUD students of UNKHAIR before being given a positive affirmation technique showed it was in the low category and after being given a positive affirmation technique based on the posttest results, it was in the high category. It means that there was an effect of applying positive affirmation techniques to increase students' self-confidence

1 INTRODUCTION

In human life, everything cannot be separated from education process, both formal and non-formal has the same goal, namely to educate humans become useful creatures and beneficial in their lives. But, in the way of life often involves many obstacles and problems that obstruct the process someone's education.

Faculty of Teacher Training and Education as one of the institutions, which produce prospective teachers, must provide reinforcement to students in personality construction. Courage as a manifestation of confidence in students can not automatically grow by themselves without trained it continuously. Therefore, students must have a good foundation on self-confidence to be able to construct the character education in herself. In university environment, PG PAUD students are one of the intellectual figures who can become a professional educator, so students whose have good confidence will express all their potential optimistically and easily without hesitation. Confidence is a mental condition

or psychological of a person who gives a strong belief in himself to do or do something (Thantaway, 2005).

Getting self-confidence is not easy, probably because someone has done a failure that made him traumatized. So there was a crisis of confidence because the failure would be left in his mind and made him anxious to repeat the mistake. The reality happened to students in PG PAUD based on the result of preliminary with the Lead of PG PAUD Study Program, there are a number of students (40% -50%) who had low confidence that is generally characterized by unsure of their abilities, so they are afraid to take risks, afraid to make a reasonable calculation, be pessimist, shy, anxious, negative thinking and introvert, so decrease the student participation in learning activities in the classroom.

One way used to increase self-confidence is to think positively. Positive thinking is thinking

activity that aim to build up and evoke positive aspects of ourselves potential, enthusiasm and confidence. Positive affirmation is a technique of positive thinking about oneself, namely focusing attention to the power of self, notices yourself positively. Individuals who think positive will see himself valuable, have talent and strength in certain fields, so he will love himself and have high self confidence. Affirmation can be arranged according to your needs or each other's wishes. This can be aimed at changing attitude and someone's behavior.

Affirmation technique can be defined as a technique that is done consciously by the individual to change his behavior by stating positive words repeatedly as an instruction to the subconscious mind to do positive behavior to replace or alter negative behavior (Pija saksono, 2001). Affirmation is an acceptance statement that is used by ourselves with abundant freedom, prosperity and peace. Affirmation can also be positive sentences or a group of sentences arranged into one. Affirmation used correctly is very strong psychological tools to grow up (Abdurrahman, 2012). Through the technique of self affirmation, illogical or irrational mindset changed through positive statements or affirmation made and stated repeatedly to ourselves. Positive affirmation and feeling will increase energy and bring positive things in life. Whereas negative affirmation and feeling tend to be tiring and potentially cause failure. In addition, it also makes someone older faster and uninteresting (Ola, 2008).

2 METHOD

This study is a quantitative research with a type of *pre-experiment*. The design used is "One Group Pretest-Posttest Design". (Gay, 2006). Processing the data is done by statistical methods. The subject is 30 students taken by using *simple random sampling*. Data collection techniques used questionnaires and observations.

The variables in this study are *positive affirmation* techniques as independent variables (X) and student self-confidence as dependent variable (Y). Positive affirmation techniques are methods of self-affirmation using positive sentences that are repeated over and over which are transmitted into the conscious mind to get new behavioral changes. Confidence is a belief in the ability of students which are characterized by believe and sure of their own capabilities in dealing with problems as

expected, act / think positively, have responsibility, optimistic, believe in own ability.

The data analysis technique used in this study is descriptive analysis and statistical analysis t-test.

3 RESULTS AND DISCUSSION

The results of the study carried out on students of PG PAUD FKIP UNKHAIR are to determine the level of confidence through the experimental approach by giving treatment in positive affirmation techniques. The results of these studies are presented in descriptive and inferential statistical analyzes and *t-tests* for hypothesis testing.

Descriptive statistics analysis are intended to obtain an overview of the level of students confidence before (*pretest*) and after (*posttest*) being given positive affirmation techniques. It will be presented in a frequency distribution table of the level of student confidence.

Table 1: The Results of the Frequency Distribution Analysis of Students' Self-confidence before (*pre-test*) and after (*post-test*) Affirmation Technique.

Interval	Category	Pretest		Posttest	
		f	%	f	%
131 -155	Very high	0	0%	11	36.67%
106 -130	High	0	0%	14	46.67%
81-105	Medium	5	16.66%	5	16.66%
56 - 80	Low	21	70%	0	0%
31 - 55	Very low	4	13.34%	0	0%
Total		30	100%	30	100%

Table 1 shows that, before being given affirmation technique, level confidence of PG PAUD FKIP students OF UNKHAIR is in very low category contain of 4 respondents (13.33%), low category are 21 respondents (70%), then medium category are 5 respondents (16.66%), while no respondents are in high and very high category. Furthermore, according to the average value obtained are 70.6, where the average value is at intervals of 56-80 namely low. It means that the level of confidence in PG PAUD FKIP students of UNKHAIR is in the low category.

After being given the treatment in three session affirmation technique, the level of confidence PG PAUD FKIP students of UNKHAIR is increased. It can be seen from most of the students' level of confidence is in very high

category contain of 11 respondents (36.66%), high category are 14 respondents and medium category are 5 respondents (16.66%), whereas no respondents who are in low and very low category. Furthermore, according to the average value obtained are 123.43, where the average value is in the interval 106-130 namely high. It means that the level of students' confidence is in high category.

Thus, it is implicit that the confidence of students during *pretest* administration is in low category, while at *posttest* is in high category. So, students' confidence before and after treatment affirmation technique showed significant improvement.

The results of the average value distribution analysis in the experimental group at the pretest and posttest with the application of affirmation techniques to the PG PAUD FKIP students of UNKHAIR as follows:

Table 2: Analysis of the Distribution of the Average Value of the Pre-test-Post-test.

Data Type	Group	Mean	Interval	Classification
Pretest	Experiment	70.6	56 - 80	Low
Posttest	Experiment	123	106 - 130	High

From table 2, it can be seen that the average pretest score on the variable level of self-confidence of FKIP UNKHAIR PG PAUD students in the experimental group is 70.6, in the low category. This is much influenced by the psychological condition of students which is generally known as negative self-concept which still dominates students in general. After giving treatment as affirmative technical training, then the researcher measure the level of student confidence and the results of analysis can be seen that the average students' confidence is 123 which is increase or belong to the high category.

The hypothesis proposed in this study is "there is a significant difference between student confidence before (*pretest*) and after (*posttest*) given positive affirmation technique treatment". This hypothesis testing is done by *t-test* using *SPSS version 17.0*. Based on this, the results of calculations are as summarized in the following table:

Table 3: The Results of t-test Analysis of the Difference between Students' Confidence at Pre-test and Post-test.

	Paired Differences			f	Sig. (2-tailed)
	Mean	Std. Deviation	t		
Pre-Posttest Exp	52.83	18.293	15.819	9	.000

Based on Table 4 above, it can be seen that the obtained value of $t\text{-test} = 15.819$ with $df = 29$. Price t_{table} at $t_{0,05} = 2.05$ with a significant value $(P) = 0.000 < \alpha = 0.05$. Probability number *Asmypo*. *Sig (2-tailed)* the self-confidence of FKIP UNKHAIR PG PAUD students in the experimental group is 0.000, or the probability is lower than alpha 0.05 ($0.000 < 0.05$). From these results, H_0 is rejected and H_1 is accepted. Thus, the hypothesis tested in this study is acceptable, namely "there is a significant difference between students' self confidence in experimental group *pretest* and *posttest* given positive affirmation technique treatment".

Based on the posttest results, there was a change in students' self-confidence which at the beginning had low self-confidence. The change is assumed because of the treatment given to students with positive affirmation techniques. Individuals (students) who have high positive emotion are able to be seen and will regularly be seen as happy individuals, enthusiastic, confident, and more excited doing all activities. On the other hand, individuals who have high negative emotion tend to show nervous, full of guilt, fear and shame (Supradewi, 2008).

Affirmation technique is a technique to change illogical or irrational mindset altered through positive statements or affirmation that are made and expressed repeatedly to their own self. In other words, students are independently able to positively affirm themselves in overcoming the problems they face. Making and restating a positive statement to own self so that feelings and the actions taken can be as expected. The increase of student self-confidence is supported by the results of previous studies conducted by Creswell et al., (2013) which showed that positive affirmation can improve one's performance in solving problems under psychological stress (under stressful conditions). Similar in the Pinilih study, SS et al. (2014) revealed that there was a significant difference between the level of anxiety at

the time of measurement before being given positive affirmation and the level of anxiety after being given positive affirmation. So, it can be concluded that using effective positive affirmation techniques can change one's negative thoughts. Affirmation manipulation has the potential to increase motivation and better self-confidence and optimism.

In line with the results of the study, (Wuryanano, 2006) that the technique of self-affirmation has proven its effectiveness to many people who have problems with themselves. The technique of repeated self-affirmation will greatly affect the imagination in the subconscious mind. If the subconscious mind is so strong about the impression of repetition of the mind, the results obtained from self-affirmation will be optimal.

4 CONCLUSION

Based on the results of study on the effect of applying positive affirmation techniques to improve the confidence of students of the PG PAUD FKIP students of UNKHAIR, it can be concluded that (1) the application of positive affirmation techniques can be done by using affirmation sentences, such as messages or powers of suggestion internalized into themselves and carried out repeatedly to create new beliefs. (2) The level of self-confidence of the PG PAUD students of UNKHAIR before being given a positive affirmation technique showed it was in the low category and after being given a positive affirmation technique based on the posttest results, it was in the high category. It shows that there is a significant effect of the application of positive affirmation techniques to the increase of students' confidence.

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