

## Building self-confidence in elementary school students

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### ABSTRACT

Educational attainment in particular can be measured in the process of teaching and learning activities in educational institutions, including increasing students' feelings of self-confidence. Armed with feelings of self-confidence, every child can be encouraged to become a good person in the sense of not deviating from the applicable rules. Children who have self-confidence can certainly accept themselves, are happy when given a challenge, are willing to try new things even though they are aware that mistakes can happen, and tend to be more successful in what they want to achieve. On the other hand, children who do not have self-confidence will become timid when faced with challenges, shy and hesitant in communicating ideas, afraid to make choices, and most often compare themselves with others. Therefore, students' personality development must be formed from an early age and must follow gradual processes and activities, this is done so that they get used to it in their daily lives.

**Key words:** Self-Confidence, Early Age

### INTRODUCTION

Self-confidence is a person's attitude and belief that is born from a strong determination within oneself which is the foundation of humans, so that they are able to face life's challenges and accept the abilities they have, both positively and negatively to fulfill many different needs, to achieve personal happiness (Hasrul, 2016).

Developing students' self-confidence certainly requires classroom management from the teacher. In the learning process, classroom management is the most important factor that determines the success of the learning process. This is in accordance with the main aim of classroom management, namely creating conducive conditions for the class so that teaching and learning activities take place according to objectives. Classroom management must be carried out effectively and efficiently in order to have a positive impact on student behavior, including their level of self-confidence (Yantoro, 2020).

If we look at the current situation, most students, especially elementary school students, show signs of low self-confidence, such as: Always hesitating in doing something, easily worried, lacking self-confidence, tending to avoid, withdrawing, lack of initiative. proactive, easily loses enthusiasm, afraid to appear in front of many people, etc. This ultimately hinders someone from doing something, so that students do not develop well. In contrast to students who have high self-confidence, they will not feel excessively inferior because confident students will always be grateful for what they have. Students who have high self-confidence are often able to achieve their potential, so from an academic perspective, students who have high self-confidence will generally achieve many things. Therefore, the problem of self-confidence in individuals is a problem that needs to be prioritized to be developed in order to achieve maximum adjustment (Akbari & Sahibzada, 2020; Álvarez-Chávez et al, 2019).

The Nature of Self-Confidence News It is actually difficult to articulate, but it is likely that a confident child will know how to accept himself, be willing to accept challenges, and be willing to try something new even though he is aware that there is a possibility of making mistakes. And confident people are not afraid to express their opinions in front of everyone. Self-confidence can help you face social situations and manage various tasks more easily (Tama Sofiani, 2008: 3).

This belief consists of two sources, namely internal and external. Internal sources, namely beliefs that come from within oneself. He believes he has a good basic understanding of certain areas, for example. Internal sources of this type can also be influenced by external forces. People who do not have high self-confidence will be easily influenced by external reactions (coming from outside) to what they do. People who lack self-confidence are often sensitive to discussions about themselves or their achievements and this will inevitably affect their performance. External sources include the environment, for example attitudes, praise, criticism, etc. from other people (Hendriana, 2014).

The emergence of a sense of self-doubt is caused by the student's opinion and attitude towards his abilities. If the individual's opinion of himself is good/thinks positively then a great sense of self-confidence will arise and vice versa if the individual's opinion of himself is not good. This will cause low self-confidence. Low self-esteem is caused by acts of bullying carried out against victims of bullying in their environment (Sari, 2021).

Recurrent cases of bullying in the educational environment should be of concern to all school sectors, including instructors and counselors. This is related to the main objective of guidance and consultation services at schools, namely helping students plan activities to complete their studies, develop their careers and lives in the future, and maximize their potential as optimally as possible; adapt to the educational environment, community environment and workplace; overcome obstacles and difficulties faced in learning, adapt to educational, social and work environments (Oktavianto et al., 2022; Aluedse, 2006).

The process and strategy to prevent children from dropping out of school has been carried out systematically in Indonesia. However, when it comes to the strategy for children returning to school still have difficulties, as well as several obstacles and dilemmas to requires the right strategy. The purpose of this study is to examined the strategies of eradicating out-of-school children and the best practices of alternative schools to provide inclusive and free education Qualitative methods were chosen in the research process, primary data collection was carried out through in-depth interviews and focus group discussions (FGD) with 28 informants, includes policy makers, principals, teachers and students. The data was analyzed using thematic analysis ( Rosmilawati, 2024 ).

Transformative learning is learning that can change students' perspectives in meaning life experience. This transformative learning lead students to have critical awareness in seeing, understanding, or make sense of life experiences or realities what is seen or felt. Transformative learning or transformative learning developed during this time focusing on efforts to resolve internal conflicts within oneself individual to achieve harmony, because the self is a central and integral part of totality of personality ( Mustaqin, 2023 ).

## RESEARCH METHODOLOGY

This research is a literature study using the method Systematic Review (SR) or commonly known as Systematic Literature Review (SLR), which is a systematic technique for collecting and reviewing reviews, integrating and synthesizing the results of various similar studies. The search begins by finding articles related to the research topic which are then searched and reviewed. Systematic is a method for examining a particular problem by identifying, evaluating, and selecting certain problems and asking questions that are answered clearly based on previously established criteria. This is a continuation of previous research that is of good quality and relevant to the research questions. This research uses the Systematic Literature Review (SLR) method, a systematic, explicit, and replicable method for identifying, evaluating, and synthesizing published research and ideas.

## RESULTS AND DISCUSSION

A person's level of self-confidence differs from one person to another, as does the level of self-confidence of a student. Students' sense of self-confidence does not just form and grow like that. However, this sense of self-confidence can grow and develop with continuous, consistent and sustainable training routines. The exercises can be done by students anywhere and at any time, at home, at school, in the community, and in other public places, but school is the most effective place to form and grow students' self-confidence.

School is not only a place to gain knowledge, but also a place to learn to socialize well, as well as a place to form a strong and brave personality, especially when it comes to daring to appear in public. All of this cannot be separated from the role of a teacher, because the teacher is fully responsible for everything related to the success of a student's learning. To be able to grow elementary school students' self-confidence optimally, a teacher needs to organize classroom management effectively and efficiently and the most important thing is interactive classroom management.

In general, the classroom management implemented by an elementary school teacher is that the teacher talks more and explains the lesson material, while the students stay quiet, listen and take notes more. Students can speak only if appointed by the teacher to speak or answer questions, not to speak with the intention of providing feedback on what has been explained by the teacher. That way, students are too passive and learning will feel boring for students. Therefore, in learning the teacher must be able to encourage students to give feedback on what the teacher has explained. This is where classroom management is very important for teachers to implement in managing the class.

Self-esteem is defined as an assessment of one's self-worth which is expressed through one's attitudes. Self-esteem has two components, namely, feelings of personal competence and feelings of personal value. In other words, it can be interpreted that self-esteem is a combination of self-confidence and self-respect. Self-esteem describes how individuals assess themselves as individuals who have abilities, are valuable and competent (Hidayat, 2010).

**Table 1 Results of Research on Building Self-Confidence in Elementary School Students**

Research and Year of Research	Journal Title	Research result
Atik Widyaningrum and Enung Hasanah (2021)	CLASSROOM MANAGEMENT TO GROW CONFIDENCE IN PRIMARY SCHOOL STUDENTS	Class management carried out by a teacher is an external factor that can influence student academic achievement. Therefore, there is a strong relationship between classroom management and the development of student self-confidence. The aim is to provide knowledge to teachers so that they understand and can achieve increased creativity in classroom management so that self-confidence can be formed. Being an elementary school student is a golden period where a child's attitudes are formed. The importance of having high self-confidence so you can appear in public without fear. This must be practiced and started early, by teachers in between lessons.
Unggul Priyadi et al, (2013)	BUILDING SELF-CONFIDENCE IN CHILDREN THROUGH PUBLIC SPEAKING TO PREPARE FOR CHARACTER DEVELOPMENT	<p>The achievement of education can be measured by the extent to which learning and educational activities are successful, namely the growth of students' feelings of self-confidence, armed with faith, every child can be encouraged to develop into character. Children who already have self-confidence can be sure of accepting themselves, are always ready for challenges and are also ready to try new things, even if in the end they fail or make mistakes. And students who have this kind of attitude tend to be successful in doing what they want to achieve. On the other hand, children who lack self-confidence become afraid and hesitant in facing challenges, are shy in conveying ideas, making choices, and usually often compare their abilities with those of others, so children's self-confidence must be cultivated from an early age.</p> <p>The quality of early childhood reflects the quality of a nation in the future. Fun learning is supported by other spaces packed with public speaking training methods, speech games and speech competitions, which are expected to increase students' self-confidence.</p>

<p>Ilham Kamaruddin (2022)</p>	<p>THE CONCEPT OF DEVELOPING SELF ESTEEM IN CHILDREN TO BUILD SELF-CONFIDENCE FROM AN EARLY EARLY TIME</p>	<p>1) Having self-esteem is a person's general assessment of himself, both negative and positive. This kind of attitude will create a sense of worth, so that he will always be confident in his life.</p> <p>2) Self-development or self-esteem is closely related to early experiences in childhood. A child's self-esteem is something that is very important. Because it influences motivation, life satisfaction, self-confidence and is closely related to psychological well-being.</p> <p>3) Self-confidence is an important topic that children must have. Having this self-confidence has a big impact on a child's future development so that he or she has an attitude in facing all challenges realistically.</p>
<p>DIAN APRELIA RUKMI et al, (2023)</p>	<p>DIFFERENTIATED LEARNING IN GROWING THE SELF-CONFIDENCE OF PRIMARY SCHOOL STUDENTS</p>	<p>Differentiated learning is learning that adapts, serves and recognizes the diversity of students according to their learning abilities, interests and learning preferences.</p> <p>According to Astiti (2021), the main step in carrying out a differentiated learning process is to determine learning objective points. Researchers then conducted a study of students' learning needs based on the results of survey tests and interviews that had been conducted previously. This mapping consists of three points, namely students' learning readiness, interests or abilities and the students' desired learning methods.</p> <p>The result is that students already have knowledge and understanding of the new skills they are learning. The learning process is divided into three groups of learning styles, namely: auditory, kinesthetic and visual.</p>

Lulu Luckyta et al, (2020)	THE ROLE OF COMMUNICATION ABILITY ON THE CONFIDENT ATTITUDE OF PRIMARY SCHOOL STUDENTS	Students' self-confidence is not gained directly through communication with friends or teachers. The teacher's role as a role model for students influences their behavior. This is in accordance with what Safitri (2019) said that the teacher's first task is to educate with the aim of changing student behavior. Teachers must also be role models, so that students have behavior that is in accordance with the rules that apply in society. Students' self-confidence can grow and develop depending on encouragement to speak. Teachers certainly have a big role in implementing this encouragement so that students can communicate with high confidence.
Indra Ulul Azmi et al, (2021)	STUDY OF SELF-CONFIDENCE COMPARENCE (SELF CONFIDANCE) OF STUDENTS WHO EXPERIENCE VERBAL BULLYING AND THOSE WHO DON'T EXPERIENCE VERBAL BULLYING IN PRIMARY SCHOOL	Self-confidence is an important part of a person's attitude. Without self-confidence, a person will experience many problems in social life. Thanks to self-confidence, a person can realize his or her potential to the maximum. The role of self-confidence is to motivate students to succeed, so special attention must be given to students who are victims of bullying and focus on their strengths and minimize their weaknesses.
Sivi Artha Diningsih Siregar, (2023)	THE INFLUENCE OF GROUP COUNSELING ON THE SELF-CONFIDENCE OF BULLYING VICTIMS IN PRIMARY-AGE CHILDREN	Elementary school children's lack of self-confidence due to bullying around them is an urgent problem that needs to be addressed. The focus of this research is to increase the self-esteem of elementary school age children through group counseling for victims of school bullying at school. This research is a preliminary experiment with a One Group Pretest and Posttest research design. The research population consisted of elementary school students in Pandang district and the sample size was 8 students who were found to have low self-esteem. Data collection tools: self-efficacy questionnaire and group training student observation form. Thus, the implementation of group learning has a significant influence on students' sense of self-confidence.

		<p>Researchers found gaps, such as teachers not knowing about bullying and the family environment, which need to be studied further.</p>
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The achievement of education can be measured by the extent of the success of the implementation of learning, namely the growth of students' feelings of self-confidence. Armed with faith, every child can be encouraged to develop into a person of good character. Children who already have self-confidence can be sure of accepting themselves, are always ready for challenges and are also ready to try new things, even if in the end they fail or make mistakes. And students who have this kind of attitude are always successful in doing what they want to achieve. On the other hand, children who lack self-confidence become afraid and hesitant in facing challenges, shy in conveying ideas, making choices, and usually often compare their abilities with those of others. So children's self-confidence must be cultivated from an early age. The quality of early childhood reflects the quality of a nation in the future. Fun learning is supported by other spaces packed with public speaking training methods, speech games and speech competitions, which are expected to increase students' self-confidence.

Meanwhile, children who lack self-confidence will become pessimistic when facing challenges, afraid and hesitant in conveying ideas, afraid to make choices, and often compare themselves with others. The process of personality development and mental attitude can be formed from an early age and must follow a gradual process, so a child's self-confidence needs to be developed from an early age. The quality of a child's childhood is a reflection of the quality of the country in the future. Students' self-confidence will grow and develop based on encouragement of self-confidence in expressing themselves. Teachers certainly play an important role in encouraging students to be able to communicate confidently. During the learning process, teachers must be creative in choosing learning models that support the achievement of student learning outcomes. Choosing a variety of learning models is one option that teachers can choose so that students are motivated to improve their communication skills during the learning process.

In general, characters can only appear after they have been created. Character education must receive top priority and not just in one lesson but throughout life. In general, characters can only appear if they have been built. Character education must receive top priority and not just in one lesson but throughout life.

## CONCLUSION

Self-confidence in elementary school children is very important because they are at the right age to be nurtured with positive things so that in the future they do not deviate from negative activities. Of course, there are several ways to build self-confidence in elementary school students, including: Managing class management, practicing public speaking, self-esteem, communication skills, etc. Self-confidence is also included as the key to success because if you have it you will not be easily distracted by other people's judgments. This will also be realized in formal educational institutions if teachers and students have intense emotional closeness.

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