The Effect of Positive Thinking Training in Increasing Self-Confidence in Students

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ABSTRACT

This research aims to determine the effect of positive thinking training in increasing self-confidence in UIGM students class 2020-2022. This research is a quantitative experimental research with a one group pretest- posttest design. The variable measured is increasing self-confidence in UIGM students class 2020-2022. The data collection process in this study was measured twice within 7 days. The population in this study were UIGM students class 2020-2022. The sample used was 20 people. In this study, the t-test or Mann-Whitney U test was used to see the level of self-confidence. Descriptive statistics show that the pretest score has an average of 47.33 and the posttest score has an average of 27.67. The normality test shows that the data is normally distributed. Paired Samples Test is used to see the significance between posttest and pretest scores, and shows that positive thinking training has a positive effect on increasing the self-confidence of UIGM students class of 2020-2022.

Keywords: Positive Thinking Training, Increase Self Confidence, Students

INTRODUCTION

Students are the generation that will change the nation for the better, students can become the nation's next generation if students have academic qualities and good character (Sagoro, 2013). Hudori (2013) said that students should be able to act as agents of change or elements of change in their social environment. Sometimes students experience an identity crisis where this identity crisis can lead to a lack of recognition and understanding of themselves, resulting in less careful assessment of themselves and their abilities which can ultimately lead to feelings of lack of self-confidence. (Masrun & Martaniah, 2012).

According to Lauster (2012), self-confidence is an attitude or feeling of being confident in one's abilities, so that the individual concerned does not

need to worry about any activity, is free to do things he likes and is responsible for all actions taken, is warm and polite in communicating. with other people.

Self-confidence is considered necessary for a student to have. Students should be more confident in expressing their opinions, especially during the online learning process. This is in accordance with research conducted by Komara (2016) explaining that the more students' self- confidence increases, the learning process they undergo will also increase.Self-confidence is an important aspect of a person's personality. Self- confidence is the belief that someone is able to overcome a problem in the best situation and can provide something pleasant for other people. Self- confidence is a very valuable attribute in a person's life in society, without self-confidence it will cause a person many problems.

Lauster defines that self-confidence is obtained from life experience, which has a personality aspect in the form of belief in one's own abilities so that they are not influenced by other people and can act according to their wishes, be happy, optimistic, quite tolerant and responsible. Maslow stated that self-confidence is the basic capital for developing self-actualism. With self-confidence, people will be able to know and understand themselves. Meanwhile, a lack of self-confidence will hinder the development of one's potential. So a person who lacks self-confidence will become someone who is pessimistic in facing challenges, afraid and hesitant to convey ideas, and hesitates in making choices and often compares himself with other people. It can be concluded that self-confidence can be interpreted as a belief in one's own abilities mark and realize that the abilities they have can be utilized appropriately.

Positive thinking training can be an effective solution to increase student self-confidence. Students are taught to change negative thought patterns into positive thought patterns. They learn to recognize and overcome negative thoughts that hinder their personal development. When an individual has positive thoughts, the individual will be confident in himself and in others. Thanks to positive thoughts, a person becomes more willing to try new things and try various opportunities (Asmani, 2009). Positive thoughts are thoughts that can build and strengthen personality and character. This also means that

we can become more mature individuals, more courageous in facing challenges and doing healthy things (Sakina, 2008).

Positive thoughts are thoughts that can be built and strengthen personality and character. It also means that we can become more mature individuals, braver to face challenges and do something healthy (Sakina, 2008). According to Pangastuti (2014), positive thinking training is an activity carried out systematically according to guidelines developed from existing theory. This allows individuals to gain skills to represent experiences more completely based on existing reality, full of creativity and comprehensive in nature so that they can develop and maximize energy to develop self-confidence in responding to stimuli so that they have the hope of achieving the best results in accordance with their life goals.

According to Elfiky (2017) thoughts can be a source of self- confidence if someone thinks positively about the abilities they have and they are confident in those abilities. By concentrating on positive things about oneself, the individual's brain will open stronger and deeper self-confidence files in the memory space of the subconscious mind. Thus, by instilling positive thoughts, individuals can increase and strengthen their self- confidence.

RESEARCH METHOD

The research method used in this research is a one-group pre-experimental design method (pretest, posttest). The positive thinking training research subjects are UIGM students class 2020-2022. The data collection process in this study was measured twice within 7 days after treatment using a quantitative approach in the research.

The data collection instruments in this research are the t-test or Mann-Whitney U test, this research is used to see the level of self-confidence. The Mann-Whitney U-Test is a statistical test used to determine whether it is significant with one group. This is a non-parametric test that is used when the data does not meet the assumptions of a parametric test, such as when the data is not normally distributed or when the sample size is small. Mann-Whitney U-Test on observations in one group to determine whether they are significant or not. It is often used in research studies to compare the effects of different interventions or treatments on specific outcome measures.

RESULTS AND DISCUSSION

This research aims to determine the effect of positive thinking training on increasing the self-confidence of UIGM students class 2020-2022. The research method used is an experimental method using a quantitative approach. The research subjects were UIGM students class 2020-2022 who were given positive thinking training. The data collection instrument in this research is the t-test or Mann-Whitney U test to see the level of self-confidence.

The research shows that there is a significant difference between the posttest and pretest scores with a significance value of 0.000 This shows that positive thinking training has a positive effect on increasing the self-confidence of UIGM students class 2020-2022. In this study, the t- test or Mann-Whitney U test was used to see the level of self-confidence.

Descriptive statistics show that the pretest score has an average of 47.33 and the posttest score has an average of 27.67. The normality test shows that the data is normally distributed. Paired Samples Test is used to see the significance between the posttest and pretest scores, and shows that there is a significant difference between the two scores. Therefore, it can be concluded that positive thinking training has a positive effect on increasing the self-confidence of UIGM students class 2020-2022.

Table 1. Descriptive Statistics

	N	Minimum	Maximum	Sum	Mean	Std. Deviation
pretest	21	43	54	994	47.33	3,291
posttest	21	16	39	581	27.67	5,407
Valid N (listwise)	21					

From this table, it can be seen that there is a significant difference between the posttest and pretest scores with a significance value of 0.000. Descriptive statistics show that the minimum pretest score is 43 and the maximum score is 54, while the minimum posttest score is 16 and the maximum score is 39. The average pretest score is 47.33 and the average posttest score is 27.67. The standard deviation of the pretest score is 3.291 and the standard deviation of the posttest score is 5.407. The normality test shows that the data is normally distributed with a significance value of 0.200.

Therefore, it can be concluded that positive thinking training has a positive effect on increasing the self-confidence of UIGM students class 2020-2022.

Table 2. One-Sample Kolmogorov-Smirnov Test

		Unstandardize d Residuals
N		21
Normal Parameters, b	Mean	.0000000
	Std. Deviation	2.95990404
Most Extreme Differences	Absolute	,139
	Positive	,129
	Negative	-.139
Statistical Tests		,139
Asymp. Sig. (2-tailed)		,200c,d

The results of the data normality analysis are said to be normal because the significance value is greater than 0.05, so the data is said to be normally distributed because the significance value is 0.2.

Table 3. Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
pretest - posttest	19,667	7,459	1,628	16,271	23,062	12,083	20	,000

T Test

The significant results of the paired samples test, namely 0.00, is smaller than 0.05, so it can be concluded that aha is accepted and the null hypothesis is rejected, meaning that there is a significant average difference between the pretest and posttest learning outcomes using the positive thinking training method.

CONCLUSION

Positive thinking training can be an effective solution to increase student self-confidence. Positive thoughts are thoughts that can be built and

strengthen personality and character. From this table, it can be seen that there is a significant difference between the posttest and pretest scores with a significance value of 0.000. Descriptive statistics show that the minimum pretest score is 43 and the maximum score is 54, while the minimum posttest score is 16 and the maximum score is 39. The average pretest score is 47.33 and the average posttest score is 27.67. The standard deviation of the pretest score is 3.291 and the standard deviation of the posttest score is 5.407. The normality test shows that the data is normally distributed with a significance value of 0.200. Therefore, it can be concluded that positive thinking training has a positive effect on increasing the self-confidence of UIGM students class 2020-2022.

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