

Increasing Children's Self-Confidence Through Coloring Competitions in Laban Village

by Azkiyatun Nasiha

Submission date: 10-Sep-2024 08:47AM (UTC+0700)

Submission ID: 2449654923

File name: f-Confidence_Through_Coloring_Competitions_in_Laban_Village.docx (30.46M)

Word count: 3100

Character count: 18528

Increasing Children's Self-Confidence Through Coloring Competitions in Laban Village

Azkiyatun Nasiha¹, Dimas Faturrohman², Heny Cipto Wening³, Iqbal Hasyim⁴,
Laily Zakiyatul Hanafiyah⁵, Miftahul Hasanah⁶, M. Abdul Azzam⁷, M. Sekhan
Khasan⁸

¹⁻⁸ Universitas Islam Negeri Walisongo Semarang

azkinasikha0@gmail.com¹, dimasfaturrohman260303@gmail.com², henycipto18@gmail.com³,
ihasyim02@gmail.com⁴, lailyzakiyatul123@gmail.com⁵, miftahkhasanah46@gmail.com⁶,
syahzzam86@gmail.com⁷, sekhankhasanubaidillah@gmail.com⁸

Article History:

Received:

Revised:

Accepted:

Published:

Keywords: *self-esteem, preschool children, coloring contest, creativity, personal development.*

Abstract: *Self-Esteem is an Important Aspect in Child Development, Particularly in Preschool Age (TK). One Way to Enhance Children's Self-Esteem is Through Coloring Contests, Where Children Can Express Their Creativity Freely. This Study Aims to Investigate the Impact of Coloring Contests on Increasing Children's Self-Esteem. The Methods Used Include Planning, Guidance, and Observation During the Conduct of the Coloring Contest Involving 153 Children from Several Educational Institutions. The Results Show That This Activity Not Only Fosters Enjoyment but Also Successfully Boosts Children's Self-Esteem. Children Feel Proud of Their Creations and Are More Confident in Expressing Themselves. The Coloring Contest Proves to Be an Effective Tool for Developing Children's Self-Esteem in Early Childhood.*

INTRODUCTION

Self-esteem is one of the crucial aspects in child development, as it plays a key role in determining a child's ability to face challenges and achieve their goals. (Humaida et al., 2022). High self-esteem can help children feel more confident in various situations, both in school and outside of school. Therefore, preschool children (TK) need to have strong self-esteem. Preschool children should have a strong sense of self-esteem because it helps them develop their abilities and skills (Khabibah & Wathon, 2019). With high self-esteem, children are more likely to be brave in trying new things and facing challenges. Additionally, self-esteem can enhance children's motivation to learn and perform well. In an educational context, strong self-esteem can help children stay focused and motivated during the learning process.

A coloring contest is an activity that can enhance a child's self-esteem (Sakur et al., 2022). Coloring is not just a hobby, but also an effective tool for developing children's creativity and self-esteem. When coloring, children can freely express their creativity by

choosing their preferred colors and patterns. This can help increase their self-confidence because they feel their work has value and significance.

The primary goal of a coloring contest as a means to enhance children's self-esteem is ¹⁴ to provide children with the opportunity to express themselves freely and creatively. This way, children can feel more confident in facing challenges. The coloring contest can also teach children the importance of hard work and precision in achieving desired results. The coloring contest in Desa Laban is a clear example of an activity that can enhance children's self-esteem. Held at the Futsal field in Desa Laban, this event can attract the attention of children and make them feel more enthusiastic about participating in the activity (Sulistiyanti, 2019). The sponsor of Sakatonik also demonstrates a high level of commitment in supporting this activity, thereby increasing the motivation of children to participate.

In its implementation, the coloring contest in Desa Laban was carried out in a fun and interactive manner. Children were given the freedom to choose their desired colors and patterns, thereby enhancing their creativity and self-esteem. The teachers also played a role as motivators and facilitators, providing positive encouragement and ensuring that each child felt comfortable and confident while expressing themselves through color. The coloring contest in Desa Laban is also hoped to strengthen the bond between children and teachers, as well as foster a healthy spirit of competition. Through such activities, children can learn how to express their creativity and handle both victory and defeat well. Additionally, this activity is crucial in instilling values of teamwork and appreciation for others' efforts from an early age.

With full support from the teachers and high enthusiasm from the children, the coloring contest in Desa Laban was a success and a lively event. The experience was not only a fun moment for the children but also encouraged them to continue creating and believe in their own abilities. Thus, the coloring contest in Desa Laban can serve as a good example in enhancing children's self-esteem through enjoyable and beneficial activities. The coloring contest in Desa Laban is an effective activity in enhancing children's self-esteem. By providing children with the opportunity to express their creativity freely and creatively, this contest can help boost their confidence. Additionally,

this activity also teaches children the importance of hard work and precision in achieving desired results. Therefore, the coloring contest in Desa Laban can serve as a good model in supporting the development of young children.

LITERATURE REVIEW

The enhancement of children's self-esteem can be achieved through various activities, including role-playing. Research by Arikunto (2010) indicates that role-playing activities can increase children's self-confidence. In this context, children learn to interact and communicate effectively, which is a crucial aspect of self-esteem (Aryenis, 2018). Aziz Syafrudin also conducted a study on "Increasing Self-Esteem Through Role-Playing," showing that role-playing activities can enhance children's self-esteem. In this context, children learn to interact and communicate effectively, contributing to the development of their self-esteem (Aziz 2017). Other research has found that self-esteem can be improved using movement and music methods to enhance self-esteem in young children. This study shows that the movement and music method is also effective in increasing self-esteem in early childhood. Children participating in these activities demonstrate courage to perform in front of others and interact with their peers (Apriliana et al., 2023). Several studies have found that self-esteem in children can be developed through activities that require participation and creativity, such as role-playing and movement/music. Therefore, in this study, we will observe how self-esteem in children can be developed using not only role-playing and movement/music methods but also through coloring contests.

METHODS

The methods employed in this community service project involved providing support during the implementation of the activity, including planning, guidance, and observation. The coloring contest aimed at enhancing children's self-esteem was conducted on August 6, 2024, and was attended by 153 participants from various educational institutions, such as TK Huda Margo Utomo, KB Citra Kartika, and KB Miftahul Hidayah. The event consisted of several stages: opening, group photo, the main activity (the coloring contest), and finally, the announcement of the winners

RESULTS

Coloring is an entertaining and enjoyable activity that children love. Additionally, it is a fun activity that children rarely get to do (Husnaini & Jumrah, 2019). The activity of coloring can create a joyful atmosphere for children, as they can freely express their desired scribbles. Through a coloring contest, children can do whatever they like and create whatever they imagine. Children can also learn to control their hands, coordinate their thoughts, and express themselves through art. (Sakur et al., 2022).

The enhancement of children's self-esteem through the coloring contest in Desa Laban received positive feedback from the teachers at TK Huda Margo Utomo and KB Nusa Indah Desa Laban. The children appeared happy and proud of their work. This activity can increase children's self-esteem because they have completed their coloring projects. This confidence is also evident when children show their artwork to their teachers, parents, and friends (Lubis et al., 2022). This activity also showcased the children's creativity and motor skill development.

During the activity, the children appeared happy and enthusiastic. Through the coloring contest, children learned to help each other by lending coloring tools. They also learned to socialize by exchanging ideas and discussing suitable colors for their artwork. (Maihani et al., 2023). Through this activity, parents can also understand the importance of play activities like coloring for children's development. At the beginning of the contest, many children appeared shy and reluctant to color, and they did not want to be left by their parents. However, as the contest progressed, some children showed skill in selecting and combining colors according to their imagination. The self-confidence of the children can emerge from the social interactions that occur during the contest. The positive aspects of this experience have a beneficial impact on their self-esteem, particularly for shy children who are hesitant to participate in the contest.

The series of activities for the coloring contest consists of three stages: preparation, implementation, and evaluation.

Preparation Stage	Implementation Stage	Assessment Stage
1. The Committee Informed the Coloring	1. The event will be held on Tuesday, August 6	1. The jury assesses the coloring results of the

<p>Competition to Kindergarten teachers Huda and Margo Utomo and KB Nusa Indah</p> <p>2. The committee will provide information regarding the theme of the coloring competition</p> <p>3. The committee determines the location and coloring competition, namely at the Futsal Field in Laban Village.</p> <p>4. The committee determines the time for the coloring competition, namely: Tuesday, August 6 2024</p> <p>5. The committee determines the jury for the Coloring Competition, namely Mrs. Istiqomah, Mrs. Inuk, Sis Syifa, a KKN student</p> <p>6. The committee</p>	<p>2024 at 08.00</p> <p>2. The committee checks the competition participants' coloring equipment</p> <p>3. The committee arranges the seats for the competition participants</p> <p>4. The activity begins with praying together</p> <p>5. Speech by the chairman of the coloring competition committee</p> <p>6. Participants can do coloring activities from 09.00-10.00</p> <p>7. Competition participants can submit their coloring results to the competition committee.</p>	<p>competition participants</p> <p>2. The jury assesses the competition results based on 3 criteria, namely color composition (30%), accuracy (40%), and neatness/cleanliness (30%)</p> <p>3. The jury announced the winners of the coloring competition from 1st to 3rd place</p> <p>4. The jury gives awards in the form of trophies and certificates.sertifikat.</p> <p>5. The jury provides reinforcement to the competition participants so they don't get discouraged and motivate them to continue to be enthusiastic.</p>
--	---	---

<p>determines the technicalities of the coloring competition, namely that the competition participants bring their own coloring tools, coloring tools can be colored pencils or crayons</p> <p>7. The committee determines the accompanying team, namely MIT 18 KKN Students UIN Posko 122 Walisongo Semarang.</p>		
--	--	--

Serangkain dokumentasi ketika perlombaan mewarnai berlangsung



Gambar 1.1 Persiapan Lomba mewarnai



Gambar 1.2 Pelaksanaan Lomba mewarnai



Gambar 1.3 pemenang lomba foto bersama dewan juri

13

Based on the results above, it can be concluded that the coloring contest at TK Huda Margo Utomo and KB Nusa Indah Desa Laban had a significant and positive impact on the self-esteem of young children. The coloring contest provided children with opportunities to explore their creativity, particularly in the field of art, receive

appreciation and recognition for their efforts, interact positively with their peers through support, and overcome competitive pressures with the support and encouragement of teachers and parents. Activities like these are crucial for building the foundation of self-confidence in early childhood, which will serve as a basis for their social and emotional development in life.

DISCUSSION

Children's self-confidence can be understood through various psychological theories. According to social-cognitive theory, self-confidence is closely related to an individual's experiences and the social norms surrounding them. Factors such as parental support and social environment play a crucial role in building children's self-confidence (Sihotang & Herawati, 2023). One activity that can influence children's self-confidence is the coloring contest that was held in Desa Laban. The completed coloring contest was not just a competitive event but also a platform for children to express their creativity and individual abilities. This is evident from the field observation where children appeared happy and proud of their work. The coloring activity turned out to be effective in enhancing children's self-confidence as they completed their coloring projects..

The self-confidence is also evident when children show their artwork to their teachers, parents, and friends. The support from parents and teachers through affirmations when the children display their work can also enhance their self-esteem. This is because children feel confident about what they have accomplished, and affirmations have a positive impact on their self-confidence. Research by Jazilatur Rohma has shown that praise from adults can significantly increase children's self-esteem (Jazilatur, 2018). This aligns with the increase in self-confidence observed in children at KB and TK in Desa Laban. Children participating in the contest appear more confident when their work is praised by the KKN team members, teachers, and parents. Even the winner feels proud carrying their trophy.

The coloring contest not only enhances children's self-esteem but also improves their fine motor skills. These skills are trained through each finger movement during coloring, involving coordination between the right and left brain hemispheres. The right brain hemisphere trains non-verbal abilities, such as creativity in choosing and combining

colors. The left brain hemisphere controls how the hand can smoothly apply crayons to the picture without going out of the lines and coordinates logical thinking about which colors are appropriate for the objects being drawn (Rohanah & Watini, 2022). In the August 6th activity, the given picture was of a fish in the water. For most children aged 4-6 years old in TK, their fine motor skills have been successfully trained as they understood that the water should be blue and the fish should be orange, reminiscent of Nemo the fish. The trained fine motor skills and the connection between the right and left brain hemispheres are crucial to enhance self-esteem in children. Children with better motor skills will be more independent and confident in facing challenges, as demonstrated by Iqlil Su'ibatul Islamiyah's research that increasing children's motor skills is one way to enhance their self-esteem (Islamiyah, 2023).

Through the coloring contest, children can also learn to socialize by exchanging ideas about the suitable colors for their artwork. Children can practice helping each other by lending coloring tools, which demonstrates that the contest enhances their self-confidence in asking for help or offering assistance to their peers. This collaborative effort proves that the coloring contest fosters a sense of mutual aid, where children realize they have the power to make others feel better. Moreover, this activity promotes a social spirit in children by emphasizing camaraderie and cooperation among them. It is essential to note that these positive outcomes are also influenced by the role of parents in nurturing a helping attitude that can enhance children's self-esteem (Macarau & Stevanus, 2022).

The coloring contest that was held at TK and KB in Desa Laban has proven to be a creative activity that is effective in enhancing children's self-esteem. Research shows that children involved in artistic and creative activities tend to be more confident. This activity allows children to express themselves and receive recognition from others, which contributes to an increase in their self-confidence.(Kurniasih et al., 2021).

CONCLUSION

The coloring contest in Desa Laban is a highly beneficial activity for the development of children. Firstly, the coloring competition provides a platform for children to express their creativity and showcase their artwork, significantly enhancing their self-esteem. When their creations are praised by teachers, parents, and peers,

children feel more confident and enthusiastic about continuing to create. According to social-cognitive theory, factors such as parental support and social environment play a crucial role ¹⁷ in building children's self-confidence, and the coloring contest meets these criteria well.

In addition to enhancing creativity, the coloring contest also improves fine motor skills by coordinating hand and mind movements to color within the lines and choose appropriate colors. The competition fosters social interaction, where children learn to share art supplies and exchange ideas, thereby further boosting their self-confidence. Therefore, overall, the coloring contest has a positive and significant impact on the self-esteem of young children in Desa Laban.

LIMITATION

Research on the enhancement of children's self-esteem through coloring contests in Desa Laban has shown significant results, but it is still limited to several aspects that need to be expanded. Firstly, this research only focuses on early childhood, thus not including children of other ages who may also benefit from this activity. Additionally, the number of participants in the coloring contest is limited, which cannot be considered a comprehensive representation of its impact on children as a whole.

Location is also a crucial factor to consider. Desa Laban may have unique conditions that influence the results of this research. External factors such as community support, available facilities, and environmental influences also play a role in determining the outcomes. Therefore, this research needs to be further developed to include children of various ages, increase the number of participants, and consider external factors that could potentially affect the results. By doing so, this research can provide a more comprehensive understanding of how coloring contests can enhance children's self-esteem in different contexts

REFERENCES

Apriliana, D., Kustiawan, U., & Tirtaningsih, M. T. (2023). Analisis peningkatan kepercayaan diri anak melalui gerak dan lagu dolanan. *Jurnal Pendidikan Anak*, 12(2), 151–161.

⁶ Aryenis, A. (2018). Peningkatan Rasa Percaya Diri Anak Melalui Kegiatan Bermain Peran Di Taman Kanak-Kanak Restu Ibu. *Jurnal Ilmiah Pesona PAUD*, 5(2), 47–60. <https://doi.org/10.24036/103726>

- 7
Humaida, R., Munastiwi, E., Irbah, A. N., & Fauziah, N. (2022). Strategi mengembangkan rasa percaya diri pada anak usia dini. *Kindergarten: Jurnal Pendidikan Anak Usia Dini Indonesia*, 1(2), 1–15.
- 1
Husnaini, N., & Jumrah. (2019). Kegiatan Mewarnai Sebagai Stimulasi Perkembangan Kognitif Anak Usia Dini. *Jurnal Pendidikan Anak Usia Dini*, 3(2), 112–133. <https://doi.org/10.19109/ra.v3i2.4477>
- Islamiyah, I. S. (2023). *DI MI NURUL ISLAM PETAHUNAN FAKULTAS DAKWAH*.
- 10
Jazilatur, R. (2018). Pembentukan Kepercayaan Diri Anak Melalui Pujian. *Martabat: Jurnal Perempuan Dan Anak*, 2(1), 118–134.
- 9
Khabibah, B., & Wathon, A. (2019). Meningkatkan Rasa Percaya Diri Melalui Alat Permainan Edukatif. *Sistim Informasi Manajemen*, 2(2), 174–192.
- 1
Kurniasih, K., Supena, A., & Nurani, Y. (2021). Peningkatan Kepercayaan Diri Anak Usia Dini melalui Kegiatan Jurnal Pagi. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 5(2), 2250–2258. <https://doi.org/10.31004/obsesi.v5i2.1109>
- 8
Lubis, H. Z., Fadila, R., Daulay, M. M. F., & Fadhillah, N. (2022). Stimulasi Kegiatan Mewarnai Untuk Perkembangan Anak Usia Dini. *Jurnal Pema Tarbiyah*, 1(1), 11. <https://doi.org/10.30829/pema.v1i1.1463>
- 4
Macarau, V. V. V., & Stevanus, K. (2022). Peran Orangtua dalam Upaya Menumbuhkan Rasa Percaya Diri Anak Usia Dini. *EDULEAD: Journal of Christian Education and Leadership*, 3(2), 153–167. <https://doi.org/10.47530/edulead.v3i2.113>
- 5
Maihani, S., Kumita, K., Khairani, C., Yamani, S. A. Z., Nur, I. T. M., & Zulfikar, Z. (2023). Pemberdayaan Masyarakat Melalui Kreativitas Lomba Mewarnai Tingkat Sekolah Dasar. *Community Development Journal : Jurnal Pengabdian Masyarakat*, 2(2), 5108–5113. <http://journal.universitaspahlawan.ac.id/index.php/cdj/article/view/16398>
- Rohanah, S., & Watini, S. (2022). Meningkatkan Keterampilan Motorik Halus melalui kegiatan Mewarnai dengan Model ATIK Pada Kelompok B di RA Manarul Huda. *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 8(3), 1725. <https://doi.org/10.37905/aksara.8.3.1725-1736.2022>
- 3
Sakur, S., Afifah Ma'ruf, Nur Indah, Sonia Moriska, Amanda Pratiwi, & Hika Arpi Arpani. (2022). Melatih Kreativitas Anak Usia Dini Melalui Kompetensi Lomba Mewarnai Di Ra Ulil Amri Desa Paritbaru. *Jurnal Pengabdian Masyarakat Indonesia*, 1(3), 60–65. <https://doi.org/10.55606/jpmi.v1i3.436>
- 15
Sihotang, E., & Herawati, J. (2023). Peningkatan Kepercayaan Diri Anak Usia Dini Melalui Kegiatan. *Jurnal Pendidikan Sosial Dan Humaniora*, 2(3), 11566–11572. <https://publisherqu.com/index.php/pediaqu>
- Sulistiyanti, R. (2019). Pengaruh Lomba Mewarnai terhadap Peningkatan Kepercayaan Diri Anak. *Jurnal Pendidikan dan Pembelajaran*. 8(2), 1–10.

Increasing Children's Self-Confidence Through Coloring Competitions in Laban Village

ORIGINALITY REPORT

13%

SIMILARITY INDEX

12%

INTERNET SOURCES

10%

PUBLICATIONS

6%

STUDENT PAPERS

PRIMARY SOURCES

1	obsesi.or.id Internet Source	2%
2	journal.al-matani.com Internet Source	2%
3	ejurnal.politeknikpratama.ac.id Internet Source	1%
4	proceedings.ums.ac.id Internet Source	1%
5	journal.universitaspahlawan.ac.id Internet Source	1%
6	www.researchgate.net Internet Source	1%
7	jurnal.unived.ac.id Internet Source	1%
8	journal.nurscienceinstitute.id Internet Source	1%
9	oj.lapamu.com Internet Source	<1%

10	stak-pesat.ac.id Internet Source	<1 %
11	journal.wima.ac.id Internet Source	<1 %
12	Eni Wahyuni, Agus Salim. "Meningkatkan Kepercayaan Diri Melalui Metode Bermain Peran Pada Anak Usia 5-6 Tahun", Jurnal Pelita PAUD, 2022 Publication	<1 %
13	jer.or.id Internet Source	<1 %
14	Wulan Patria Saroinsong, Muhamad Nurul Ashar, Irena Y. Maureen, Lina Purwaning Hartanti et al. "Reimagining Innovation in Education and Social Sciences", Routledge, 2023 Publication	<1 %
15	journal.aripi.or.id Internet Source	<1 %
16	journal.univpancasila.ac.id Internet Source	<1 %
17	repository.upi.edu Internet Source	<1 %

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off