

PENERAPAN TEKNIK BERMAIN PERAN DALAM BIMBINGAN KELOMPOK UNTUK MENINGKATKAN KEPERCAYAAN DIRI SEKOLAH DASAR

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Abstract

This study aims to analyze the effectiveness of using role-playing techniques in group guidance services to increase the self-confidence of elementary school students. The background of this research is based on the low level of self-confidence in students, which is evident in shyness, a lack of courage in expressing opinions, and minimal involvement in the learning process. Therefore, a creative, engaging, and enjoyable method is needed to enable students to develop their full potential. This study used a literature review method by collecting and reviewing various relevant literature sources, such as books, scientific journals, and previous research related to group guidance, role-playing techniques, and elementary school students' self-confidence. Data were analyzed using qualitative content analysis techniques through the stages of data reduction, grouping, and interpretation. The results of the study indicate that the application of role-playing techniques in group guidance has a significant impact on increasing student self-confidence. Through role-playing activities, students become more confident in expressing themselves, their communication skills improve, their cooperation among students develops, and their independence is enhanced. Furthermore, this approach also creates an active, participatory, and enjoyable learning environment. Thus, it can be concluded that role-playing techniques in group guidance are an effective strategy for increasing elementary school students' self-confidence. This research is expected to contribute to the development of guidance and counseling practices and learning innovations in elementary school settings.

Keywords: *Role Playing Techniques, Group Guidance, Self-Confidence, elementary school students*

Abstrak

Penelitian ini bertujuan untuk menganalisis seberapa efektif penggunaan teknik bermain peran dalam layanan bimbingan kelompok guna meningkatkan rasa percaya diri siswa sekolah dasar. Latar belakang penelitian ini didasari oleh masih rendahnya tingkat kepercayaan diri pada siswa, yang terlihat dari sikap malu, kurang berani dalam menyampaikan pendapat, serta minimnya keterlibatan dalam proses pembelajaran. Oleh sebab itu, diperlukan suatu metode yang kreatif, menarik, dan menyenangkan agar siswa mampu mengembangkan potensi dirinya secara maksimal. Penelitian ini menggunakan metode studi pustaka dengan cara mengumpulkan serta menelaah berbagai sumber literatur yang relevan, seperti buku, jurnal ilmiah, dan hasil penelitian sebelumnya yang berkaitan dengan bimbingan kelompok, teknik bermain peran, serta kepercayaan diri siswa sekolah dasar. Data dianalisis menggunakan teknik analisis isi secara kualitatif melalui tahapan reduksi data, pengelompokan, dan penafsiran. Hasil kajian menunjukkan bahwa penerapan teknik bermain peran dalam bimbingan kelompok