

## ABSTRAK

**AZANI DINASONIA SIREGAR. Analisis Kepercayaan Diri Anak Usia 5-6 Tahun Melalui Kegiatan Ekstrakurikuler Seni Tari di TK Pelangi Bhayangkara Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.**

Kepercayaan diri merupakan aspek penting dalam perkembangan sosial-emosional anak usia 5–6 tahun. Namun, berdasarkan hasil observasi di TK Pelangi Bhayangkara Medan, masih ditemukan anak yang kurang berani tampil dan ragu mengemukakan pendapat, serta kurang percaya diri meskipun telah mengikuti kegiatan ekstrakurikuler seni tari. Oleh karena itu, kegiatan ekstrakurikuler seni tari dipandang sebagai salah satu sarana yang potensial untuk menumbuhkan kepercayaan diri anak melalui aktivitas ekspresi gerak, keberanian tampil, dan interaksi sosial. Penelitian ini bertujuan untuk mendeskripsikan kepercayaan diri anak usia 5–6 tahun melalui kegiatan ekstrakurikuler seni tari di TK Pelangi Bhayangkara Medan. Penelitian ini menggunakan pendekatan kualitatif deskriptif. Subjek penelitian adalah anak usia 5–6 tahun kelompok B kelas Tulip yang mengikuti kegiatan ekstrakurikuler seni tari. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi, serta dianalisis secara deskriptif. Analisis data dilakukan secara deskriptif dengan mengelompokkan temuan berdasarkan indikator kepercayaan diri anak. Hasil penelitian menunjukkan bahwa kegiatan ekstrakurikuler seni tari berperan positif dalam menumbuhkan kepercayaan diri anak. Anak-anak mulai menunjukkan peningkatan keberanian untuk tampil, mampu berkomunikasi dan berinteraksi dengan teman sebaya, keberanian bertindak, serta mampu menyesuaikan diri. Meskipun demikian, masih terdapat beberapa anak yang membutuhkan pendampingan lebih lanjut, terutama dalam aspek keberanian tampil depan umum. Hal ini menunjukkan bahwa pelaksanaan kegiatan seni tari perlu disertai dengan pendampingan pada aspek ekspresi diri dan keberanian, tidak hanya pada penguasaan gerakan tari. Berdasarkan hasil penelitian dapat disimpulkan bahwa kegiatan ekstrakurikuler seni tari dapat menjadi sarana yang efektif dalam mengembangkan kepercayaan diri anak usia 5–6 tahun jika dilaksanakan secara konsisten dan didukung oleh strategi pembelajaran yang tepat.

**Kata Kunci : Kepercayaan Diri, Anak Usia Dini, Ekstrakurikuler, Seni Tari**

## **ABSTRACT**

**AZANI DINASONIA SIREGAR. An Analysis of Self-Confidence in Children Aged 5–6 Years through Dance Art Extracurricular Activities at TK Pelangi Bhayangkara Medan. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.**

Self-confidence is an important aspect in the social-emotional development of children aged 5–6 years. However, based on observations at Pelangi Bhayangkara Kindergarten in Medan, there are still children who lack courage to perform and hesitate to express their opinions, and lack self-confidence even though they have participated in dance extracurricular activities. Therefore, dance extracurricular activities are seen as a potential means to foster children's self-confidence through movement expression activities, courage to perform, and social interaction. This study aims to describe the self-confidence of children aged 5–6 years through dance extracurricular activities at Pelangi Bhayangkara Kindergarten in Medan. This study uses a descriptive qualitative approach. The subjects of the study were children aged 5–6 years in group B of Tulip class who participated in dance extracurricular activities. Data collection techniques were carried out through observation, interviews, and documentation, and were analyzed descriptively. Data analysis was carried out descriptively by grouping findings based on indicators of children's self-confidence. The results showed that dance extracurricular activities played a positive role in fostering children's self-confidence. Children began to show increased courage to perform, were able to communicate and interact with peers, had the courage to act, and were able to adapt. However, some children still require further guidance, particularly in terms of public speaking skills. This suggests that dance activities should be accompanied by guidance on self-expression and courage, not just on dance movement mastery. The research concludes that extracurricular dance activities can be an effective tool for developing self-confidence in children aged 5–6 years if implemented consistently and supported by appropriate learning strategies.

**Keywords : Self-Confidence, Early Childhood, Extracurricular Activities, Dance Art.**