



The Contribution of Fashion Show Activity to Improve Self-Confidence of Children Age 5-6 Years in TK Al Azzam Jatisari Mijen

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Abstract

This study aims to increase the confidence of children aged 5-6 years through fashion show activity in children of group B Al Azzam Kindergarten Jatisari Mijen, Semarang. Academic Year 2018/2019. This research is expected to be useful, especially in contributing to the development of early childhood education.

This type of research is Experimental Research. The research subjects are children aged 5-6 years in group B in Al Azzam kindergarten as many as 31 children. The object of this research is children's confidence which includes being confident in themselves, not dependent on others, feeling valuable, and having the courage to act. The data collection method is done through observation and documentation. Data analysis techniques in this study used the Paired Sample t-Test technique.

The results showed that fashion show activity can increase children's confidence. This can be proven from the results of observations before the action obtained a percentage of confidence of 35.29% and in the subsequent implementation increased to 82.35%. The process of implementing learning using fashion modeling activities begins with the teacher explaining the activities to be carried out by the child. Then the teacher gives an example of a fashion show. After giving an example, the teacher invites children who will be modeling clothes to show their hands first. Each child shows in the front, and when difficulties in conveying their meaning the teacher stimulate by asking questions. After the fashion show, each child is given a different question by the teacher. As a form of reinforcement, children are given rewards in the form of praise, cheers, thumbs, applause, and stickers.

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INTRODUCTION

This article discusses the confidence of children aged 5-6 years before and after the implementation of fashion modeling activities and discusses the increased confidence of children aged 5-6 years before and after the implementation of fashion modeling activities. The article is divided into three main sections. The first part presents the context and a review of previous studies on self-confidence in early childhood. The second part contains the methodological aspects of the study which form the main material of this paper. The third part presents the results of the study and discussion.

Early childhood education is the most important element of golden age children. At this stage of the golden age, giving some experience to children is also important. Golden age or often referred to as the child's early age is a period where the child's brain can develop very rapidly. Children will absorb various kinds of information received while children are socializing with their environment. Experience after experience will be obtained by children is very influential and can determine the ability of children to face the challenges of life to come, therefore the importance of building awareness of the importance of early childhood education (PAUD) starting at the age of 0 to 8 years to prepare them to receive education higher. As explained earlier, children who are vulnerable are aged 0 to 8 years and are in the process of growth and development. Early childhood is referred to as a child who is in the golden period because at this time the child will experience growth and development according to his age rapidly. In order to optimize children's development through the early childhood education, education programs must be adapted to the characteristics of children who have different experiences and knowledge. Educational programs must provide stimulation, encouragement, and support to children so that children's intelligence develops optimally (Santoso, 2005: 27).

Early childhood according to the NAEYC is the figure of an individual who is undergoing a process of development with rapid and fundamental to the next life. Early childhood is in the age range of 0-8 years. According to Berk in Desmita (2009: 146) at this time the process of growth and development in various aspects is experiencing the most rapid period in the development of human life. The learning process as a form of treatment given to children must pay attention to the characteristics possessed at each stage of child development. Problems in kindergartens

(TK) are not just physical motor problems, but we must develop all aspects of development optimally. One of them is emotional social development such as self-confidence. The fact that happens on the ground today parents will feel proud of their children excel academically compared to the potential developments in the child which of course must be stimulated. This problem is found in Al-Azzam Kindergarten (TK) also, from thirty-one children there are only a few who have a sense of self-confidence, low self-confidence of these children is shown through children tend to be silent and do not want to move from their seats when told the teacher to do something. Children seem shy to do the activities instructed by the teacher, even children look lazy, and the child will only follow the teacher's instructions well. According to Sugiana (2015) shaping character and instilling student character values requires the teacher's role as a mediator and facilitator to achieve the maximum expected goals.

Seeing this reality, the authors need to increase self-confidence through fashion show activity. The author chooses the fashion show as a stimulation because in the fashion show can increase children's confidence. Then the feeling of confidence will become habits for children. From these habits will form the children self-confidence. For this reason, the author conducts research to increase self-confidence through fashion modeling activities, so that children can develop their confidence as early as possible.

Confidence according to Thursan Hakim (2005: 6) is a person's belief in all aspects of his strengths and this belief makes him feel able to achieve various goals in his life. In line with Thursan Hakim, Anita Lie (2003: 4) argues that self-confidence means being confident in its ability to solve work and problems. According to Arini (2018) Confidence is children who positively have confidence in themselves that they can control life and plan to be more realistic.

According to the Hakim in Rahayu (2013: 63) states that self-confidence is one's belief in making the ability to achieve various life goals. Meanwhile, according to Elizabeth Hartley & Brewer in Amilah (2005: 61) suggests that self-confidence, they are:

- a. Trust ourselves to complete various tasks well
- b. Believe in ourselves to complete various tasks well and realize that other people will appreciate the abilities possessed by us
- c. Believe in our own ability to deal with new situations
- d. Believe in our own judgment and com-

mon sense

Susan Kegeries in Amilah stated "The ability to travel alone without a companion is very important to encourage the development of children. The opportunity we must achieve is to practice if we do not have such opportunities, our identities are more difficult to determine, self-esteem is more difficult to build and adjustments to how it plays a role and enter the wider community will be difficult to do" (K. Parker, 2006).

Students who have high self confidence can understand their strengths and weaknesses. The weaknesses that exist in him are a natural thing and as a motivation to develop their strengths are not used as obstacles or obstacles in achieving the goals set. The development of confidence is expressed by many experts. This is evidenced by the many opinions of experts regarding the notion of confidence. According to Miskell in Butolo (2013: 6) self-confidence that is "confidence in one's own abilities that are adequate and aware of the abilities possessed, and can use them appropriately"

Then in her book, Aunillah (2011: 60) says that self-confidence is "an extraordinary force. Confidence is like a reactor that generates all the energy that is in someone to achieve success". Related to children's confidence, Woolfson in Ningsih (2014: 19) revealed that a confident child is a child who always smiles and enjoys life as much as possible. As quoted by Suyanto (2003: 77), Erikson said that "children must be able to carry out development tasks to prepare themselves for adulthood. It is important to have a certain skill. If the child is able to master a certain skill can lead to a sense of success, on the contrary if not mastered can lead to a feeling of inferiority.

Fashion show is one of the ways used to introduce fashion styles today. Usually fashion shows are held when a designer shows their work. In marketing fashion, fashion designers usually go through a demonstration, a fashion show, where the fashion designs of the designers are used by models that walk on the catwalk. Fashion show is "a parade held to showcase/introduce clothing worn by living dolls (model) with a specific purpose".

Fashion show is identical to the style and waddle of the models or models. According to Estel Vilaseca (2010) a fashion show usually lasts between 7 and 20 minutes of a short span of time which hides a long process with a lot of preparation and production behind all the lamp music and models. Meanwhile, according to Didi Budiarjo (2000), fashion shows are a series of activities to show or showcase the latest creations of

a fashion designer. Meanwhile, according to Sri Widarwati (1994), fashion clothing is the parade worn by the model.

The purpose of this study is to explain the process of implementing a fashion show to increase the confidence of children aged 5-6 years at Al Azzam Jatisari Mijen Semarang City, as well as to mention the increased confidence in children aged 5-6 years through fashion show activities in Al Azzam Jatisari Kindergarten, Semarang City. Therefore, various activities in this research are directed to find answers to the problems that have been stated above. The advantage of this research is seeing the process of implementing a fashion modeling program that gives rise to the confidence of early childhood, especially children aged 5-6 years. The research on the contribution of fashion modeling activities to increase the confidence of early childhood is still little studied in the scope of early childhood, so it is expected that with this research can provide more knowledge to parents, teachers, and the community of the importance of growing self-confidence in children early age.

RESEARCH METHOD

The research Is carried out at Al Azzam Jatisari Kindergarten, Mijen District, Semarang City. The sample of this study Is Al Azzam Kindergarten students aged 5-6 years, a total of 31 children. Then the population is Al Azzam Kindergarten students. This type of research is experimental quantitative research. Data collection using research instruments. Data collection methods in this study use the method of observation, Likert scale and documentation. Observations made by looking at the initial condition of the child first, how the level of confidence of children aged 5-6 years. Then the researcher distributes pretest instrument sheets to all students at Al Azzam Kindergarten. Based on the results of filling these instruments the researcher can see the child's initial state. Then after all the sheets have been collected, treatment is given using fashion show activities after the learning activity is finished 12 times. After completion, the posttest instrument is distributed again and observed differences that occurred after treatment. Analysis of the data used in this research is descriptive analysis and hypothesis testing with Paired Sample t-Test technique. The scale of early childhood knowledge about fashion shows, there are 64 statement items.

RESEARCH RESULTS AND DISCUSSION

The results showed there are differences in the self-confidence of young children before and after treatment using fashion modeling activities. As well as an increase in self-confidence of young children before and after treatment through fashion modeling activities. The results of the t-Test test output can be seen in the following table:

Table 1. Data of Paired Sample t-test Result

	t	df	Sig. (2-tailed)
Pair 1 Pretest	-37,493	30	.000
Posttest			

The basis for decision making is if the value of sig (2 tailed) < 0.05, then there is a significant difference between the pretest and posttest. If the sig (2 tailed) value > 0.05, it means there is no significant difference between the pretest and posttest data. From the test results using the SPSS above it can be seen that sig = 0,000 and t table is -37,493. Thus, it can be concluded that there is a significant difference between the confidence of children aged 5-6 years at the pretest and posttest due to sig (2 tailed): $0,000 < 0,05$. If the results are $-t_{\text{count}} < -t_{\text{table}}$. The table shows the results of $-t_{\text{test}} < -t_{\text{table}}$ ($-37,493 < -2,042$). So, it can be concluded that there is an increase in the confidence of children aged 5-6 years through fashion shows in Al Azzam Kindergarten.

Table 2. The Descriptive Analysis of Pretest and Posttest Data

	N	Mean	Standard Deviation	Minimum	Maximum
Pretest	31	71,74	11,812	53	114
Posttest	31	160,23	14,004	132	200

Based on the table above, it can be seen the results of the descriptive analysis of respondents' level of self-confidence of children through fashion modeling activities. The data shows that the number of respondents (N) is 31 children. The mean for pretest respondents is 71.74 and the average (Mean) of posttest respondents is 160.23. The minimum or lowest pretest value is 53 and the lowest posttest value is 132. The maximum or highest pretest value is 114 and the maximum or highest posttest value is 200. The standard pretest deviation in this study is 11,812 and the posttest standard deviation is 14,004.

Table 3. Parametre of Children's Self Confidence Pretest

Score Interval	Category	Frequency	Percentage
169-208	Very good	-	-
129-168	Good	3	9%
89-128	Less	12	39%
48-87	Very less	16	52%
Total		31	100%

Referring to Table 3 above that the level of self-confidence of children shows 4 results of the criteria, there are 52% of the criteria of very less number of 16 children, while 39% of criteria less a number of 12 children and 9% of the criteria of the good number of 3 children. Based on the results of the pretest conducted by the researcher there are 31 children who are categorized as having a low level of self-confidence so that it is expected to increase after being given treatment, while those in the good category are expected to increase their self-confidence.

Table 4. Categorization of Posttest Children's Self Confidence Results

Score Interval	Category	Frequency	Percentage
25-32	Very good	4	12,92%
17-24	Good	9	29,03%
9-16	Less	10	32,25%
1-8	Very less	8	25,80%
Total		31	100%

Based on the posttest data table above results show that the level of self-confidence of children has increased where there are 12.92% of children on very good criteria with a total of 4 children, while there are 29.03% of children on good criteria with a total of 9 children and there are 32, 25% of children are under criteria with a total of 10 children, and there are 25.80% of the criteria with very less with 8 children. Provision of treatment very clearly affects the average level of self-confidence of children so that positive changes occur.

The results obtained showed that the two hypotheses are accepted, namely there are differences in the confidence of children aged 5-6 years through fashion modeling activities and there is an increase in the mean value of self-confidence for children aged 5-6 years before and after the

implementation of fashion modeling activities.

Fashion show is identical to the style and wobbling of the model. According to Estel Vilaseca (2010) a fashion show usually lasts between 7 and 20 minutes of a short span of time which hides a long process with a lot of preparation and production behind all the lamp music and models. Fashion show is one way to introduce fashion styles today. Usually fashion shows are held when a designer wants to introduce his design work. In marketing a fashion, the fashion designers usually demonstrate it through a fashion show (fashion show), where the clothes designed by the designers are used by models who walk on the catwalk.

In line with what is stated by Anita Lie (2003: 4) which is a number of characteristics that reflect self-confidence, based on these characteristics, the researcher takes in accordance with the child's development. The characteristics are: 1. Confidence in yourself, which has the courage to do something and make choices in accordance with their own will and is responsible for the consequences that arise. 2. Not dependent on others, children who are not dependent on others are accustomed to making their own decisions and doing everything themselves. Children who are not dependent on others means to have initiative because children are encouraged to do everything of their own free will. 3. Feeling valuable, the child's self-esteem is awakened when the child is considered important and special. The award does not have to be material, but can be in the form of praise, flattery, or facial expressions that show joy. According to Muhammad Fadhilah and Lilif Mualifatu Khorida (2013: 200), respect for children is needed because it is true that childhood is a time that always wants to be praised and cared for. 4. Having the courage to act, courage means taking action even though feeling afraid, the only way to get rid of fear is to act and deal with that fear.

Before being given treatment, the researcher conducts a pretest in advance to find out the initial level of confidence of the respondents. The data obtained after the pretest, before being given treatment that is there is confidence in the child shows 3 results of the criteria, there are 52% in the criteria of very less number of 16 children, while 39% of criteria are in the amount of 12 children and 9% good criteria of a number of 3 children. These preliminary data indicate that there is still a need to increase children's confidence in learning. The confidence of children aged 5-6 years in learning needs to be improved so that learning and learning activities run smoothly. Of course,

many factors affect the level of confidence of children aged 5-6 years, according to Bakti Setiti (2011: 12-13) explains that confidence can be influenced by several factors, namely internal and external factors. The following is an explanation of these two factors: 1. Internal factors, including 1) Self-Concept, 2) Self-Esteem, 3) Physical Condition, and 4) Life Experience. 2. External factors include: 1) Education, 2) Employment, 3) Environment.

Posttest activity is carried out after the researcher gives treatment 12 times. The data obtained are 12.92% of children in very good criteria with 4 children, while there are 29.03% of children in good criteria with 9 children and there are 32.25% of children with less criteria with 10 children, and there are 25.80% of the criteria is very less with the number of 8 children given by researcher can increase the confidence of children aged 5-6 years. This is in accordance with the category of self-confidence a group A child in Permendiknas Number 58 of 2009 is brave to appear in public.

With the children fashion show, the fashion show perpetrators (children aged 5-6 years) will appear more confident. Generally, children will feel proud of their work and are seen by many people. Likewise, other children who watch, they can mimic the confidence possessed by fashion exhibitors. The development of students' confidence, when viewed from data per individual, has increased a lot, from students who previously received a less improved category to a good category. This increase occurs in every type of confidence, both inner confidence, and self-confidence born. Students who had previously participated in a fashion show with confidence lacked a gradual increase. Students become bolder and more determined in following the stages.

Children's self-confidence is very important to be developed from an early age to support daily life and important for the world of education. In this fashion show, researcher model and teach with basic movements and by cue through tapping or counting so that children are able to imitate movements precisely in accordance with what is exemplified by researcher. After doing this fashion show gymnastics, the confidence of all children increases. The movements in the fashion show, how to walk, and eye directions that may be somewhat foreign to early childhood.

In relation to child initiatives, some children have not yet demonstrated their initiatives. Children still need to be appointed to do a fashion show, even though the child will be given rewards in the form of praise, cheers, thumbs, and

applause if they have the initiative to the fashion show. Some children who lack initiative in daily life at school do look passive when learning takes place. This is consistent with the presentation of Thursan Hakim (2005: 68), the lack of initiative of children in doing something is seen when other children are busy doing teacher instructions, the child looks more silent/passive.

Some children have not shown the courage to show it because they still need to be guided by the teacher when they are fashioning. Based on the results of interviews with teachers, several children of the children who do not have the courage to appear because they lack examples of self-confidence from parents, often depend on other people to do something, and lack of child association. Rini Hildayani (2005: 2.5) states that a child will have a sense of trust when the mother always provides physical needs, comforting when the child feels uncomfortable, assuring that the child is not alone, giving children the opportunity to do something themselves, and encouraging to try again if what children do is not successful.

At the next meeting, the researcher and teachers added rewards in the form of stickers with the aim that children's initiative for fashion shows be increased. After getting the stickers the children are very happy and made other children who had not yet done the fashion show competing to perform. Giving rewards in the form of stickers is one form of appreciation for children. This is in line with the statement of Anita Lie (2003: 4), that children who have confidence in themselves that have the courage to do something and make choices according to their own will and are responsible for the consequences that arise. The motivation from the teacher also affects the confidence of children to dare to appear in front of the class. Seeing these data, research on increasing confidence through fashion modeling activities has evolved during treatment.

CONCLUSION

Based on the results of a research analysis regarding the contribution of fashion show activities to increase the confidence of children aged 5-6 years at Al Azzam Jatisari Kindergarten, Mijen District, Semarang City, it can be concluded that there are significant differences in the confidence of early childhood before and after the activities are applied fashion show. The confidence of early childhood after giving treatment with fashion modeling activities is higher than the confidence of early childhood before giving treatment with fashion show activity. It also can be concluded

that there is an increase in the self-confidence of young children in terms of the implementation of fashion modeling activities. The confidence of children aged 5-6 years after giving treatment increased by 82, 35% after the implementation of fashion show activity.

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