

## ABSTRACT

Hanifiyah, Nurlaili Fitroh (2012). The Effect of Positive Thinking Training to Increase The Self-Confidence of The Students Grade X MAN Malang II of Batu City. Promotor: Iin Tri Rahayu, M.Si, Psi.

Keywords: positive thinking training, self-confidence

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Self-confidence is a very important aspect of personality in the education process because higher self confidence will facilitate students to deal with any challenges. Students may be helped to see optimistically their future and to achieve enthusiastically their aspiration. The bright sense of struggling can establish the optimum performance in such that students can reach their success gate. Building self-confidence requires among other practicing self to think positive because thinking positively forces individual to stay against negative assumption, prejudice or unfavorable perception, and avoid the self from continuing of thinking negatively.

The objective of research is (1) to understand the students' self-confidence when they are given positive thinking training during pre-test and post-test; (2) to acknowledge the students' self-confidence when they are not given positive thinking training during pre-test and post-test; and (3) to figure out the effect of positive thinking training when it increases the students' self-confidence.

Research method is experiment and the design is replicated experiment (pretest-posttest control group design). Independent variable (X) is positive thinking training, and dependent variable (Y) is self-confidence. Research population is whole students at Grade X of Man Malang II Batu (246 students). There are 36 students with the lowest self-confidence, and these are selected as sample (18 students in the experiment group and 18 students in the control group). Sampling technique is *purposive sampling*. Measuring the self-confidence of the students before and after treatment is using the self-confidence scale based on Likert model. Validity test employs *Product Moment* technique, while reliability test uses *Cronbach Alpha*. Data analysis tool is the mean and standard of hypothetic deviation. Independent sample-test (t-test) is also conducted.

Result of pre-test in the experiment group indicates that only one (1) student (5,6 %) remains in the low category of self-confidence, while 16 students (88,9 %) in the medium category, and 1 student (5,6 %) in the high category. Result of post-test in the experiment group shows that 12 students (66,7 %) are in the medium category, while 6 students (33,3 %) in the high category. Result of pretest in the control group indicates that only one (1) student (5,6 %) is in the low category of self-confidence, while 16 students (88,9 %) in the medium category and 1 student (5,6 %) in the high category. Result of post-test in the control group does not change. Result of *independent sample t-test* shows that t-count coefficient is 3,356 with significance rate is 0,003 ( $0,003 < 0,05$ ). Research concludes that positive thinking training has significant effect that is increasing students' self-confidence. The hypothesis stating that positive thinking training influences the self-confidence of Students Grade X at MAN Malang II Batu City is, therefore, accepted.