

Reni Trisiana, 2025. *Pengaruh Self Training Terhadap Kemandirian Anak Usia Dini*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunojoyo Madura.

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## ABSTRAK

Kemandirian anak usia dini merupakan aspek penting yang perlu dikembangkan sejak dini, namun kenyataannya banyak anak yang masih bergantung pada bantuan orang dewasa dalam kegiatan sehari-hari. Penelitian ini bertujuan untuk mengetahui pengaruh metode *self training* terhadap kemandirian anak usia dini di TK Santa Theresia. Latar belakang dari penelitian ini didasarkan pada pentingnya kemandirian sejak usia dini agar anak mampu mengatasi permasalahan tanpa bergantung pada orang lain. Observasi awal di TK Santa Theresia menunjukkan bahwa anak-anak sering mengalami kesulitan dalam melakukan keterampilan mandiri (misalnya memakai sepatu, merapikan mainan, makan sendiri). Desain penelitian ini adalah eksperimen semu dengan model *pretest-posttest*. Subjek penelitian adalah 30 anak usia 4–5 tahun. Kemandirian anak diukur menggunakan instrumen observasi yang mencakup tujuh indikator: kemampuan fisik, percaya diri, tanggung jawab, disiplin, kemampuan bersosialisasi, berbagi, dan pengendalian emosi. Data yang terkumpul dianalisis secara statistik menggunakan uji *t* berpasangan (*paired t-test*). Hasil penelitian menunjukkan nilai signifikansi sebesar 0,000 ( $<0,05$ ), yang berarti *self training* berpengaruh positif dan signifikan terhadap kemandirian anak setelah diterapkannya metode *self training*. Anak menjadi lebih mampu melakukan aktivitas sehari-hari secara mandiri, berani mengambil keputusan, serta menunjukkan sikap disiplin dan tanggung jawab. Dengan demikian, dapat disimpulkan bahwa metode *self training* berpengaruh positif dalam meningkatkan kemandirian anak usia dini.

**Kata Kunci:** *Self Training*, Kemandirian, Anak Usia Dini.

Reni Trisiana, 2025. The Effect of Self-Training on the Independence of Early Childhood. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Trunojoyo University Madura.

Advisor: Siti Fadjriyana Fitroh.

### **ABSTRACT**

*Early childhood independence is an important aspect that needs to be developed from an early age, but in reality many children still depend on adult assistance in their daily activities. This study aims to determine the effect of the self-training method on the independence of early childhood at Santa Theresia Kindergarten. The background of this study is based on the importance of independence from an early age so that children are able to overcome problems without depending on others. Initial observations at Santa Theresia Kindergarten showed that children often had difficulty performing independent skills (e.g., putting on shoes, tidying up toys, eating by themselves). The research design was a quasi-experiment with a pretest-posttest model. The research subjects were 30 children aged 4–5 years. Children's independence was measured using an observation instrument that included seven indicators: physical ability, confidence, responsibility, discipline, social skills, sharing, and emotional control. The collected data were analyzed statistically using a paired t-test. The results showed a significance value of 0.000 ( $<0.05$ ), which means that self-training had a positive and significant effect on children's independence after the self-training method was implemented. Children became more capable of performing daily activities independently, were brave in making decisions, and showed discipline and responsibility. Thus, it can be concluded that the self-training method has a positive effect on increasing the independence of early childhood.*

**Keywords:** Self Training, Independence, Early Childhood.