

Tiara Prameswari. 2026. *Peningkatan Perkembangan Emosional Anak Usia Dini melalui Media Kartu Ekspresi*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing : Siti Fadryana Fitroh, S.Psi., M.A.

ABSTRAK

Judul: Peningkatan Perkembangan Emosional Anak Usia Dini melalui Media Kartu Ekspresi

Anak yang belum mampu mengenal dan mengelola emosi serta keterbatasan penggunaan media pembelajaran untuk menunjang aspek perkembangan emosional. Banyak cara yang dapat digunakan untuk menstimulus perkembangan emosional anak, salah satunya yaitu menggunakan media pembelajaran. Penelitian ini bertujuan untuk mengetahui peningkatan perkembangan emosional anak usia 4-5 tahun melalui penggunaan media kartu ekspresi di KB Ash-Shofa Krian. Penelitian menggunakan metode eksperimen dengan desain *One Group Pretest-Posttest Design*. Subjek penelitian adalah 31 anak kelompok A (usia 4-5 tahun). Data dikumpulkan melalui observasi dengan lembar observasi yang telah divalidasi dan dinyatakan reliabel (Cronbach's Alpha 0,704). Hasil uji normalitas (Shapiro-Wilk) menunjukkan data berdistribusi normal (*pretest* Sig. 0,054; *posttest* Sig. 0,059) dan homogen (Sig. 0,641). Analisis data menggunakan uji *Paired Sample t-Test* menunjukkan adanya peningkatan yang signifikan antara skor *pretest* (rata-rata 12,2) dan *posttest* (rata-rata 14,2) dengan nilai Sig. (2-tailed) 0,000 ($< 0,05$). Hal ini membuktikan bahwa media kartu ekspresi efektif dalam meningkatkan perkembangan emosional anak usia dini, khususnya dalam aspek kesadaran emosi, ekspresi emosi, ekspresi verbal, regulasi emosi, dan empati. Penelitian ini merekomendasikan penggunaan media kartu ekspresi sebagai inovasi pembelajaran untuk menstimulasi perkembangan emosional anak usia dini.

Kata Kunci: Anak Usia Dini, Media Kartu Ekspresi, Pembelajaran Inovatif, Perkembangan Emosional,

Tiara Prameswari. 2026. *Improving Early Childhood Emotional Development through Expression Card Media*. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Trunojoyo University, Madura. Advisor: Siti Fadryana Fitroh, S.Psi., M.A.

ABSTRACT

Title: *Enhancing Early Childhood Emotional Development through Expression Card Media*

Children who are unable to recognize and manage emotions and whose use of learning media to support emotional development is limited. Many methods can be used to stimulate children's emotional development, one of which is the use of learning media. This study aims to determine the enhancement of emotional development in children aged 4-5 years through the use of expression card media at KB Ash-Shofa Krian. The research used an experimental method with a One Group Pretest-Posttest Design. The subjects were 31 children in group A (aged 4-5 years). Data were collected through observation using validated observation sheets, which were also declared reliable (Cronbach's Alpha 0.704). The normality test (Shapiro-Wilk) showed that the data were normally distributed (pretest Sig. 0.054; posttest Sig. 0.059) and homogeneous (Sig. 0.641). Data analysis using the Paired Sample t-Test showed a significant increase between the pretest score (average 12.2) and posttest score (average 14.2) with a Sig. (2-tailed) value of 0.000 (< 0.05). This proves that the expression card media is effective in improving early childhood emotional development, particularly in the aspects of emotional awareness, emotional expression, verbal expression, emotion regulation, and empathy. This study recommends the use of expression card media as an innovative learning tool to stimulate the emotional development of young children.

Keywords: *Early Childhood, Emotional Development, Expression Card Media, Innovative Learning*