

THE INFLUENCE OF POSITIVE AFFIRMATIONS ON LEARNING MOTIVATION OF GRADE 2 MI STUDENTS

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Abstrak

Keywords:

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Learning Motivation,
Learning Atmosphere,
Self-Confidence.

This study aims to analyze the effect of implementing positive affirmations on students' learning motivation in the classroom. Positive affirmations are delivered through verbal communication by teachers, which includes praise and motivational sentences directed at students to build their self-confidence and enthusiasm for learning. The method used in this study is descriptive qualitative, with data collected through direct observation and interviews with teachers and students. The results show that positive affirmations can increase students' self-confidence, help them overcome negative thoughts, and increase intrinsic motivation to learn. In addition, the implementation of positive affirmations by teachers creates a more conducive learning atmosphere, which supports students' overall academic development. This study provides evidence that the positive affirmation approach plays a significant role in increasing learning motivation and creating a more effective learning environment.

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INTRODUCTION

Background evidence demonstrates the importance of learning motivation for academic success. Low motivation can lead to poor performance. One relevant intervention is positive affirmation, which helps guide students toward constructive mindsets (Siregar & Nara, 2014; Kartikaningtyas, 2022). Affirmation is crucial for igniting students' enthusiasm for learning, from before the start of learning until its completion. The decline in student enthusiasm for learning that we have seen recently is due to decreased motivation. Affirmations are affirmations that must be repeated frequently to penetrate the subconscious mind, enabling positive habits and routines to easily develop, leading to future success.

Learning motivation is a crucial factor influencing student success in achieving educational goals. According to Sardiman (2018), learning motivation is the drive that originates from within a student or their environment to initiate, direct, and sustain learning activities. Low learning motivation can lead to suboptimal learning, particularly in elementary school students who are in the early stages of cognitive and emotional development. One approach to increasing learning motivation is through positive affirmations. Positive affirmations are repeated statements or words designed to foster an optimistic and confident mindset (Luthans et al., 2015).

Research shows that the use of positive affirmations can help increase students' intrinsic motivation by building self-confidence and reducing feelings of anxiety about learning tasks (Rahman, 2020). This context is relevant in a study of second-grade students at Madrasah Ibtidaiyah (MI) Ma'arif NU Banjarsari. At this stage, students are in a critical developmental period, where the formation of study habits and learning motivation is crucial for their future success. Therefore, this study aims to examine the effect of positive affirmations on the learning motivation of second-grade students at MI Ma'arif NU Banjarsari.

LITERATURE REVIEW

1. Definition of Learning Motivation

Motivation is an important psychological driver in learning. Students with high motivation show more energy for learning (Hamzah, 2011). Learning motivation is an internal or external drive that influences a person's desire to learn. Sardiman (2018) defines learning motivation as a conscious effort made by an individual to achieve learning goals. Motivation is divided into two types: intrinsic motivation and extrinsic motivation (Deci & Ryan, 2000). Intrinsic motivation stems from personal interest in the learning process itself, while extrinsic motivation is influenced by external factors such as rewards or punishments. Research by Kusuma (2022) shows that high learning motivation correlates with better academic achievement. Factors such as a supportive learning environment, rewards, and positive reinforcement have been shown to increase student motivation.

2. Affirmation

An affirmation is a statement. An affirmation is an attempt to incorporate a positive program through verbal or written statements. Affirmations are also utterances. We all need to practice affirmations by creating statements or learning to pronounce them because these statements are recorded by the mind. Repeated recordings of these statements will cause the mind to predominantly fill with the material of those statements (Ahmad Sopyan Hadi, 2020).

3. Positive Affirmations

This technique involves using positive words or phrases to boost self-confidence and transform negative thoughts into positive ones (Kartikaningtyas, 2022; Yamin, 2007). Positive affirmations are verbal statements used to positively influence a person's mindset. According to Luthans et al. (2015), positive affirmations help build self-confidence, which can encourage individuals to face challenges with greater confidence. In educational contexts, positive affirmations are used to create a supportive learning environment and increase students' confidence in their abilities (Rahman, 2020). The influence of positive affirmations has been studied in various contexts. A study by Setiawan and Dewi (2021) showed that implementing positive affirmations in the classroom can reduce students' learning

anxiety and increase their intrinsic motivation. Consistent affirmations, such as "I am able to understand this lesson" or "I can complete the assignment well," have a significant impact on improving students' academic performance.

4. **Effectiveness**

Previous research has shown that positive affirmations are effective in increasing students' motivation and positive mood. Previous research has shown that positive affirmations are effective in increasing students' motivation to learn and their positive mood. For example, Zainiyah (2018) found that relaxation therapy with positive affirmations can reduce stress while increasing students' positive emotions by stimulating the parasympathetic nervous system, which produces endorphins. These findings indicate that positive affirmations can create a mood that supports students' learning process. Furthermore, research by Fauziah (2019) proved that positive affirmation techniques are effective in increasing the self-confidence and learning motivation of junior high school students. This study used a quasi-experimental method that showed significant results in the group receiving positive affirmations compared to the control group. Other research at Sikola Mangkasara showed that reinforcing positive affirmations not only builds character but also directly contributes to increasing student motivation, especially in informal learning environments that require a personalized approach.

5. **The Relationship Between Positive Affirmations and Learning Motivation**

Positive affirmations serve as a strategy to influence students' intrinsic motivation. Rahman's (2020) research demonstrated that positive affirmations boost students' self-confidence, which directly impacts their learning motivation. This research is supported by the findings of Ardiansyah et al. (2021), who found that students who frequently receive positive affirmations exhibit a more enthusiastic attitude toward learning. In the context of elementary education, positive affirmations help build a conducive learning environment. By providing appropriate affirmations, teachers can help students develop self-confidence, overcome learning anxiety, and increase their willingness to engage in learning activities.

RESEARCH METHODOLOGY

This study used a descriptive qualitative approach to deeply understand the influence of positive affirmations on students' learning motivation. Data were collected through direct classroom observations to observe the application of positive affirmations in the learning process and student interactions. Furthermore, semi-structured interviews were conducted with teachers and students to explore their experiences, perceptions, and the impact of positive affirmations on their learning motivation. The data obtained were analyzed using thematic analysis techniques, which allow for the identification of relevant patterns and themes to support the research findings. This approach aims to provide a comprehensive understanding of the phenomenon under study (Miles, Huberman, and Saldaña, 2014).

RESULTS AND DISCUSSION

1. **The Role of Teachers**

Teachers, as agents of change, use positive affirmations to create a conducive learning environment. Teachers play a strategic role as agents of change in the educational process. One approach that can be used is the application of positive affirmations to create a conducive learning environment. Through positive

affirmations, teachers can build an optimistic mindset in students, strengthen their self-confidence, and motivate them to actively participate in learning. For example, simple statements such as "You can definitely complete this assignment well" or "Your efforts have been extraordinary" can encourage students to face challenges with greater self-confidence (Fauziah, 2019).

Furthermore, teachers not only provide affirmations verbally but also demonstrate a consistent attitude of supporting and appreciating students' efforts. According to Sardiman (2018), teachers' positive reinforcement can significantly increase students' motivation to learn, especially when facing difficulties. In this way, teachers act as facilitators who not only teach academic material but also help students develop important emotional and social skills. Through the application of positive affirmations, teachers can create a learning environment that supports students' holistic development, both cognitively and emotionally. This approach demonstrates that teachers are not merely conveyors of material, but also mentors who help students reach their full potential. In this case, every morning before learning, teachers guide students by reciting positive affirmations to boost their learning motivation before starting the day's activities.

2. Influence on Students

An affirmation is a positive statement or affirmation used to strengthen a person's mindset, beliefs, or emotions. In an educational context, affirmations serve as a tool to build students' self-confidence, create a positive mood, and motivate them to face learning challenges. By hearing or repeating affirmations such as "I am capable of understanding this material" or "I am a great learner," students can develop an optimistic perspective on their abilities (Zainiyah, 2018).

The impact of affirmations on students includes increased self-confidence, reduced anxiety, and increased intrinsic motivation to learn. Research by Fauziah (2019) shows that positive affirmations significantly influence student behavior, such as increasing their focus and courage in completing tasks. Furthermore, positive affirmations also encourage the development of a growth mindset, where students believe that their abilities can be improved through effort and learning (Dweck, 2006). In other words, affirmations function not only as verbal expressions but also as psychological strategies that help students create a healthy emotional connection to the learning process.

This is crucial for fostering a classroom atmosphere that supports both intellectual and emotional growth. Students who receive positive affirmations are more confident and motivated to achieve their academic goals. Affirmations can provide a more enjoyable learning experience for students because they foster feelings of joy, pride, and self-confidence. These affirmations can transform a person's life, from one with negative and often stressful thoughts to one with positive and calm thoughts when facing life and social situations. Affirmations have numerous benefits for the individual, and there are specific ways to use them to achieve more positive outcomes. This is evident in students who actively attend class every day, unless they are feeling unwell or have family matters. Some who previously disliked math now enjoy it, while others who may not be fluent in reading and writing remain active.

3. Practical Application

Positive affirmation techniques can be practically applied in the classroom to foster students' emotional and academic development. One way is to provide specific

praise that highlights a student's effort or accomplishment, such as "You worked hard to solve this problem, and that's amazing." This specific praise helps students understand the value of their efforts, not just the final result, thus motivating them to continue learning (Fauziah, 2019). Furthermore, teachers can encourage students to focus on their strengths and potential. For example, students can be encouraged to create personal affirmations such as "I can learn better every day" or "I have the ability to solve problems."

According to Zainiyah (2018), this type of affirmation can increase students' self-confidence and help them develop a growth mindset. A supportive learning environment is also crucial for implementing positive affirmations. Teachers can create a classroom atmosphere that is friendly, inclusive, and appreciative of students' efforts. By creating an environment where every student feels valued, teachers help strengthen students' emotional engagement in the learning process (Sardiman, 2018). This technique, when applied consistently, can increase students' motivation to learn and create a more meaningful learning experience. The practical application of positive affirmations significantly influences students' thoughts, feelings, and attitudes throughout the day. Therefore, positive affirmations should be implemented at the beginning of each lesson. It has been proven that when teachers do not use positive affirmations, many students feel uncomfortable.

The application of affirmations is carried out every morning before learning:

- a) Pray before studying.
- b) Reading the Shahada, prayers for parents, and Asmaul Husana.
- c) Memorizing Short Surahs in the Qur'an (An-nas to Al-Adiyat).
- d) Memorizing daily prayers
- e) Saying the first Forgiveness Therapy (O Allah, I have forgiven myself, O Allah, I have accepted myself, O Allah, I have accepted my strengths and weaknesses, O Allah, I have accepted my mistakes, my negligence, my laziness, my ignorance, so O Allah, forgive me, forgive me, honor me in this world and the hereafter), the second Forgiveness Therapy (O Allah, I have forgiven my parents and my siblings, O Allah, I have forgiven my parents, my teachers, my friends and all the people who have hurt me, whom I have met, so O Allah, forgive them, forgive them, honor them in this world and the hereafter).

Positive affirmations should be said regularly and daily, especially when you're feeling sad, overwhelmed, or anxious. Here's how to use affirmations more effectively and to create a calmer, happier state. The technique for using affirmations is as follows:

- a) Use I or Name When Affirming

Unlike quotes that are aimed at a wide audience, affirmations are used to encourage oneself, leading to greater calm and happiness. Therefore, when saying positive affirmations, use the words "I," "me," or even your own name. This can help you feel more motivated and empowered to transform yourself into a more positive person.

- b) Use Positive Words

To transform negative thoughts into positive ones, you must also use positive words when making affirmations. Avoid using the words "don't" or "not" when making affirmations. These are negative words that the subconscious mind doesn't accept, even if the sentence has a positive meaning.

- c) Use Positive Emotions

There are various emotions that exist within a person. When saying affirmations, use positive emotions such as happiness, enthusiasm, joy, and so on. Avoid negative emotions such as sadness, anger, jealousy, disappointment, and so on.

d) Use the Present Word

When making positive affirmations, use the word "now" and avoid "later" or "will." The word "now" can make you more enthusiastic and make your brain think as if your life is already happy. This can make you more positive in your actions.

e) Writing on Notebook Paper

To make you more enthusiastic, write affirmations on a notepad, which can be read every time you are about to do an activity, such as on a computer screen, refrigerator door, mirror, and so on. Understanding affirmations applied to children can be done by having positive words that can make them more enthusiastic, happy and confident when doing an action and maintain a positive mindset when solving problems. Here are some examples of positive affirmations;

- 1) I am happy to be able to learn in a fun way
- 2) I choose to always be healthy.
- 3) I can do the teacher's assignments easily and enjoyably.
- 4) I am excited about today.
- 5) I am a confident person, have many advantages and am attractive.

4. **Motivation to Learn as the Key to Academic Success**

Learning motivation is a crucial element in the educational process. Students with high motivation tend to be more active, enthusiastic, and consistent in achieving academic goals. Learning motivation not only helps students better understand course material but also encourages them to develop skills, complete assignments, and overcome learning challenges. Conversely, low motivation often results in decreased achievement, low participation in learning activities, and even negative behaviors such as laziness or lack of discipline (Siregar & Nara, 2014).

Learning motivation also plays a crucial role in shaping students' attitudes and behaviors in the school environment. According to Uno (2011), learning motivation can be seen from several indicators, such as the desire to succeed, persistence in the face of difficulties, and focus on achieving specific goals. Therefore, learning motivation is not only related to cognitive aspects but also encompasses affective aspects, such as self-confidence and belief in one's abilities. High motivation provides energy and encouragement for students to remain enthusiastic about learning, even when facing academic challenges or a less than supportive environment.

5. **The Impact of Low Learning Motivation**

Low motivation to learn is a major obstacle that often hinders students' academic success. Students with low motivation tend to have difficulty understanding course material due to a lack of motivation to put in the effort. As a result, they often feel discouraged when faced with learning challenges and may even lose confidence in their own abilities (Sardiman, 2018). Furthermore, unmotivated students also show a lack of initiative to improve their learning outcomes, both through active participation in class and independent study at home. Research shows that low motivation is closely linked to increased levels of academic stress, especially when students face high demands from school or family. This can trigger negative

effects such as anxiety, fatigue, and a decline in overall academic performance (Fauziah, 2019). In the long term, a lack of motivation to learn can impact students' character development. They may develop apathy toward education and lose their sense of responsibility for their academic achievement. Therefore, it is important for teachers, parents, and the school environment to create approaches that support increased student motivation to minimize these negative impacts.

This also impacts their behavior in class, such as frequent absences, inattention, or even social withdrawal at school. Both the school and home environments play a significant role in shaping students' motivation to learn. Teachers and parents are often the primary sources of emotional and academic support for students. Therefore, an appropriate approach is essential to help students experiencing decreased motivation to learn. One relevant and proven effective intervention is the use of positive affirmations.

6. **Positive Affirmations as a Motivational Intervention**

Positive affirmations are positive statements or sentences used to strengthen a person's constructive mindset. In an educational context, positive affirmations can include words of praise, encouragement, or recognition for a student's efforts given by a teacher or parent. For example, a teacher might say, "You can definitely solve this problem because you've tried hard," or "I believe you can overcome this challenge." Simple statements like these can significantly impact how students view themselves and the tasks they must complete (Kartikaningtyas, 2022).

According to positive psychology theory, affirmations work by building students' self-confidence and reducing negative thoughts that often hinder their motivation to learn. When students frequently hear positive statements, whether from teachers or themselves, they tend to internalize these messages, which directly boosts their self-confidence. This process helps students feel more confident in facing academic challenges and encourages them to try new things without fear of failure. In this way, positive affirmations can reduce the fear of failure, which is often a major cause of low student motivation to learn. Research also shows that implementing positive affirmations can shift students' mindsets, from one focused on shortcomings and mistakes to one more focused on personal growth and potential. This not only increases motivation to learn but also improves students' happiness and emotional well-being, as they feel valued and capable of overcoming challenges (Seligman, 2011). Thus, positive affirmations are an effective tool in motivating students and helping them overcome various psychological barriers that can reduce their academic performance.

To achieve good emotional health for students in learning activities, full support from parents and teachers is essential. This support can be achieved through simple means, such as providing positive affirmations, both verbally and non-verbally. Affirmations can be defined as a form of reinforcement, affirmation, and affirmation that can influence behavior, leading to the emergence of inner abilities and strengths.

In doing affirmations, they must be done repeatedly, and the technique of repeating affirmations continuously is considered to greatly influence the imagination of the subconscious mind to think positively and behave well from within a person.

7. Benefits of Positive Affirmations in Education

The application of positive affirmations in learning not only increases motivation to learn but also creates an environment that supports students' overall development. Teachers who consistently provide positive affirmations help students feel valued and cared for. This is especially important for students who lack self-confidence or frequently receive criticism from their peers. Furthermore, positive affirmations can improve interpersonal relationships between teachers and students, creating a more conducive and enjoyable learning environment.

Research by Kartikaningtyas (2022) shows that students who regularly receive positive affirmations experience a significant increase in learning motivation compared to students who do not receive affirmations. This positive affirmation helps boost students' self-confidence, making them more motivated to complete assignments, more confident in answering questions, and more active in class discussions. These results demonstrate that positive affirmations not only have an immediate impact on increasing student engagement but can also influence their mindset in the long term. Here are the benefits of affirmations:

a) Building Self-Confidence

Affirmations have the benefit of making someone more confident, possessing strengths, being creative, able to overcome any obstacle, and possessing a strong, yet resilient, personality. As researchers have observed, children who aren't yet fluent in reading and arithmetic still attend school diligently, and children who don't yet understand the lessons their teachers explain are not shy about asking questions.

b) Improve Body Health

Negative thoughts and behaviors can weaken the immune system. Negative and negative thoughts can also increase stress, overthinking, and make it difficult to sleep. Giving ourselves positive affirmations can make us happier. Simply put, positive thoughts and happiness can strengthen the immune system and make it less likely to get sick. It's been proven that some students who previously frequently took leave due to feeling unwell have now taken more leave. The affirmations they say are, "I choose health" and "I choose happiness and abundance, receiving God's blessings from various directions and enjoying them."

c) Prevent Depression

Mental health must be maintained to prevent depression. Repeated positive affirmations can stimulate the subconscious mind to encourage oneself with positive affirmations, preventing depression and strengthening the ability to face any challenges. One student experienced a change. He used to ask his mother to look after him and often threw tantrums during class, but over time, he showed significant improvement.

d) Providing Comfort to Heart and Mind

When you express positive affirmations to yourself, you'll feel a sense of peace in your heart and mind. Positive affirmations can create a sense of calm and confidence that you can get through each day strong and that there's always tomorrow to pursue your dreams.

e) Creating Happiness

Positive affirmations can make someone happier. Because positive affirmations spoken with confidence can make someone believe they will succeed and achieve their dreams.

CONCLUSION AND SUGGESTIONS

Positive affirmations play a crucial role in increasing student motivation to learn. It is recommended that teachers receive training in the application of positive affirmations to support more effective learning. Recommendations for Implementing Positive Affirmations. To optimize the benefits of positive affirmations, teachers need to understand how to integrate this technique into their teaching methods. Some steps that can be taken include: 1) Providing specific praise for student effort or achievement, not just the final result. 2) Using affirmations that are simple, clear, and easy for students to understand. 3) Creating a daily routine, such as providing motivation at the beginning or end of a lesson. 4) Encouraging students to create their own affirmations and recite them daily. 5) Parents can also contribute by providing positive affirmations at home. By supporting students at school and at home, positive affirmations can be a powerful tool for increasing motivation to learn and helping them reach their full potential.

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