

# **PENGARUH PENDEKATAN EMOSIONAL GURU BERBANTUAN MEDIA PAPAN EKSPRESI TERHADAP KECEMASAN PADA ANAK USIA DINI DI TAMAN KANAK-KANAK KUSUMA NEGARA LOLOAN TIMUR JEMBRANA BALI**

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## **ABSTRAK**

Kecemasan merupakan salah satu permasalahan yang sering dialami anak usia dini saat mengikuti kegiatan pembelajaran di sekolah. Salah satu upaya yang dapat dilakukan untuk mengurangi kecemasan tersebut adalah melalui pendekatan emosional guru berbantuan media papan ekspresi. Penelitian ini bertujuan untuk mengetahui pengaruh pendekatan emosional guru berbantuan media papan ekspresi terhadap kecemasan pada anak usia dini di Taman Kanak-Kanak Kusuma Negara Loloan Timur Jembrana Bali. Penelitian ini menggunakan metode kuantitatif dengan desain Pre-Experimental One-Group Pretest-Posttest. Populasi penelitian berjumlah 22 anak, sedangkan sampel penelitian berjumlah 18 anak Kelompok B yang dipilih menggunakan teknik purposive sampling. Subjek penelitian diberikan pretest untuk mengetahui tingkat kecemasan awal, kemudian memperoleh perlakuan berupa pendekatan emosional guru berbantuan media papan ekspresi, dan selanjutnya diberikan posttest untuk mengetahui perubahan tingkat kecemasan setelah perlakuan. Data dianalisis menggunakan uji paired sample t-test. Hasil penelitian menunjukkan nilai t-hitung sebesar 10,864 lebih besar daripada t-tabel sebesar 2,110 ( $10,864 > 2,110$ ), sehingga terdapat perbedaan yang signifikan antara tingkat kecemasan anak sebelum dan sesudah perlakuan. Temuan ini menunjukkan bahwa pendekatan emosional guru berbantuan media papan ekspresi berpengaruh signifikan dalam menurunkan kecemasan pada anak usia dini.

**Kata Kunci: Pendekatan Emosional Guru, Papan Ekspresi, Kecemasan, Anak Usia Dini.**

***THE EFFECT OF TEACHERS' EMOTIONAL APPROACH  
ASSISTED BY EXPRESSION BOARD MEDIA ON ANXIETY  
IN EARLY CHILDHOOD AT KUSUMA NEGARA  
KINDERGARTEN, EAST LOLOAN, JEMBRANA, BALI***

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**ABSTRACT**

*Anxiety is one of the problems commonly experienced by early childhood children during learning activities at school. One effort to reduce children's anxiety is through teachers' emotional approach assisted by expression board media. This study aimed to determine the effect of teachers' emotional approach assisted by expression board media on anxiety in early childhood at Kusuma Negara Kindergarten, East Loloan, Jembrana, Bali. This study employed a quantitative method using a Pre-Experimental One-Group Pretest-Posttest design. The population consisted of 22 children, while the sample consisted of 18 Group B children selected using purposive sampling. The participants were given a pretest to measure their initial anxiety levels, followed by treatment in the form of teachers' emotional approach assisted by expression board media, and then a posttest to determine changes in anxiety levels after the treatment. The data were analyzed using the paired sample t-test. The results showed that the calculated t-value was 10.864, which was higher than the t-table value of 2.110 ( $10.864 > 2.110$ ), indicating a significant difference in children's anxiety levels before and after the treatment. These findings indicate that teachers' emotional approach assisted by expression board media has a significant effect on reducing anxiety in early childhood.*

***Keywords: Teachers' Emotional Approach, Expression Board Media, Anxiety, Early Childhood.***