

ABSTRAC

THE INFLUENCE OF SELF TALK TECHNIQUES AGAINST STUDENT CONFIDENCE

Keywords: Self Talk, Student Confidence

This study aims to determine the effect of the Self Talk technique on the self confidence of students VIII class ini Darussalam Islamic junior high school. This research used a quantitative research type by the One Group Pre Test Post Test design. The population consisted od 12 students. This study did not use a control class. The instrument used is a student self confidence scale that has gone through by validity test using SPSS versions 25 and 30 statement is said to be valid out of 50 statements. The reliability of the trust scale was tested using Cronbach's Alpha and a coefficient of 0,748 was obtained which indicated a high level of reliability.

Based on the results of statistical data analysis research, the results of test calculations using SPSS 25 version obtained a significance value of $0,293 > 0,05$, this research shows a significance of more than 0,05, it can be conclud that the hypothesis is accepted, which means that there is an effect of the Self Talk technique on the self confidence of Darussalam Islam junior high school students at 2022/2023 academic.