

## ICE BREKING TO BOOST LEARNING MOTIVATION IN STUDENTS

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### ABSTRACT

Students can face all changes that occur and enthusiasm in participating in counseling services which is one of the biggest contributors to the success of a student in school. One of the efforts made to realize the ability of self-development of students is to increase the motivation of students in participating in guidance and counseling services at school. Appropriate strategies and methods for learners who are less motivated to participate in learning. A method is a tool or way to achieve a goal with which learning can be effective. There are many methods that teachers can choose to overcome the problem of inactivity and refocus the attention of students in learning, one of which is the Ice breaking method. The problems that arise in schools experienced by students are learning motivation problems. Conditions of decreased student learning motivation such as less diligent in facing tasks and less able to work continuously until the work is done, easily discouraged in the face of difficulties, easily bored in following the learning process in class, quickly bored in the face of routine tasks. The condition of problems that are often experienced by students needs attention. Addressing this motivation problem is first; Provide understanding to learners about the importance of learning motivation. The introduction of learning motivation to students will make changes in perception and understanding and views so that students overcome the problems experienced, especially learning motivation problems. Second; There must be concrete steps in cultivating and increasing learning motivation through ice breaking activities.

**Keywords:** ice breaking, motivation, learning

### ABSTRAK

Peserta didik dapat menghadapi segala perubahan yang terjadi dan semangat dalam mengikuti pelayanan konseling yang merupakan salah satu penyumbang terbesar dari keberhasilan seorang peserta didik di sekolah. Salah satu usaha yang dilakukan untuk mewujudkan kemampuan pengembangan diri peserta didik yaitu dengan meningkatkan motivasi peserta didik dalam mengikuti pelayanan Bimbingan dan konseling di sekolah. strategi dan metode yang tepat untuk peserta didik yang kurang termotivasi untuk ikut dalam pembelajaran. Metode adalah suatu alat atau cara untuk mencapai tujuan dengan itu pembelajaran dapat efektif. Terdapat banyak metode yang guru bisa pilih untuk mengatasi masalah kurang aktif dan memfokuskan Kembali perhatian peserta didik daalm pembelajaran salah satunya adalah metode Ice breking. Permasalahan yang muncul pada sekolah yang dialami oleh peserta didik yaitu masalah motivasi belajar. Kondisi menurunnya motivasi belajar peserta didik seperti kurang tekun menghadapi tugas-tugas dan kurang dapat bekerja terus-menerus sampai pekerjaannya selesai, mudah putus asa dalam menghadapi kesulitan, mudah jenuh dalam mengikuti proses pembelajaran dikelas, cepat bosan dalam menghadapi tugas-tugas rutin. Kondisi permasalahan yang sering dialami oleh peserta didik perlu mendapatkan perhatian. mengatasi masalah motivasi ini adalah pertama; memberikan pemahaman kepada peserta didik tentang pentingnya motivasi belajar. Adanya pengenalan motivasi belajar kepada siswa terntunya akan membuat perubahan persepsi dan pemahaman serta pandangan sehingga peserta didik mengatasi permasalahan yang dialami khususnya masalah motivasi belajar. Kedua; harus ada langkah kongkrit dalam menumbuhkan dan meningkatkan motivasi belajar melalui kegiatan ice breaking.

**Kata kunci:** ice breaking, motivasi, belajar

### Introduction

Education in today's era is very important because it can help in developing self-potential in students (Febriani et al., 2023; Tri Triyono, 2017; Triyono, Triyono & Febriani, 2018). So that students can face all the changes that occur and enthusiasm in participating in counseling services which is one of the biggest contributors to the success of a student at school. One of the efforts made to realize the ability of self-development of students is to increase the motivation of students in participating in guidance and counseling services at school. Problems of motivation and boredom in learning or in participating in services also occur in students at school. Conditions of decreased

student learning motivation such as less diligent in facing tasks and less able to work continuously until the work is done, easily discouraged in the face of difficulties, easily bored in following the learning process in class, quickly bored in the face of routine tasks. The condition of problems that are often experienced by students needs attention so that it is not more problematic, it is necessary to increase student motivation in service must use the strategies carried out.

There are many strategies to increase learning motivation / follow guidance and counseling services, the first is by providing numbers, the numbers in question are symbols or values of the results of student learning activities (Lubis & Farabi, 2023; Setyaputri, 2021; Tri Triyono, 2017; Yuhana & Aminy, 2019; Zerinah, 2023). Second, by giving gifts, teachers can give gifts in any form to students who excel in completing tasks. Third, giving praise to students, praise is a positive motivational tool. Fourth provides body movements such as smiles, thumbs up, applause, and others. These five rivals or competitions can be used as a tool to encourage learner learning. Sixth by giving tasks that learners must complete. Seventh, give tests to students. The eighth knows the results because every student will want to know something he doesn't know yet. Creating a conducive learning atmosphere is one of the important factors in order to get the full attention of students. If the nuances in the classroom are not conducive, it will cause students to feel bored, bored, not focused on the teacher, sleepy, and even talk to their classmates. As a result, teachers will find it difficult to understand the material to students even though the material has been delivered. It is important for teachers to choose the right strategies and methods for learners who are less motivated to participate in learning. A method is a tool or way to achieve a goal with which learning can be effective.

There are many methods that teachers can choose to overcome the problem of inactivity and refocus the attention of students in learning, one of which is the Ice breking method. In addition, to increase the motivation of students in following the learning process can be done through Icebreaking. The Ice Breaking method in many literature reviews can help teachers increase enthusiasm, motivation, and make students active again in participating in BK services. The application of Ice Breaking to high school students went well and it was seen that students were more enthusiastic about participating in learning and playing an active role in learning. Ice breaking is effective in overcoming student saturation in the learning process. Ice Breaking is a game or activity that serves to change the atmosphere of ice in the group. According to the term put forward by Ucu Sulastri in his book, namely "Ice Breaking is the transition of situations from boring, sleepy and tense to cheerful and fun with simple games." The game is an activity that is loved by all circles, without being limited by age because every individual must feel bored in learning, who then want a fun learning atmosphere.

Based on some opinions as a conclusion that Ice Breaking is a technique for a teacher to divert the boring atmosphere of learners back refreshed and eager to learn. This means that a teacher can create an atmosphere that makes students active or enthusiastic about learning again. Ice Breaking is very useful to refresh the minds of students, and foster excitement to return to learning. In events that require the focus and concentration of participants, Ice Breaking interludes become a necessity, such as seminars, workshops. Likewise in the world of education. According to Jamal in his book about the function of Ice Breaking, namely: Ice Breaking serves to solidify the concept and return to alpha conditions. However, teachers must be careful about choosing the right Ice Breaking. This means that don't let this Ice Breaking waste class time. Ice Bbreking used for training or outbound must be distinguished from Ice breaking in the classroom. The challenge for teachers is to collect ice

breaking. In the sense that Ice Breaking is good for learning, so that students are enthusiastic again in learning but also not to spend learning time (Asmani, 2015). Meanwhile, according to Ucu Sulastri "Ice Breaking used in the world of education must have an educational function, so that it can provide reinforcement of lessons. Therefore, creative super teachers will always create a fluid and passionate atmosphere by creating their own ice breaking models."

Where creative teachers will give a positive side to children to want to learn without any compulsion in themselves. Many types of Ice Breaking games can be observed, imitated and modified as follows: Games Games or games are the type of ice breaking that makes students most excited<sup>1</sup>. Students will emerge a new spirit that is more when doing games. (Sunarto, 2017) Drowsiness disappears and spontaneous apathy turns active. Through play, the atmosphere becomes fluid so that learning conditions become conducive. To realize good classroom conditions as a learning environment that allows for increased student motivation in class, the right learning strategy is needed so that students can learn conductively and not boringly. Learning strategy is a presentation technique that must be owned by a teacher to teach so that it is easily understood and interesting by students. In the learning process, especially among students, boredom and stress often arise.

Boredom experienced by students if it cannot be overcome, will certainly have a negative impact on the learning process itself. This stress can be triggered by several factors, namely physical factors and psychological factors or a combination of these two factors (Sehnert, 2005). Icebreaking in BK services, can be integratively or specifically given at the beginning of activities, on the sidelines of activities or pauses in the service process. The use of Icebreaking can also be applied in the counseling process at school as a distraction so as not to make students sleepy, bored and bored so that BK service activities become fun and students have motivation in participating in counseling in class. Icebreaking here is done as one of the teaching tactics so that students are not easily bored in counseling. To implement Icebreaking to increase student motivation, Community Service (PKM) is carried out in MTs so that this PKM can help the problems experienced by students in schools.

The problems that arise in schools experienced by students are learning motivation problems. Conditions of decreased student learning motivation such as less diligent in facing tasks and less able to work continuously until the work is done, easily discouraged in the face of difficulties, easily bored in following the learning process in class, quickly bored in the face of routine tasks. The condition of problems that are often experienced by students needs attention.

Handling learning motivation problems is a joint responsibility of various parties, both schools, parents and education practitioners and competent experts. Like a system, where in one system that has a certain purpose is supported by sub sub systems in it. So that all can contribute to achieving these goals. The solutions offered to overcome this motivation problem are first; Provide understanding to learners about the importance of learning motivation. The introduction of learning motivation to students will make changes in perception and understanding and views so that students overcome the problems experienced, especially learning motivation problems. Second; There must be concrete steps in cultivating and increasing learning motivation through ice breaking activities. An important part of this step is a change in the mindset of the learners about the importance of learning motivation. The level of student motivation must be viewed as what will affect the learning process and the success of students in the future.

## **METHODS**

The implementation of PKM in MTs Negeri 7 Pesisir Selatan is carried out with the principle of participatory and collaboration with Guidance and Counseling teachers. The planned methods of PKM activities are: First, providing explanations with the lecture method through storytelling using simple and easy-to-understand language. Furthermore, giving ice breaking to students giving ice breking is carried out in two stages, namely in the opening session when service activities will begin and in the middle of the activity. There are two achievements to be achieved in this Partnership Program as follows;

Table 1. Achievements and Achievement Methods

Achievements	Methods and Activities	Achievement Indicators
Students understand and are able to explain the importance of motivation	Provide explanations to students using the lecture method through telling stories in simple and easy-to-understand language.	Participants Understand the Concept and the material provided. Students are aware of conditions and are able to identify conditions of self-motivation. Learners have a follow-up plan of self-management for the better
Increased motivation to learn students	Providing ice breaking to students with the method of playing directly involves students. The first session is carried out when the service activity starts, then the second session is carried out when the service activity is carried out.	Increased motivation to learn students, seen based on assessment. As well as seeing the enthusiasm and seriousness in participating in service activities, and students are committed to increasing self-motivation.

Table 1 on the achievements and methods of achieving PKM refers to the fundamental problems that are aware of the problems of the Partner. In an effort to achieve this, the PKM team is supported by human resources and empowerment experience and research related to this field. This PKM activity is carried out in three stages, namely: (1) planning stage, (2) implementation stage, (3) evaluation stage. The planning stage is carried out as follows: determine the place / location of the selected activity and conduct an initial study of problems or needs in the school, the planning stage is carried out in an integrated event with community counseling devotional activities. The implementation of PKM with the application of ice breking to increase motivation. The evaluation stage is carried out by observing the child's behavior after the activity is carried out. This method will be applied in all stages of activities to achieve the objectives of PKM.

## RESULT AND DISCUSSION

Based on the results of the evaluation of the activities carried out, it can be said that PKM activities are successful and run smoothly. The success of PKM is based on indicators of the level of enthusiasm of students in participating in PKM activities from the beginning to the end of the activity. Here are the activities carried out by the team. Based on these results, TIM believes that the PKM implemented is a breakthrough that can be done in the next stage of PKM. An important part of

this step is a change in students' understanding in participating in fun learning or services and in turn can increase student learning motivation.

The Ice Breaking method in many literature reviews can help teachers increase enthusiasm, motivation, and make students active again in learning (Alawiyah, 2019; Goddess, 2023; Harianja & Sapri, 2022; Haryati & Puspitaningrum, 2023; Jamhurriah, 2023; Princess & Tamrin, 2023). The application of Ice Breaking to students goes well and it can be seen that students are more enthusiastic about participating in learning and play an active role in learning (Dewi, 2023; Harianja & Sapri, 2022; Haryati & Puspitaningrum, 2023; Jamhurriah, 2023). Ice breaking is effective in overcoming student saturation in the learning process. Based on some opinions as a conclusion that Ice Breaking is a technique for a teacher to divert the boring atmosphere of learners back refreshed and eager to learn (Hadianti et al., 2020; Putri & Tamrin, 2023; Rahmadani et al., 2023; Syahrudin & Effendy, 2022; Tsani et al., 2023).

This means that a teacher can create an atmosphere that makes students active or enthusiastic about learning again. Ice Breaking is very useful to refresh the minds of students, and foster excitement to return to learning. In events that require the focus and concentration of participants, Ice Breaking interludes become a necessity, such as seminars, workshops. Likewise in the world of education. According to Jamal in his book about the function of Ice Breaking, namely: Ice Breaking serves to solidify the concept and return to alpha state. However, teachers must be careful about choosing the right Ice Breaking. This means that don't let this Ice Breaking waste class time. Ice Breaking used for training or outbound must be distinguished from Ice Breaking in the classroom. The challenge for teachers is to collect ice breaking.

In the sense that Ice Breaking is good for learning, so that students are enthusiastic again in learning but also not to spend learning time (Lidia Susanti, 2021; Sukmajadi & Simanjuntak, 2021). Meanwhile, according to Ucu Sulastri "Ice Breaking used in the world of education must have an educational function, so that it can provide reinforcement of lessons. Therefore, creative super teachers will always create a fluid and passionate atmosphere by creating their own ice breaking models. Where creative teachers will give a positive side to children to want to learn without any compulsion in themselves.

## CONCLUSION

Isi simpulan ditulis Calibri 11. Simpulan merupakan ikhtisar dari penelitian yang telah dilakukan. Simpulan bukan merupakan ringkasan dari hasil pembahasan yang mengacu pada teori tertentu, tetapi hasil dari analisis/uji korelasi data yang dibahas.

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