

## ABSTRAK

Suyanti, 2026. *Peningkatan Kemandirian Anak melalui Kegiatan Life skill day dalam manajemen diri di TK Plus Wahidiyah*. Skripsi. Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dian Ratnaningtyas Afifah, M.Psi.,Psikolog, (II) Hermawati Dwi Susari, S.Psi.,M.Pd

Kemandirian merupakan kemampuan penting yang perlu dikembangkan sejak usia dini agar anak mampu melakukan aktivitas sehari-hari secara mandiri, bertanggung jawab, dan percaya diri. Namun, berdasarkan hasil observasi awal di TK Plus Wahidiyah Kelompok B, ditemukan bahwa sebagian besar anak masih menunjukkan tingkat ketergantungan yang tinggi terhadap guru, khususnya dalam kegiatan makan sendiri, berpakaian sendiri, dan membersihkan diri. Penelitian ini bertujuan untuk meningkatkan kemandirian anak usia dini melalui kegiatan *Life skill day* dalam manajemen diri di TK Plus Wahidiyah. Penelitian ini menggunakan pendekatan Penelitian Tindakan Kelas (PTK) dengan model Kemmis dan McTaggart yang meliputi empat tahap, yaitu perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian adalah 15 anak Kelompok B TK Plus Wahidiyah, yang dilaksanakan dalam dua siklus. Teknik pengumpulan data meliputi observasi, wawancara, dan dokumentasi, sedangkan analisis data menggunakan analisis kualitatif model Miles dan Huberman serta analisis kuantitatif sederhana untuk melihat peningkatan persentase kemandirian anak. Hasil penelitian menunjukkan bahwa penerapan *kegiatan Life skill day* dalam manajemen diri mampu meningkatkan kemandirian anak secara signifikan, ditandai dengan peningkatan kategori Berkembang Sesuai Harapan (BSH) dan Berkembang Sangat Baik (BSB) hingga mencapai lebih dari 75% pada akhir siklus II. Dengan demikian, kegiatan *Life skill day* dalam manajemen diri efektif dijadikan sebagai strategi pembiasaan untuk meningkatkan kemandirian anak usia dini di lembaga PAUD, khususnya di TK Plus Wahidiyah.

*Kata kunci: kemandirian anak, life skill daya dalam manajemen diri*

## ABSTRACT

Suyanti, 2026. Improving Children's Independence through Life Skills Day Activities in Self-Management at Wahidiyah Plus Kindergarten. Thesis. Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisors: (I) Dian Ratnaningtyas Afifah, M.Psi., Psychologist, (II) Hermawati Dwi Susari, S.Psi., M.Pd

Independence is an important skill that needs to be developed from an early age so that children can carry out daily activities independently, responsibly, and confidently. However, based on initial observations in Group B of Wahidiyah Plus Kindergarten, it was found that most children still showed a high level of dependence on teachers, especially in self-feeding, dressing, and cleaning. This study aims to improve early childhood independence through Life Skills Day activities in self-management at Wahidiyah Plus Kindergarten. This study used a Classroom Action Research (CAR) approach using the Kemmis and McTaggart model, which includes four stages: planning, action implementation, observation, and reflection. The subjects were 15 children from Group B of Wahidiyah Kindergarten Plus, conducted in two cycles. Data collection techniques included observation, interviews, and documentation. Data analysis employed the Miles and Huberman qualitative model and simple quantitative analysis to assess the increase in children's independence. The results showed that implementing Life Skills Day activities in self-management significantly increased children's independence, as indicated by an increase in the Developing According to Expectations (BSH) and Developing Very Well (BSB) categories, reaching over 75% at the end of the second cycle. Therefore, Life Skills Day activities in self-management are effective as a habit-building strategy to increase independence in early childhood education institutions, particularly at Wahidiyah Kindergarten Plus.

Keywords: children's independence, life skills, power in self-management