



The Effect of Ice Breaking in Increasing Student Learning Motivation in Elementary Schools

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Abstract: This study aims to analyze the effect of using ice breaking in increasing students' learning motivation in elementary schools. The research method used is a literature study with a qualitative approach. The analysis results show that the application of ice breaking in learning in elementary schools has a positive and significant impact on students' learning motivation. Ice breaking can make students more active, enthusiastic, and focused on learning, thus improving their learning outcomes. Learning motivation is an important factor in learning, as it can affect various abilities and student learning outcomes. Therefore, teachers need to understand and foster motivation for learning in students using ice breaking in the learning process so that students can achieve success in learning.

Keywords: Ice breaking; Learning motivation; Students

Introduction

Learning is a process of increasing knowledge and insight through various activities carried out consciously and systematically by individuals, so that they can acquire new skills, abilities, and knowledge (Asmarani et al., 2023; Hidayat et al., 2023; Shaleha, 2023; Islamiati et al., 2024). Teachers as educators have an important role in achieving the success of a student. Therefore, teachers must be able to develop an effective, creative, and innovative learning process in managing learning. Success in learning is largely determined by the teacher's ability both in teaching and managing the class, so that the learning process can take place effectively and efficiently (Nurhalisah, 2010).

In the learning process, a teacher must be able to organize or manage the class, interact with students, and create conducive learning. In addition, teachers must also be able to provide a pleasant atmosphere so that students do not feel bored and can pay attention to learning well. One effort that can be made by teachers to create enjoyable learning is to provide ice breaking.

Ice breaking is an activity carried out when the learning atmosphere feels stiff, passive, and boring. Ice breaking can melt the learning atmosphere to be more fun and refreshing (Jafar et al., 2023b). According to (Dananjaya, 2013), Ice Breaker is a warm-up activity that can change a cold, frozen, and stiff atmosphere to be warmer, melting, and relaxing. Changing the frozen atmosphere in classroom learning to be fun can occur if the brain is in a certain wave condition. A similar thing was also stated by (Chatib, 2013), that Ice Breaking is very effective in restoring concentration by directing the brain to the alpha zone, which is a relaxed condition that can encourage the flow of creative energy and provide a fresh and healthy feeling. This makes the atmosphere relaxed and fun again so that students can understand information while studying. A pleasant atmosphere for students can reduce pressure and coercion, allowing them to focus and concentrate more while studying (Asmarani et al., 2023). In addition, ice breaking can also restore students' concentration and motivation to learn, and affect student learning outcomes (Febriandari et al., 2018). Learning motivation is a drive within an individual, either consciously or unconsciously, to do

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something based on experience so that it can change a person's behavior or understanding. Students are expected to be able to increase their learning motivation by being given ice breaking (Asniar et al., 2022).

Therefore, the use of ice breaking in the learning process is one of the important efforts that teachers can make to create a pleasant learning atmosphere and increase students' learning motivation.

Method

This research uses a qualitative literature study approach. In the process, researchers collect, review, and analyze various library sources such as books, articles, and scientific journals that are relevant to the research topic. Furthermore, the data from the literature analysis are described to produce information that is in accordance with the research discussion.

The main objective of this study is to analyze and expand knowledge about the effect of ice breaking implementation in increasing students' learning motivation in elementary schools. In addition, this study also aims to provide information to teachers that the use of ice breaking in learning can motivate students and create a pleasant learning atmosphere.

Results and Discussion

Based on the analysis of various literature sources, it was found that the application of ice breaking in learning in elementary schools has a positive and significant impact on students in increasing student learning motivation. Ice breaking affects the motivation and learning outcomes of students. Where the application of ice breaking makes students active, enthusiastic, and concentrated to improve student learning outcomes (Pujiarti, 2022). Learning motivation is one of the important factors in learning. According to (Jafar et al., 2023a) Motivation is an encouragement within an individual, both consciously and unconsciously, to do something based on experience so that it can change a person's behavior or understanding. When students are less motivated in learning, this can have a negative impact on various student abilities and their learning outcomes. Therefore, it is important for educators to understand and foster learning motivation in students so that they can achieve success in learning.

The success or failure of students can be seen from the learning outcomes of their students (Andryannisa et al., 2023). The success of students in learning can be influenced by factors from outside and within the individual, one of which is the teacher (Pujiarti, 2022). The success of learning cannot be separated from the role of teachers who act as facilitators and guides for students. Effective teachers can design and manage

learning that is interesting, motivating, and optimally develops students' potential. Thus, the pedagogical ability and leadership of teachers in the classroom are key factors in achieving satisfactory learning outcomes for students (Amelia et al., 2023).

According to Abi (2018), the average person is only able to concentrate on one particular focus for 15 to 25 minutes in the learning process. After that, concentration tends to be lost again. This means that the concentration period of students does not even reach one lesson hour. Moreover, if learning is carried out in the last hours, many students will have difficulty concentrating. This is a challenge for teachers, because the learning process requires serious attention from students. When students' minds can no longer focus, efforts are needed to restore their attention. Therefore, it is very important for teachers to master various ice breaking techniques to improve students' learning concentration. According to Sunarto (2017) There are several types of ice breaking techniques that can be used such as cheers, clapping, singing, games, storytelling, magic, and listening to audio visuals.

Analysis of the literature shows that the application of ice breaking in learning in elementary schools not only has a positive impact on students' learning motivation at that time, but can also provide long-term benefits, including:

a. Positive Character Building

Ice breaking activities that involve cooperation, communication, and problem-solving skills can contribute to the formation of positive character in students, such as self-confidence, leadership, and social skills.

b. Improved Memory and Understanding of Material

Through ice breaking that involves fun and interactive activities, students tend to remember and understand the learning material provided more easily.

c. Development of Creativity and Innovation

Ice breaking activities that challenge students' creativity and imagination can encourage the development of creative and innovative thinking skills in the long term.

Conclusion

Based on the analysis that has been done, it can be concluded that the implementation of ice breaking in learning in elementary schools has a positive influence in increasing students' learning motivation, where ice breaking makes students more active, enthusiastic, and concentrated in following the learning. Ice breaking has been proven effective in overcoming students' concentration and attention problems, especially in the

last hours of learning where students tend to experience decreased focus, with various ice breaking techniques that can be used by teachers to restore students' learning concentration. The impact of the implementation of ice breaking is not only limited to motivation and learning outcomes at that time, but can also provide long-term benefits, such as the formation of positive character, increased memory and understanding of the material, and the development of creativity and innovation in students.

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