

CHAPTER I

INTRODUCTION

A. Background of the Study

Childhood is an important stage in one's life because this is the time when characteristics of a child is built. This also applies for a child who is considered a shy one. If a shy child does not receive any help to overcome his or her shyness, it can obstruct his or her development. And it is supported by Kristin Zolten and Nichols Long who say:

Shyness can be very painful for a child to live with, and it can have negative effects on other aspects of a child's life. These negative effects can follow a child into adulthood, too. For example, many shy children develop low self esteem and lack self confidence. This can make it very difficult for shy children to make friends. Also, many shy children are so quiet that they don't receive the help they need from teachers at school, which may result in school performance that is not as good as it could be. (par.4)

Fortunately, shyness on kids can be mended because it is not a personality trait or temperament but the act of feeling uncomfortable in new social environment. As Renee Gilbert says that:

Shyness is the act of feeling uncomfortable in new social situations in ways that interfere with our ability to enjoy ourselves, to perform at the level we're capable of or that cause us to avoid social situations altogether. (par.2)

Renee Gilbert states that by helping a shy child to overcome the feeling of uncomfortable, we give them the gift of hope that they can belong (par.11). Therefore, if we can find the solution to help the shy child overcome the shyness, the shy child can become a great student in the class.

I found the problem of handling a shy child when I did my apprenticeship in Tumble Tots, one of preschools in Bandung. The preschool student name's is Kana, she is about three years old and it is hard for her to participate in a new environment. Lila Havens (par.2) also believes that a shy child feels nervous, is self-conscious, and insecure around new people or in new social situations, because of those reasons she expresses it by crying and she is usually refused to be left by her parents or nannies. Furthermore, Kana is also very quiet in the class and does not want to do the activities in the class. It is a challenge for the teacher to make her feel comfortable and want to participate in the class activities. In an article [How I Can Help a Shy Child](#), it is stated that:

Shyness involves anxiety in social situations and reluctance to join in social interactions. It can include a child's not speaking to others, even when asked a direct question; not taking part in games and activities; or not going into places such as the school playground unless accompanied by a parent or close friend. Feeling shy can cause a child to be

embarrassed by public attention—even good attention. A reserved personality is not a problem in itself. But shy behavior is a problem when it makes a child unhappy or when it keeps him from making friends and from taking part in play and other learning opportunities. (par.1)

Therefore, based on the above quotation, it is important to find the best solution in handling a shy child to participate at the class activities. This term paper will explain about the causes, the effects, and the solutions that I, as an assistant teacher, will be able to help the three-year-old shy child to participate at the class activities at Tumble Tots.

B. Identification of the Problem

The problems that I am going to analyze will be summarized in these questions:

1. Why is it hard for Kana to participate in class activities?
2. How should the teacher help the shy child to participate at the class activities?

C. Objectives and Benefits of the Study

C.1. Objectives of the Study

The objective of the study is to find the reasons why this shy child, especially the one at Tumble Tots (henceforth, TT) was hard to participate in class activities. Furthermore, I also want to find out the best solution that can make her participate in every class activities.

C.2. Benefits of the Study

This term paper can give many benefits, first for the teachers especially those who are teaching at TT preschool. In this term paper they will find the best solution in dealing with a shy child who is hard to participate in the class activities.

Second, for the readers especially for the parents or the teachers from other schools, this term paper can give information about the causes and the effects of a shy child and also the solutions to handle him or her.

Finally, for me as the writer of this term paper, this will give me a chance to analyze more about the problem which I met when I did my apprenticeship.

D. Description of the Institution

In 1979, TT was established by Bill Cosgrave, a former Olympic Gymnastic trainer in English. The motto of TT is "Skills for Life". Based on that motto, TT has a programme which is structured to develop children's positive personality traits including their self-confidence and self-esteem. Each of the programme is a 45-minute weekly session which combines fun, excitement and challenge in a safe and caring environment.

All sessions are run by qualified staff to get the best out of the children. The programme in TT is structured according to the age-level and stages of a child's development.

TT offers programmes for four different age groups. The first programme is Gymbabes. This programme is followed by babies from six months to walking age. The second programme is Walking to Two, it is followed by children who have already walked to two years old. Afterwards, the third, is Two to Three, where it is followed by children of two years old to three years old. And the last is Playgroup, in which children of three years old to five years old join this programme.

E. Method of the Study

I had the problem during the apprenticeship that I had done in TT. During that time I did some observation and held an informal talk. The data for the study were obtained from the apprenticeship journal that I wrote during the apprenticeship period in TT, and to support that, I also did library research to find more theories, both from printed and electronic sources.

F. Limitation of the study

In this term paper, my analysis focused on the causes which made a shy child in TT hard to participate in class activities. I also will analyze the problem together with the effects and also the solution of the problem.

The subject to be analyzed is a preschool student in Three to Five class at TT. I analyse the student's characteristics and behaviors in the class and also the child's difficulties in participate in the class activities.

G. Organization of the Term Paper

This term paper starts with Abstract, Declaration of Originality, Acknowledgements, Table of Contents, and Four Chapters. Chapter One is the Introduction, Chapter Two is the Problem Analysis, Chapter Three is the Potential Solutions, and Chapter Four is the Conclusion.

Chapter One discusses about the background of the study, identification of the problem, objectives and benefits of the study, description of the institution, method of the study, limitation of the study, and organization of the term paper. Chapter Two discusses about the analysis of the causes and the effects of the problem together with the relevant theories that support the data.

Chapter Three discusses about the potential solutions that explains three possible solutions followed by the positive and negative effects of each solution. Chapter Four discusses the best solution followed by the logical reasons. And finally, there are also Bibliography and Appendice.