

6

Enhancing Self-Esteem Among School Students in the Post Covid19 Pandemic

Noorlila Ahmad, Bibi Shaqirah Shahazuddin

International Islamic University Malaysia, Selangor, Malaysia

Abstract

The Covid-19 pandemic has forced a change in routine activities and lifestyles to be kept indoors with a lack of social interaction, interpersonal communication, social distancing, and other conditioning that have not been implemented and practiced. Since the schools were closed, students had no choice but to stay indoors and attend classes through online learning that may impact self-esteem. Therefore, this study aims to boost students' self-esteem, influencing self-motivation, confidence, and a positive view of their potential. The method used action research from the cycle process planning until the reflecting stage, consisting of needs assessment, group counseling guidance sessions, and observation. We employed six students in this study. The research findings reported that their self-esteem increased after attending the interventions. The activities encourage engagement with oneself and others, focus students on reflecting on their fundamental personal beliefs, and help students change their irrational and unprofitable thought patterns to positive, valuable ways of thinking.