

Abstract

In teaching and learning process in the classroom, a teacher often meets some problems. To solve the problem, a teacher can use Ice Breaking Activities. Ice Breaking Activities are activities to get rid of boredom of the students that take place in the classroom. This study aims to find out the types of Ice Breaking Activities and the benefits of using Ice Breaking Activities in teaching and learning process. This study used qualitative research design and provided descriptive qualitative research. The researcher used interview in collecting the data. The researcher used convenience sampling to choose participant in each classes. This research was conducted at English Education Department of Universitas Muhammadiyah Yogyakarta (EED of UMY) batch 2012 with 4 (four) participants in May 2016. To analyze the participants' answer the researcher used three steps in qualitative research analyses namely open coding, axial coding and selective coding. The research showed that there are 8 (eight) types of Ice Breaking Activities used in the classroom, they are yelling, clapping hand, singing song, making humor, playing games, telling fairy tales, doing massage and gymnastics. The benefits of Ice Breaking Activities, they are getting rid of rigidity and boredom, practicing concentration, making students enjoy in the classroom. In addition, ice breaking activities that are conducted by lecturers can be used, for references for students when they become teacher later, to get rid of sleepiness, and to make a class more conducive.

Keywords: Teaching and Learning Process, Ice Breaking Activities