

Chapter Four

Findings and Discussion

This chapter discusses the findings and discussion of the result of this study. There are to answer the research questions on what types of Ice Breaking Activities are used in teaching and learning processes and what the benefits of using Ice Breaking Activities are.

Findings

The findings of this study were divided into two parts. Firstly, it described about the types of Ice Breaking Activities that had been implemented in teaching and learning processes. Second, the findings reported the benefits of using Ice Breaking Activities in teaching and learning processes.

The Types of Ice Breaking Activities used in Teaching and Learning Processes. The data that has been analyzed by the researcher showed that there are many types of Ice Breaking used in teaching and learning process. Below the opinions of respondents about types of Ice Breaking Activities which included yelling, clapping hands, singing song, making humors, playing games, telling fairy tales, and other new findings which included doing massage and gymnastic. The researcher will connect the types of Ice Breaking activities with the technique of application Ice Breaking activities in teaching and learning process. There are 2 (two) technique of application: Spontaneous technique and Planned technique.

Spontaneous Technique. It is a technique of application Ice Breaking activities without any preparation before, because this type is very easy to use. The kinds of this technique are yelling and hand clapping.

Hand Clapping. Two of four respondents said that clapping hands was frequently performed by teachers in teaching and learning process. The statements were stated by Pita and Rahmat. Pita stated that “The example of Ice Breaking Activities it is like, an activity like clapping hands, then doing quiz, doing gymnastics, singing, storytelling. It is one of them”. Hence, it was also explained by Rahmat who stated, “the example of Ice Breaking in the classroom are playing games, clapping hands, doing massage each friend, yelling, funny story, and crossword puzzle.”

Massage. From the interview, the researcher found that doing massage is one type of Ice Breaking Activities. This type was reported by Ipan, he stated that, “err I was performed, the Ice Breaking was like there was a teacher used Ice Breaking like what the name? doing a massage on that (showed neck area), maybe for get rid a sleepiness on the students....”. This type also stated by Rahmat. She said that “the example of Ice Breaking in the classroom are Playing games, claps hand, massage each friends, yelling, funny story, and crossword puzzle”

Yelling. From the interview the researcher found that one respondent explained that she ever performed yelling activities when she was in the classroom. It was stated by Rahmat, “the example of Ice Breaking in the classroom are Playing games, claps hand, massage each friends, yelling, funny story, and crossword puzzle”.

Gymnastic. the next type of Ice Breaking activities is gymnastic. Pita said that she ever done a gymnastic as Ice Breaking when she studied at EED of UMY. She said that, “The example of Ice Breaking Activities in the classroom it is like, an activity like claps hand, then quiz, gymnastics, singing, storytelling, it is one of them”.

Planned Technique. This technique is the opposite of the spontaneous technique. This technique need more preparation before perform in teaching and learning process. In this research the type Ice Breaking on planned technique are: singing a song, making humor, playing games, and telling fairy tales.

Singing Songs. A singing can make a people fresh and happy. Therefore, the teacher in EED OF UMY often used a song as Ice Breaking for the students. As explained by Ipan “...thus, the system is to spin a paper. The paper should be rotated. When the paper stopped, the students should sing a song like my balloon. For example, the paper stopped on the A automatically the A should be eeee what is that...” Pita also expressed that their teacherr used a song for Ice Breaking. She stated that “The example of Ice Breaking Activities it is like, an activity like claps hand, then quiz, gymnastics, singing, storytelling”.

Making Humor. One of the types of Ice Breaking is making humor. Making humor can refresh people’s mind. Humor was performed by teacher in EED of UMY. Two respondents said that making humor was performed by teacher in EED of UMY. Rahmat said that “the example of Ice Breaking in the classroom are playing games, clapping hands, doing massage to each friend, yelling, telling funny story, and doing crossword puzzle”. Moreover, Santo also

emphasized, “in my opinion, the teacher made more jokes. The jokes frequently broke the stiff situation. Just the jokes that can make the class err happier rather than before”.

Playing Games. This type is the most popular type of Ice Breaking Activities because playing game is very funny. Many kinds of games were used for Ice Breaking Activities. The followings are the kinds of games that were stated by the respondents. Stated by Pita, “The Ice Breaking is usually guessing pictures in English or vocabulary guess”. Pita added that throwing a piece of paper had been done in the class, “... and also throwing a piece of paper system. This purpose is when one paper thrown, thus the system required that the paper should be rotated”. Pita also said that doing quizzes had been performed in the class, “usually if what yes, err in the class was using a quiz or storytelling, generally the teacher talked about something”. After that Rahmat revealed, “... usually playing crossword puzzle err what the name crossword puzzle that has been wrote on the whiteboard”.

Telling Fairy Tales. One type of Ice Breaking is telling fairy Tales. Telling fairy tales had ever performed by teacher in EED of UMY. The statements were explained by two respondents of four respondents. Ipan said, “... History of story like fairy tales but the story can stir up a what the name? A resolution, a strong desire for the future to study more serious, that”. Pita also mentioned, “The example of Ice Breaking Activities it is like, an activity like claps hand, then quiz, gymnastics, singing, storytelling, it is one of them ”. Pita revealed that, “usually if

what yes, err in the class was using a quiz or storytelling, generally the teacher talked about something”.

In summary, the results of the interview showed that teacher in EED of UMY had applied ice breaking activities their teaching and learning processes. The types of Ice Breaking Activities that had been performed by the teacher of English education Department of Universitas Muhammadiyah Yogyakarta include Yelling, Hand Clapping, Massage, Gymnastic, Singing Songs, Making Humor, Playing Games, Telling Fairy Tales

Benefit of using Ice Breaking Activities in Teaching and Learning Processes. From the data gathered indicate that the Ice Breaking was very helpful for the students. Of all the four respondents said that the Ice Breaking the Activities carried out during the lesson was nice to do. Here are the benefits obtained from Ice Breaking Activities which include getting rid a boredom and anxiety, getting a rid of rigidness, practicing concentration, relaxing students, and giving benefits of students’ future work. The researcher will connect the benefits of Ice Breaking activities with some indicators of using Ice Breaking in order to make easier when understanding these benefits.

Attention Indicator. It is mean using Ice Breaking activities can make the students concentrate again to the material. Below are the benefits of Ice Breaking activity that have correlation with attention indicator.

Getting rid of boredom, anxiety, and weariness. Feeling lazy comes when learning process has been carried a half an hour or more. So, it is important to conduct Ice Breaking Activities. The result of the interview showed that the Ice

Breaking Activities can get rid a boredom. There are two respondents said that the Ice Breaking can get rid a boredom. Ipan stated, "so, the goal of Ice Breaking is to make a class become not boring, not make a student that what's called? looks tired or lazy in the classroom with the Ice Breaking ". Ipan also added his statement, "Yes, the other benefit, obviously in that time makes a boring class have a new spirit in learning the subject.... ". Santo also revealed that Ice Breaking can get rid of boredom. He stated, "I think Ice Breaking has a lot of benefits, yes the first is that get rid of a boredom when learning takes plade. ”.

Getting rid of rigidity. Two out of four respondents revealed that the Ice Breaking Activities can get rid of rigidity. The first was argued by Pita. She stated, "...the function was to break the rigid atmosphere or frozen when the audience or listeners feel bored or sleepy, like that". Santo has the same opinion about the benefit. He said, "ehm, yes I felt happy since the teaching and learning processes become not too stiff or not too intense compared to the prior condition before ice breaking activities was performed”.

Relaxing the students. Three of four respondents said that the Ice Breaking Activities can relax themselves. This information was found after conducting the interview. The statements stated by Ipan. Ipan said, "... the Ice Breaking conducted by a teacher makes classroom become conducive again, and maybe if the Ice Breaking is positive and make students relax, the students will feel more comfortable and the motivation to learning will be higher". This argument was clarified by Santo. Santo stated that, "... the activities that will make students happy or fresh or relax again to undertake the next learning". Santo added his

explanation saying that, "... usually there are games of Ice Breaking and other games that make us feel happy so we can continue the next lesson like that".

Getting rid of sleepiness. The Benefit of the Ice Breaking Activities is that they can getting rid of sleepiness. Rahmat said that the Ice Breaking activities was very helpful for her. She said that "...to be honest I was easy to be sleepy if I am in the class. So, when it was not conducive to teaching and learning process and I feel sleepy, It is very helpful when the teacher make Ice Breaking Activities in the classroom". Pita also said that Ice Breaking can getting rid of sleepiness, Pita "the benefit of ice breaking activities is that they can make me awake when I begin to be sleepy so when when I start to be sleepy, with ice breaking activities I will not be sleepy anymore". Rahmat also said that the Ice Breaking Activities can make a class more conducive. She said, "From what I know about Ice Breaking Activities, they are activities that can solve eeee situation from not conducive becoming more conducive.... ".

Practicing concentration. The data from interview showed that there is one respondent who said that the Ice Breaking Activities can be used to practice concentration. This evidence was revealed by Rahmat. As what was stated by Rahmat, "so I can focus on what he described what he had said so I can reabsorb that lesson". Rahmat also mentioned more concentrate after performing the Ice Breaking activities.

Relevancy Indicator. This indicator means the Ice Breaking activities can be performing at outside of classroom. In this research the benefits of Ice

Breaking that have relation with relevancy indicator is the Ice breaking can perform by respondent in the future.

Practice the ice breaking activities if they become teacher. The respondent in future can practice the ice breaking activities if they become teacher later. Ipan and Pita said that the Ice Breaking Activities can be apply when become a teacher later. Ipan stated that, "...that Ice Breaking can be implemented later when I become a teacher or preform teaching practices. When students feel unconformtable in the classroom, I can use the ice breaking activities.... ". Pita added this evidence. She stated that, "... for example, later if I become a teacher after graduating from EED of UMY, maybe the Ice Breaking Activities that had been implemented by the teacher, I apply them to students in the classroom".

In conclusion, as explained above, the Ice Breaking activities are very helpful for the students when they are getting bored in the classroom. Besides that, the Ice Breaking Activities also can get rid of rigidness in teaching and learning processes. The next benefit of Ice Breaking is practicing concentration and concentration is very important for students in the teaching learning processes. After that, the Ice Breaking Activities also can make students enjoy in the classroom because the Ice Breaking Activities is very funny. And the other benefits of ice breaking are to be references when students become teachers in their future, to get rid a sleepiness, and to make a class more conducive.

Discussion

Based on the data gained, the respondents revealed their opinion on the types and the benefits of Ice Breaking Activities used in teaching and learning process. All of the respondents have different opinion about the Ice Breaking Activities. Hence, their opinion will be discussing on this part.

The Types of Ice Breaking Activities used in Teaching and Learning Processes. The data informed that there are several types of Ice Breaking Activities used in the teaching and learning process. Those data were reported by four respondents from the interview. Each of respondents' opinions is discussed below. The researcher will discuss the types of Ice Breaking activities reported by respondent on interview with the technique of application Ice Breaking activities in teaching and learning process.

Spontaneous Technique. This technique usually used in learning situation where students need an encouragement to get focus back to the lesson (Soraya, 2014). This technique carried out without any plan. The Ice Breaking type with using this technique are yelling and hand clapping.

Hand Clapping. Hand clapping is also very simple and short. By using this ice breaking, the students who had been talking to their friends will concentrate again after they clap their hands. This opinion was clarified by Eliasa and Suwarjo (2011), clapping hands is very nice to do to refresh students. A teacher needs only minor modifications of existing types or the teacher create own models existing Claps Hand.

Yelling. This type of Ice Breaking is very simple and short. From the interview, this type ever performed by teacher in the classroom. This type can be done every time because it is very easy to be carried out. Yelling is the best healer for the students. This opinion was connected to Eliasa and Suwarjo (2011) statement, they stated that yelling is the best healer. Besides, this can restore a concentration. Yelling can also grow in high spirits. They also added the kinds of yelling, they are mono yelling and interactive yelling. This type has been mentioned by Respondents in interview that yelling has ever been performed in the classroom when teaching and learning process. It means that the lecturers have already given a good technique for the students.

Planned Technique. A good and affective Ice Breaking is the planned Ice Breaking and also the Ice breaking included in the lesson plan (Soraya, 2014). In this research discussion the type Ice Breaking on planned technique are: singing a song, making humor, playing games, and telling fairy tales. This types of Ice Breaking included to planned technique because this type is not simple and need more preparation to perform in teaching and learning process.

Singing Songs. Singing can make people fresh and singing song is suitable to be applied in the classroom when students feel bored and no longer focus on the material taught, but to use a song for Ice Breaking, teachers should use appropriate songs. This argumentation was clarified by Sunarto, (2012) as cited on Novasari (2014) stated that compositions of Songs which contain subject matters will be more meaningful if the teacher is able to change song lyrics with subject matter-related lyrics.

Making Humor. One of the types of Ice Breaking is Humor. Humor is the most exciting entertainment. Humor in the Ice Breaking Activities should be done sufficiently. This perception was clarified by Sunarto, (2012) as cited on Novasari (2014) humor in teaching and learning does not require the students to laugh loudly, but the humor just to make the atmosphere becomes fun after a few hours concentrating on material. So the humor in Ice Breaking is performed just for an entertain only.

Playing Games. A game is the most popular type of Ice Breaking Activities. Many games can be used as an Ice Breaking Activities. But there are many things considered in making Ice Breaking game, it is like a security, time, equipment and educational value. This type of Ice Breaking activity also explained by Sunarto, (2012) as cited on Novasari (2014) who stated that several factors should be noted by teachers in choosing the games: - Safety factor: the safety factor should be the top priority to determine the type of games that will be selected. Teachers should choose the type of games that safe for the students. - Time factor: there are many types of games that can be done by the teachers and students. The teacher should choose games that do not require too much time. - Equipment factors: a tool used in a game is always available in the classroom, such as pencils, books, chairs, paper, etc. - Education factors: Whatever a teacher doing for the student in order for an education and learning. The educational values which can be obtained from the implementation of games: a teamwork, independence, concentration, creativity, etc.

Telling Fairy Tales. Telling fairy tale is one type of ice breaking. In the Ice Breaking, telling fairy tales should be having meaningful content for the students. This argument was clarified by Sunarto (2010) as cited in Novasari (2014), the content the fairy tales have some types. They are Fairy tales of motivation, Fairy tales of advice and Fairy tales joke

In conclusion based on the findings, the type of Ice Breaking Activities used in teaching and learning process in EED of UMY were proper with the statements from other researcher before.

The Benefit of using Ice Breaking Activities in Teaching and Learning Processes. From the data obtained the researcher found there are many of benefit of using Ice Breaking Activities. The Ice Breaking Activities were useful for the students when they are carried out in the classroom. Below are some discussions about the benefits of using Ice Breaking Activities.

Attention Indicator. Attention indicator means that the Ice Breaking activities can stimulate students' attention for the learning process. According to Khusnaini (2014) the ice breaking activities can stimulate the attention of students in teaching and learning, either at the beginning, middle, or end of the teaching and learning process. Here are some benefits of Ice Breaking activities with attention indicator.

Getting rid of boredom, anxiety, and weariness. When the interview was running, the researcher obtained the findings where the participants explain about the benefits of using Ice Breaking Activities. In other hand the participants said that the Ice Breaking Activities can get rid of students' boredom. This statement

was clarified by Fanani (2010) in his article that the benefit of Ice Breaking can get rid of boredom.

Getting rid of rigidity. A rigid situation can make students' not focus to the material taught. So it's important to perform Ice Breaking Activities. The data showed that the Ice Breaking Activities performed in the classroom can get rid of rigidity. The findings were connected with Almeth-Hib's statements (2009) who pointed out that the purposes and benefits of Ice Breaking Activities. They are: The Ice Breaking Activities can get rid of rigidity, status, prestige, authority, organized attitudes and behavior usually employed in daily Activities.

Relaxing the students. Ice Breaking Activities can be performed at the beginning of the class for students' relaxation. This argument was clarified by Almeth-Hib (2009) that the Ice Breaking Activities also can relax of the students before they join in teaching and learning. From the data gathered, the respondents said that the Ice Breaking Activities can also make students enjoy when they were in the classroom. This argument was supported by Almeth-Hib (2009) who mentioned that the Ice Breaking Activities can make students to relax and enjoy, not limited to roles or status holders, in preparation to becoming more open and open-minded towards the practice of the teaching and learning to follow.

Practicing concentration. Students' concentration happens when they focus to the material. The result of the interview showed that the Ice Breaking Activities performed in teaching and learning process can practice students' concentration. This argument supported by Fanani in his article, Fanani (2010) stated that the Ice Breaking Activities can practice a concentration.

To sum up, as mentioned in findings that ice breaking Activities are to get rid of boredom. It was explained by Irachmat (2015) that the aims of Ice Breaking Activities to change the boring atmosphere into a fun and enthusiastic atmosphere in the teaching and learning process. Fanani (2010) also said that the benefits of Ice Breaking Activities include to get rid a boredom, anxiety, and weariness, develop and improve students' creativity, practice the students to interact in a group and work together as a team, to practice a systematic thinking and creative to solve a problem, to increase confidence, to rehearse students to decide a strategy carefully, to train a creativity with limited material, to practice concentration.