




Republic of the Philippines  
Department of Education  
National Capital Region  
Schools Division Office of Navotas City

The Use of Action Songs in Improving the Self-Esteem and Self-Confidence of Kinder – Rosas and Kinder - Lila  
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<b>ABSTRACT</b> <p>The rationale of this study was to improve the self-esteem and self-confidence of Kinder – Rosas and Kinder – Lila pupils through action songs. High self – esteem and self-confidence is a great factor in the pupils` performance inside the classroom. They will be able to enjoy and be more participative in classroom activities which in turn will make them look forward to another day in school. Action songs as part of classroom activities will result in opening the door for learning opportunities for the pupils.</p>	
<b>INTRODUCTION</b> <p>The use of action songs as a strategy in teaching of Kinder – Rosas and Kinder – Lila pupils of Tangos 1 Elementary School is an effective way in improving the self-esteem and self-confidence. This will lead to better learning experience and better academic performance.</p> <p>“Children tend to feel shy very often. Especially, in front of people, they don't know. However, action songs make them sing in front of other children and teachers. This not only makes them feel good about themselves over time but also boosts their confidence. They overcome their fears and learn to build healthy relationships with fellow classmates.” (Why are Action Songs Important for Pre-schoolers, Knowledge Hub).</p>	<b>CONCLUSION</b> <p>This research concluded that the use of action songs to improve the self-esteem and self-confidence of Kinder – Rosas and Kinder – Lila pupils was very effective. It was noted by the teacher that there is a significant improvement in the pupils behavior towards school and socialization.</p>
<b>STATEMENT OF THE PROBLEM</b> <p>What is the “effect of action songs in improving the self-esteem and self-confidence of Kinder – Rosas and Kinder – Lila pupils of Tangos 1 Elementary School?”</p>	<b>RECOMMENDATION</b> <p>As a teacher and researcher, I highly recommend that teachers develop more action songs and reinvent some action songs that were commonly used to be more encouraging for the pupils. Teachers must always be on the looked out for new videos of action songs in the internet and in seminars that are suited to the learning styles of their pupils.</p>
<b>METHODOLOGY</b> <p>The participants were the pupils of Kinder – Rosas and Kinder - Lila. The teacher used selected action songs before starting each lessons. The selections were used to enhance pupils` self-esteem and self-confidence, giving them the comfort to express themselves freely. They were used to encourage pupils to participate in the class and talk with their classmates during the course of the activities developing their social skills. The teacher took notes of the progress of the class as she conducts the activities.</p>	<b>REFLECTION</b> <p>The use of action songs in engaging pupils in classroom activities is one of the classic strategies used by the teachers. This approach never grew old. Songs with actions are always enticing, motivational and encouraging for the pupils. Songs never failed to catch the pupils` attention inviting them to sing and do the actions.</p>
<b>RESULTS AND DISCUSSION</b> <p>It was noted by the teacher that there is a significant improvement in the self-esteem and self-confidence of her pupils. Pupils who were very shy during the first days of classes were more sociable and active in classroom activities. A number of pupils who seemed to be not ready for Kindergarten is now very eager to go to school and ready to be left in school by their parents.</p>	<b>REFERENCE</b> <p><a href="https://knowledge-hub.com/2021/06/24/why-are-action-songs-important-for-pre-schoolers/#:~:text=Boosts%20Self%2Dconfidence,but%20also%20boosts%20their%20confidence">https://knowledge-hub.com/2021/06/24/why-are-action-songs-important-for-pre-schoolers/#:~:text=Boosts%20Self%2Dconfidence,but%20also%20boosts%20their%20confidence</a></p>

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