

**EXPLORING THE BENEFITS OF IMPLEMENTING ICE-
BREAKING ACTIVITIES IN ENGLISH LANGUAGE
TEACHING**

THESIS

**By
HANIFAAS SA'DIAH**



**ANTASARI STATE ISLAMIC UNIVERSITY
BANJARMASIN
2025 A.D/1446 A.H**

**EXPLORING THE BENEFITS OF IMPLEMENTING ICE-
BREAKING ACTIVITIES IN ENGLISH LANGUAGE
TEACHING**

Undergraduate Thesis

Presented to Faculty of Tarbiyah and Teacher Training
in partial fulfillment of the requirements for the degree of
Sarjana Pendidikan

By

**Hanifaas Sa'diah
210101030486**

**ANTASARI STATE ISLAMIC UNIVERSITY
FACULTY OF TARBIYAH AND TEACHER TRAINING
ENGLISH LANGUAGE EDUCATION STUDY PROGRAM
BANJARMASIN
2025 A.D/1446 A.H**

STATEMENT OF AUTHENTICITY

I, the undersigned, **Hanifaas Sa'diah**, declare that this undergraduate thesis is my original work, gathered and utilized specially to fulfil the purposes and objectives of this study, and has not been previously submitted to any other university for any degree or other purposes. I also declare that the publications cited in this work have been properly acknowledged. If someday, it is proven otherwise, I understand that my degree will be revoked.

Banjarmasin, June 13, 2025

The writer,



Hanifaas Sa'diah

PLAGIARISM CERTIFICATE



**KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI ANTASARI
FAKULTAS TARBIYAH DAN KEGURUAN
PRODI TADRIS BAHASA INGGRIS**

Jalan Jenderal Ahmad Yani KM. 4,5 Banjarmasin Telepon (0511) 3253939 Faksimile (0511) 3274492
Web: www.ftk.uin-antasari.ac.id

SURAT BUKTI BEBAS PLAGIASI

Nomor: B-301/Un.14/III.1.f/PP.00.9/06/2025

Ketua Program Studi Tadris Bahasa Inggris menerangkan bahwa mahasiswa dengan identitas berikut:

Nama : Hanifaas Sa'diah
NIM : 210101030486
Program : S-1
Program Studi : Tadris Bahasa Inggris

Judul Skripsi:

Exploring the Benefits of Implementing Ice-Breaking Activities in English Language Teaching

Hasil Uji Plagiasi : 9 %

Berdasarkan hasil uji plagiasi dengan menggunakan www.turnitin.com bahwa naskah skripsi ini dinyatakan memenuhi syarat batas maksimal plagiasi 25%.

"Kami sampaikan pula sebagai Satker berpredikat Zona Integritas Wilayah Bebas dari Korupsi (ZI-WBK) menuju Zona Integritas Wilayah Birokrasi Bersih Melayani (ZI-WBBM) UIN Antasari Banjarmasin berkomitmen terus menjaga integritas serta terus meningkatkan Kualitas Kinerja dan Pelayanan dengan melayani lebih baik, lebih baik melayani"

Demikian surat keterangan ini dibuat untuk dipergunakan sebagaimana mestinya.

Banjarmasin, 17 Juni 2025
Ketua Program Studi
Tadris Bahasa Inggris



Afifah Linda Sari

Melayani Lebih Baik, Lebih Baik Melayani

APPROVAL

Title : Exploring the Benefits of Implementing Ice Breaking
Activities in English Language Teaching
Name : Hanifaas Sa'diah
SRN : 210101030486
Faculty : Tarbiyah and Teacher Training
Program : Undergraduate Study (S-1)
Department : English Language Education
Academic Year : 2025/2026
Place/Date of Birth : Benangin, 19 June 2003
Address : Jl. Keladan Gang Nike Ardila Rt. 04 Kelurahan Lanjas Muara
Teweh

After being checked and revised, the thesis has been approved to be examined in front of the board of Examiners of Faculty of Tarbiyah and Teacher Training UIN Antasari Banjarmasin.

Banjarmasin, 02 June 2025
Advisor



Nur Laila Kadariyah, S.Ag, M.pd
NIP. 197011181996032001

Acknowledged by
Head of English Language Education Study Program
Faculty of Tarbiyah and Teacher Training
UIN Antasari Banjarmasin,



Affifah Linda Sari, S.S, M.Pd
NIP. 198711102015032004

VALIDATION

Title : Exploring the Benefits of Implementing Ice-Breaking Activities in English Language Teaching

Name Hanifaas Sa'diah SRN 210101030486 has been examined by the board of thesis examiners of Faculty of Tarbiyah and Teacher Training UIN Antasari Banjarmasin.

Day : Monday
Date : June 30th 2025
Score : 82,3 (A)

Dean Faculty of Tarbiyah and Teacher Training



Antasari Banjarmasin

H. Hamdan, M.Pd
NIP. 196604051993031005

THE BOARD OF EXAMINERS:

No.	Name	Signature
1.	AFIFAH LINDA SARI, SS., M.PD	
2.	DRA. ANDI IRLINA, M.HUM	
3.	HJ. NURLAILA KADARIYAH, S.AG., M.PD	

ABSTRACT

Hanifaas Sa'diah. 2025. Exploring the Benefits of Implementing Ice-Breaking Activities in English Language Teaching. Thesis. English Language Education Study Program, Faculty of Tarbiyah and Teacher Training, Antasari State Islamic University. Advisor: **Nur Laila Kadariyah, S.Ag., M.Pd.**

Keywords: Ice-Breaking Activities; English Language Teaching; Classroom Engagement

This study explored the implementation of *ice-breaking* activities in English language teaching to examine their benefits in enhancing students' motivation, concentration, and classroom interaction. The research was conducted at SMP Negeri 2 Muara Teweh, involving one English teacher and 32 students of class VII D as observation subjects, with two students selected for in-depth interviews. A qualitative descriptive method was employed, using classroom observations and semi-structured interviews as instruments. The findings indicated that various types of *ice-breaking* activities, categorized by method, media, and material, were implemented flexibly at different stages of the lesson (beginning, middle, or end). These activities effectively increased students' engagement, built confidence, reduced anxiety, and created a more enjoyable classroom environment. Teachers also found *ice-breaking* beneficial for classroom management and student-teacher relationships. In conclusion, *ice-breaking* activities significantly supported the effectiveness of English language teaching.

ABSTRAK

Hanifaas Sa'diah. 2025. *Exploring the Benefits of Implementing Ice-Breaking Activities in English Language Teaching*. Skripsi. Program Studi Pendidikan Bahasa Inggris, Fakultas Tarbiyah dan Keguruan, Universitas Islam Negeri Antasari Banjarmasin. Dosen Pembimbing: **Nur Laila Kadariyah, S.Ag., M.Pd.**

Kata kunci: Kegiatan Ice Breaking; Pengajaran Bahasa Inggris; Keterlibatan Kelas.

Penelitian ini mengeksplorasi implementasi kegiatan *ice breaking* dalam pengajaran bahasa Inggris untuk menguji manfaatnya dalam meningkatkan motivasi, konsentrasi, dan interaksi siswa di kelas. Penelitian ini dilakukan di SMP Negeri 2 Muara Teweh, melibatkan satu guru bahasa Inggris dan 32 siswa kelas VII D sebagai subjek observasi, dengan dua siswa yang dipilih untuk wawancara mendalam. Metode deskriptif kualitatif digunakan, dengan menggunakan observasi kelas dan wawancara semi-terstruktur sebagai instrumen. Hasil penelitian menunjukkan bahwa berbagai jenis kegiatan *ice breaking*, yang dikategorikan berdasarkan metode, media, dan materi, diimplementasikan secara fleksibel pada berbagai tahap pelajaran (awal, tengah, atau akhir). Kegiatan-kegiatan ini secara efektif meningkatkan keterlibatan siswa, membangun kepercayaan diri, mengurangi kecemasan, dan menciptakan lingkungan kelas yang lebih menyenangkan. Para guru juga menemukan bahwa *ice-breaking* bermanfaat untuk manajemen kelas dan hubungan antara siswa dan guru. Kesimpulannya, kegiatan *ice breaking* secara signifikan mendukung efektivitas pengajaran bahasa Inggris.

ACKNOWLEDGEMENT

بسم الله الرحمن الرحيم. الحمد لله رب العالمين. الصلاة والسلام على أشرف الأنبياء والمرسلين سيدنا ومولانا محمد وعلى آله وصحبه أجمعين. أما بعد.

Praise to Allah the Almighty who has been giving me guidance till the writer finished this thesis entitled “Exploring the Benefits of Implementing Ice-Breaking Activities in English Language Teaching”. Peace and salutation always be upon Prophet Muhammad P.B.U.H and all his friends who struggle for Allah. The writer like to express appreciation and gratitude to:

1. Dr. H. Hamdan, M.Pd as the Dean of Faculty of Tarbiyah and Teacher Training of Antasari State Islamic University and all his staff for their help in the Administrative matters.
2. Afifah Linda Sari, S.S, M.Pd, as the Head of English Language Education Study Program for the assistance and motivation.
3. My academic advisor, Andi Irlina, Dra., M.Hum, for the guidance and encouragement.
4. My thesis advisor, Nur Laila Kadariyah, S.Ag, M.Pd, as the advisor of content and research methods for the advice, helps, suggestion and correction.
5. All lecturers and assistants in Faculty of Tarbiyah and Teacher Training for the priceless knowledge.
6. To the Principal of SMP Negeri 2 Muara Teweh, Hanil, S.Pd., M.Pd., and the English teacher, Wiwi Indah Sari, S.Pd.I., I would like to express my deepest gratitude for the opportunity, cooperation, and assistance provided during the

research process. Your support, openness, and the active participation of the students were truly meaningful and contributed greatly to the smoothness and success of this thesis.

Finally, the writer hopes that this research will be useful for the next researchers. The writer admits that this research paper is not perfect yet. Therefore, suggestion will be expected to make it better.

Banjarmasin, Dzulhijjah, 13th 1446 A.H
June, 9th, 2025 A.D

A handwritten signature in black ink, appearing to be 'Shamul' with a stylized flourish at the end.

Writer

TABLE OF CONTENTS

COVER	
TITLE PAGE	i
STATEMENT OF AUTHENTICITY	i
PLAGIARISM CERTIFICATE.....	iii
APPROVAL.....	iv
VALIDATION.....	iv
ABSTRACT.....	v
<i>ABSTRAK</i>	vii
ACKNOWLEDGEMENT	viii
TABLE OF CONTENTS.....	x
LIST OF TABLES	xii
LIST OF APPENDICES	xiii
CHAPTER I INTRODUCTION	1
A. Background of Study	1
B. Definition of Key Terms	6
C. Research Questions	8
D. Objectives of Study	8
E. Significance of Study	8
CHAPTER II THEORETICAL REVIEW.....	10
A. Ice Breaking	10
B. Review of Previous Study	28
CHAPTER III RESEARCH METHOD	31
A. Research Design.....	31
B. Research Setting.....	32
C. Population and Sample/Participant	32
D. Data	33
E. Technique of Data Collection	34
F. Data Analysis	36
CHAPTER IV FINDINGS AND DISCUSSION	38

A. Findings.....	38
B. Discussion	82
CHAPTER V CLOSURE	92
A. Conclusion	92
B. Suggestions	93
REFERENCES.....	95
APPENDICES	99
CURRICULUM VITAE	126

LIST OF TABLES

Table 4.1.....	40
Table 4.2.....	54
Table 4.3.....	56

LIST OF APPENDICES

Appendix I. Translation of Qur'an.....	99
Appendix II. Observation Sheet.....	100
Appendix III. Interview Transcript	109
Appendix IV. Research Letter.....	120
Appendix V. Title Change Letter.....	122
Appendix VI. Consultation Schedule and Note	123
Appendix VII. Observation Documentation	124
Appendix VIII. Interview Documentation	125