

TESIS
INTEGRASI *LIFE SKILLS* MELALUI OLAHRAGA *TAEKWONDO*
DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT*

Diajukan Untuk Memenuhi Sebagian dari Syarat
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Oleh
Hasby Rasydiq
NIM 2106159

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LEMBAR HAK CIPTA
INTEGRASI *LIFE SKILLS* MELALUI OLAHRAGA *TAEKWONDO* DALAM
RANGKA *POSITIVE YOUTH DEVELOPMENT*

Oleh
Hasby Rasydiq

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Olahraga pada Sekolah Pascasarjana UPI

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LEMBAR PENGESAHAN

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**INTEGRASI *LIFE SKILLS* MELALUI OLAHRAGA *TAEKWONDO*
DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

Disetujui dan disahkan oleh :

Dosen Pembimbing I



Dr. Yadi Sunaryadi, M.Pd.
NIP. 196510171992031002

Dosen Pembimbing II



Dr. Yusuf Hidayat, M.Si.
NIP. 196808301999031001

Mengetahui,
Ketua Program Studi
Pascasarjana



Prof. Dr. Amung Ma'mun, M.Pd.
NIP. 19600119198603100

LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa Tesis dengan judul ”Integrasi *Life Skills* Melalui Olahraga Taekwondo Dalam Rangka *Positive Youth Development*” adalah benar hasil karya saya sendiri. Saya tidak melakukan penjiplakan dan pengutipan yang tidak sesuai dengan keilmuan. Dengan pernyataan ini, saya siap bertanggung jawab apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan terhadap keaslian karya saya.

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Yang Membuat Pernyataan

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ABSTRAK

Tujuan dari studi ini adalah untuk mengidentifikasi perbedaan pengaruh antara integrasi *life skills* melalui olahraga *Taekwondo*, integrasi *life skills* melalui peran orang tua dan non integrasi *life skills* terhadap peningkatan *life skills* dalam rangka *Positive Youth Development (PYD)*. Program integrasi *life skills* diberikan secara terstruktur dan disengaja. Metode penelitian yang digunakan ialah *Quasi-Eksperimental* menggunakan desain Pre-Test Post-Test Control Group Design. Instrumen yang digunakan berupa kuesioner yaitu *Life Skills Scale for Sport (LSSS)* yang terdiri dari 8 komponen diantaranya: kerja tim, penetapan tujuan, manajemen waktu, kecakapan emosional, komunikasi interpersonal, keterampilan sosial, kepemimpinan, pemecahan masalah dan pengambilan keputusan. Pengambilan sampel dilakukan melalui *purposive sampling*, dengan total 18 remaja berusia 11-15 tahun yang dibagi menjadi tiga kelompok: kelompok yang menerima integrasi *life skills* melalui olahraga *Taekwondo* (6 remaja) kelompok yang menerima *integrasi life skills* melalui peran orang tua (6 remaja), dan kelompok yang menerima non integrasi *life skills* (6 remaja). berdasarkan hipotesis yang ada terdapat 3 hasil dalam penelitian ini diantaranya bahwa tidak terdapat perbedaan pengaruh antara integrasi *life skills* melalui olahraga *Taekwondo* dengan integrasi *life skills* melalui peran orang tua terhadap peningkatan *life skills* dalam rangka *Positive Youth Development (PYD)*. selain itu hasil lainnya menunjukkan bahwa terdapat perbedaan pengaruh antara integrasi *life skills* melalui olahraga *Taekwondo* dengan non integrasi *life skills* terhadap peningkatan *life skills* dalam rangka *Positive Youth Development (PYD)*, hasil selanjutnya menunjukkan bahwa terdapat perbedaan pengaruh antara integrasi *life skills* melalui peran orang tua dengan non integrasi *life skills* . Temuan ini dapat membantu pelatih dan atlet agar dapat memahami, mengimplementasi dan mengintegrasikan program *life skills* dalam latihan maupun pengajaran olahraga sehingga dapat mengembangkan kemampuan-kemampuan yang ada dalam diri individu atlet. Selain itu temuan ini dapat membantu orang tua dan anak untuk lebih memahami dan mengimplementasikan *life skills* melalui pendekatan peran orang tua pada kegiatan sehari-hari dalam mengembangkan kecakapan hidup yang berguna untuk kehidupan sehari-hari di luar kegiatan olahraga.

Kata kunci : *Life Skills, Taekwondo, Peran Orang tua, Positive Youth Development.*

ABSTRACT

Purpose this study is to identify the differences in the effect of integration of life skills through Taekwondo sports, integration of life skills through the role of parents and non-integration of life skills on improving life skills in the context of Positive Youth Development (PYD). The life skills integration program is given in a structured and intentional manner. The research method used is Quasi-Experimental using the Pre-Test Post-Test Control Group Design. The instrument used is a questionnaire, namely the Life Skills Scale for Sport (LSSS) which consists of 8 components including: teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, problem solving and decision making. Sampling was carried out through purposive sampling, with a total of 18 adolescents aged 11-15 years who were divided into three groups: the group that received integration of life skills through Taekwondo sports (6 youths) the group that received integration of life skills through the role of parents (6 youths), and the group that received non-integrated life skills (6 youth). based on the existing hypothesis there are 3 results in this study including that there is no difference in the effect between the integration of life skills through Taekwondo sports and the integration of life skills through the role of parents towards improving life skills in the context of Positive Youth Development (PYD). In addition, other results show that there are differences in the effect of integration of life skills through Taekwondo sports and non-integration of life skills on improving life skills in the context of Positive Youth Development (PYD), further results show that there are differences in effect between the integration of life skills through the role of parents and non-integrated life skills. These findings can help coaches and athletes to understand, implement and integrate life skills programs in sports training and teaching so that they can develop the abilities that exist in individual athletes. In addition, these findings can help parents and children to better understand and implement life skills through an approach to the role of parents in daily activities in developing life skills that are useful for everyday life outside of sports activities.

Keywords : *Life Skills, Taekwondo, Role of Parents, Positive Youth Development.*

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