

**MENGINTEGRASIKAN *LIFE SKILLS* KE DALAM MODEL
LATIHAN BOLA BASKET DALAM RANGKA *POSITIVE
YOUTH DEVELOPMENT* BERDASARKAN *GENDER*
DAN KATEGORI USIA SEKOLAH**

DISERTASI

diajukan untuk memenuhi sebagian syarat
memperoleh gelar Doktor Pendidikan Olahraga



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I Kadek Suardika (1910116)

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2023**

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DAN KATEGORI USIA SEKOLAH**

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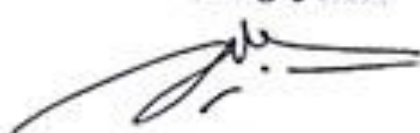
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LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa Disertasi dengan judul “mengintegrasikan *life skills* ke dalam model latihan bola basket dalam rangka *positive youth development* berdasarkan *gender* dan kategori usia sekolah” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini saya siap menanggung resiko atau sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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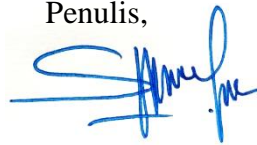
KATA PENGANTAR

Segala puji serta syukur kehadirat Tuhan Yang Maha Esa yang telah melimpahkan nikmat dan karunia-Nya sehingga penulis dapat menyelesaikan skripsi ini dengan judul “mengintegrasikan *life skills* ke dalam model latihan bola basket dalam rangka *positive youth development* berdasarkan *gender* dan kategori usia sekolah”.

Penulisan Disertasi ini dibuat untuk memenuhi sebagian syarat untuk memperoleh gelar Doktor Pendidikan Olahraga Sekolah Pascasarjana. Penulis menyadari penulisan Disertasi ini masih jauh dari sempurna, maka dari itu penulis mengharapkan kritik dan saran yang sifatnya membangun demi kesempurnaan Disertasi ini. Akhir kata, semoga apa yang penulis sajikan dalam Disertasi ini dapat bermanfaat bagi para pembacanya.

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UCAPAN TERIMAKASIH

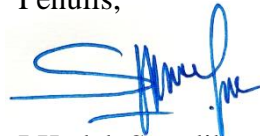
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Bandung, Mei 2023

Penulis,



I Kadek Suardika

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ABSTRAK

MENGINTEGRASIKAN *LIFE SKILLS* KE DALAM MODEL LATIHAN BOLA BASKET DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT* BERDASARKAN *GENDER* DAN KATEGORI USIA SEKOLAH

Penelitian ini berdasarkan dari hasil penelitian terdahulu terkait konsep integrasi *life skills* yang diterapkan dalam olahraga Golf. Hal ini menjadi sebuah pemikiran bagi peneliti untuk mengimplementasikan konsep integrasi *life skills* ke dalam model latihan bola basket. Tujuan penelitian ini adalah untuk menguji perbedaan model latihan bola basket integrasi dan nonintegrasi terhadap pengembangan *life skills* dilihat dari *gender* dan kategori usia sekolah. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain penelitian *pretest-posttest control group design*. Instrumen yang digunakan yaitu *Life Skills Scale for Sport (LSSS)*. Penelitian ini mengambil sampel pelajar yang mengikuti latihan bola basket sebanyak 106 atlet, sampel dibagi menjadi dua kelompok yang diberikan perlakuan integrasi *life skills* dan nonintegrasi *life skills*. Hasil penelitian menunjukkan pengembangan *life skills* kelompok yang mengikuti model latihan bola basket yang diberi perlakuan lebih baik dibandingkan dengan tanpa adanya perlakuan integrasi *life skills*, berdasarkan *gender* laki-laki dan perempuan tidak mengalami perbedaan perkembangan *life skills* yang signifikan karena mereka memiliki karakter yang kuat dan berkembang bersamaan ketika menggunakan desain yang terstruktur, berdasarkan kategori usia sekolah pada kelompok integrasi semua tingkatan pendidikan mengalami pengembangan *life skills* yang lebih baik. Dapat disimpulkan bahwa aktivitas olahraga bola basket menjadi salah satu sarana yang baik untuk mengembangkan *life skills* melalui model yang disengaja (*intentionally structure*) dan prinsip integrasi, ini berdampak anak akan mendapatkan *impact* yang baik karena tidak hanya memperoleh keterampilan motorik yang baik, tetapi *life skills* juga berkembang dengan optimal sebagai bekal bagi generasi muda kita untuk terus mampu berkompetisi dalam persaingan globalisasi ini.

Kata Kunci: Integrasi, *Life Skills*, Permainan Bola Basket, *Positive Youth Development*

ABSTRACT

INTEGRATING LIFE SKILLS INTO THE MODEL BASKETBALL PRACTICE IN A POSITIVE FRAMEWORK YOUTH DEVELOPMENT BY GENDER AND SCHOOL AGE CATEGORIES

This research is based on the results of previous research related to the concept of integrated life skills applied in golf. This becomes a thought for researchers to implement the concept of integrating life skills into the basketball training model. The purpose of this study was to examine differences in integrated and non-integrated basketball training models on the development of life skills in terms of gender and school-age categories. The method used in this study is an experimental method with a pretest-posttest control group design. The instrument used is the Life Skills Scale for Sport (LSSS). This study took a sample of 106 athletes who took part in basketball practice. The sample was divided into two groups which were given life skills integration and life skills non-integration treatment. The results showed that the development of life skills in groups following the basketball training model were given better treatment compared to no life skills integration treatment, based on gender, men and women did not experience significant differences in the development of life skills because they had strong and developed characters. simultaneously when using a structured design, based on the school age category in the integration group all levels of education experienced the development of better life skills. It can be concluded that basketball sports activity is a good means to develop life skills through an intentional structure and the principle of integration. optimally developed as a provision for our young generation to continue to be able to compete in this globalization competition.

Keywords: Integration, Life Skills, Playing Basketball, Positive Youth Development

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