

**PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA
SOFTBALL DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Doktor
Pendidikan Olahraga



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2023**

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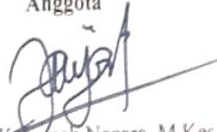
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S.Si., M.Pd. UPI Bandung, 2023

Sebuah Disertasi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Doktor pada Sekolah Pascasarjana Program Studi Pendidikan Olahraga

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LEMBAR PERNYATAAN

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Bandung, Agustus 2023

Agus Gumilar

UCAPAN TERIMA KASIH



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Disertasi ini pada intinya berisi tentang pengembangan program kecakapan hidup melalui cabang olahraga *softball*, diharapkan dapat membuka khazanah baru dalam program latihan olahraga *softball*. Sebagaimana kita ketahui bahwa aktivitas olahraga menjadi suatu sarana yang baik untuk membentuk kecakapan hidup melalui program yang disengaja (*intentionally structure*), karena siswa akan mendapatkan impact yang lebih baik, yaitu mengembangkan motorik siswa itu sendiri serta tumbuhnya nilai-nilai personal development yang bermanfaat untuk kehidupan sehari-hari. Pelatihan yang disisipi program kecakapan hidup dalam konteks pendidikan olahraga juga berdampak terhadap dimensi kebugaran kesehatan fisik dan dimensi kognitif, serta kesehatan mental. Harapan terbesar dari penyusunan karya ilmiah ini adalah dapat memberikan kontribusi besar bagi khalayak.

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Bandung, Agustus 2023

Agus Gumilar

ABSTRAK

Nama : Agus Gumilar (2023)
Program Studi : Pendidikan Olahraga
Judul : Pengembangan Kecakapan Hidup Melalui Olahraga *Softball*
Dalam Rangka *Positive Youth Development*

Sikap dan gaya hidup bermasalah lebih sering ditemukan daripada sikap positif pada atlet softball, pelatih dan atlet yang masih berorientasi pada target juara atau sport outcome menjadi sebuah friksi terhadap perkembangan atlet lainnya karena mereka tidak mendapatkan kesempatan untuk tampil dalam sebuah kejuaraan. Oleh karena itu melalui aktivitas olahraga harus dikembangkan sebuah paradigma baru dalam proses pembinaan olahraga melalui program integrasi kecakapan hidup untuk mengembangkan kecakapan hidup yang merupakan wujud dari *positive youth development*. Hasil dari penelitian ini diharapkan dapat membuka khazanah baru mengenai pengaruh integrasi kecakapan hidup dalam olahraga *softball*, yang melibatkan kelompok integrasi kecakapan hidup berbasis latihan dan kompetisi, latihan non kompetisi dan latihan nonintegrasi. Metode penelitian yang digunakan adalah *experiment* dengan desain *multiple treatment and control with pretest and posttest*. Responden dalam penelitian ini berjumlah 41 siswa pelajar sekolah menengah atas yang mengikuti ekstrakurikuler *softball*. Hasil penelitian menunjukkan terdapat perbedaan pengaruh kecakapan hidup antara integrasi kecakapan hidup berbasis latihan dan kompetisi, dengan integrasi dalam latihan nonkompetisi dan nonintegrasi kecakapan hidup dengan nilai sig. $0.001 < 0.05$. Kelompok integrasi kecakapan hidup berbasis latihan dan kompetisi menunjukkan hasil yang paling baik daripada kelompok berbasis latihan nonkompetisi serta kelompok latihan nonintegrasi. Aktivitas olahraga *softball* berbasis kompetisi menjadi suatu sarana yang baik untuk membentuk kecakapan hidup melalui program yang disengaja (*intentionally structure*), karena siswa akan mendapatkan *impact* yang lebih baik dengan terbentuknya kecakapan hidup yang merupakan bagian dari *positive youth development*.

Kata Kunci : Kecakapan Hidup, *Softball*, *Positive Youth Development*

ABSTRACT

Name : Agus Gumilar
Study Program : Sports Education
Title : Life Skill Development through Softball Games in Positive Youth Development Context

Problematic attitudes and lifestyles are more commonly found than positive attitudes in softball athletes, coaches, and sportsmen who are still focused on championship goals or sport outcomes, becoming friction toward the development of other athletes because they do not get a chance to perform as champions. Therefore, through sports activities, it is necessary to develop a new paradigm in the process of sports construction through integration programs to develop life skills that are the essence of positive youth development. This study involved three groups, namely the group integrating life skills in softball exercise and competition, the group integrating life skills in exercises only, and the group that did not integrate life skills in softball exercises. The samples of this study were 41 high school students who took part in softball extracurricular activities in Bandung city. The samples were divided into three groups, namely the group integrating life skills in softball exercise and competition, the group integrating life skills in non-competition exercise in softball, and the group that did not integrate life skills in softball exercises. The results showed that there were differences in the effect of life skills among the three groups with a sig. value of $0.001 < 0.05$. The group integrating life skills in softball exercise and competition showed the best results compared to the group integrating life skill in non-competition exercise and the group that did not integrate life skill in softball exercise. Softball is a good tool for building life skills through an intentional structure, because students will get a better impact by growing personal development values that are useful for everyday life.

Keywords: Life Skills, Softball, Positive Youth Development

DAFTAR ISI

	Halaman
LEMBAR PENGESAHAN	ii
LEMBAR HAK CIPTA	iii
PERNYATAAN	iv
UCAPAN TERIMAKASIH	v
ABSTRAK	x
DAFTAR ISI	xii
DAFTAR TABEL	xv
DAFTAR GAMBAR	xvi
DAFTAR LAMPIRAN	xvii
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah	7
1.3 Tujuan Penelitian	8
1.4 Manfaat Penelitian	9
1.5 Struktur Organisasi Disertasi	10
BAB II KAJIAN TEORI	11
2.1 <i>Positive Youth Development (PYD)</i>	11
2.2 Pengembangan Potensi Pemuda melalui Olahraga... ..	12
2.3 Kecakapan hidup (<i>Life skill</i>)	18
2.3.1 Kerjasama Tim	20
2.3.2 <i>Goal Setting</i>	21
2.3.3 Kecakapan Sosial	22
2.3.4 Kepemimpinan	23
2.3.5 Problem Solving dan Pengambilan Keputusan.....	25
2.3.6 Komunikasi Interpersonal	25
2.3.7 Kecakapan Emosi.....	26

2.3.8	Manajemen Waktu	28
2.4	Nilai-nilai Transfer Kecakapan Hidup melalui Olahraga	29
2.5	Integrasi Kecakapan Hidup dalam <i>Softball</i> Berbasis Kompetisi	30
2.6	Permainan <i>Softball</i>	32
2.6.1	Keterampilan bertahan (<i>defensive</i>).....	33
2.6.2	Keterampilan menyerang (<i>offensive</i>)	40
2.7	<i>Sport Pedagogy</i>	43
2.1.1	Kajian Teori <i>Sport Pedagogy</i>	43
2.1.2	Peran Pelatih dalam Transfer Program Kecakapan Hidup	45
2.8	<i>Sport Sociology</i>	46
2.9	<i>Development Through Sports</i>	49
2.10	<i>Framework Lifekill Theory</i>	51
2.11	Penelitian yang Relevan	54
2.12	Kerangka Pemikiran.....	55
2.13	Hipotesis Penelitian.....	60
BAB III	METODE PENELITIAN	61
3.1	Metode dan Desain Penelitian.....	60
3.2	Definisi Operasional.....	63
3.3	Partisipan.....	64
3.4	Populasi dan Subjek Penelitian	65
3.5	Instrumen Penelitian	67
3.6	Program Integrasi Kecakapan Hidup	70
3.7	Analisis Data	74
BAB IV	TEMUAN DAN PEMBAHASAN	75
4.1	Temuan.....	75
4.2	Pembahasan.....	82
4.3	Diskusi Temuan.....	89
4.4	Keunggulan Penelitian	99
4.5	Kelemahan Penelitian.....	100

BAB V	KESIMPULAN, REKOMENDASI DAN IMPLIKASI	101
5.1	Simpulan	101
5.2	Implikasi	102
5.3	Rekomendasi	103
DAFTAR PUSTAKA		104
LAMPIRAN-LAMPIRAN		127
RIWAYAT HIDUP		248

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