

**PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA DALAM
RANGKA *POSITIVE YOUTH DEVELOPMENT (PYD)***

TESIS

Diajukan untuk memenuhi sebagian dari Syarat Memperoleh Gelar Magister
Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
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BANDUNG
2023**

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DEVELOPMENT**

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ABSTRAK

Positive youth development pendekatan praktik didesain disuatu program olahraga menekankan potensi yang dimiliki anak muda dalam upaya peningkatan kecapan hidup. Kecakapan hidup merupakan aspek yang penting bagi seseorang untuk menjalani kehidupan bermasyarakat. Kecakapan hidup itu meliputi kerja tim, kepemimpinan, pengambilan keputusan serta keterampilan sosial yang bisa digunakan dalam pendidikan, pekerjaan dan hubungan sosial lainnya. Tujuan dari penelitian ini adalah untuk mengetahui pengembangan kecakapan hidup melalui olahraga, unsur-unsur kecakapan hidup, dan *positive youth development*. Metode penelitian menggunakan deskriptif yang berupa *systematic literature review* dengan menggunakan referensi jurnal internasional yang dipublikasi diantaranya di *Taylorandfrancis, Sciendirect, Springerlink, Elsevier dan Google Scholar*. Hasil penelusuran didapatkan 15 jurnal Final Paper to bereview. Hasil penelitian ini menunjukkan bahwa pengembangan kecakapan hidup melalui olahraga dalam rangka *positive youth development* terletak dari seberapa besar partisipasi remaja dalam mengikuti program terstruktur yang berkaitan dengan kecakapan hidup dalam bidang olahraga. Unsur-unsur kecakapan hidup dalam olahraga terletak pada partisipasi pemuda yang konsisten dari waktu ke waktu melalui program yang terstruktur, sehingga hal ini dapat mempengaruhi *positive youth development (PYD)* yang akan bertahan dalam waktu yang lama.

Kata kunci: kecakapan hidup, olahraga, *positive youth development (PYD)*

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DEVELOPMENT OF *LIFE SKILLS* THROUGH SPORTS IN THE FRAMEWORK OF POSITIVE YOUTH DEVELOPMENT

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ABSTRACT

Positive youth development is a practice approach designed around a sports program that emphasizes the potential of young people in an effort to improve life skills. Life skills are an important aspect for a person to live in society. Life skills include teamwork, leadership, decision-making and social skills that can be used in education, work and other social relationships. The purpose of this research is to find out the development of life skills through sports, elements of life skills, and positive youth development. The research method uses a descriptive systematic literature review using international journal references published including in TaylorandFrancis, Sciendirect, Springerlink, Elsevier and Google Scholar. The search results obtained 15 Final Paper journals to review. The results of this study indicate that the development of life skills through sports in the context of positive youth development lies in how much youth participation in participating in structured programs related to life skills in the field of sports. The elements of life skills in sports lie in the consistent participation of youth from time to time through structured programs, so that this can affect positive youth development (PYD) which will last a long time.

Keywords: life skills, sport, positive youth development (PYD)

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PENDIDIKAN DENGAN PENDEKATAN SETS (Science Environment

Eni Desanti, 2023

PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA DALAM RANGKA POSITIVE YOUTH DEVELOPMENT (PYD)

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