

**PENGEMBANGAN NILAI-NILAI SOSIAL MELALUI  
AKTIVITAS OLAHRAGA**

**DISERTASI**

diajukan untuk memenuhi sebagian syarat  
memperoleh gelar Doktor Pendidikan Olahraga



Oleh

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

**PENGEMBANGAN NILAI-NILAI SOSIAL MELALUI  
AKTIVITAS OLAHRAGA**

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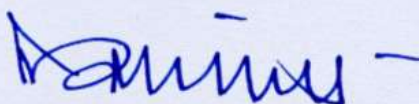
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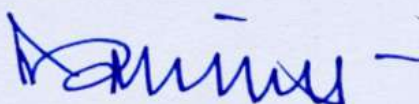
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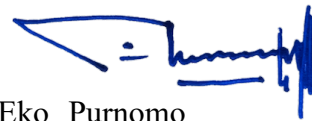


## KATA PENGANTAR

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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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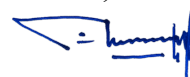
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Bandung, 27 Desember 2023  
Penulis,



Eko Purnomo

**ABSTRAK**  
**PENGEMBANGAN NILAI-NILAI SOSIAL MELALUI**  
**AKTIVITAS OLAHRAGA**

**Eko Purnomo<sup>1</sup> Amung Ma'mun<sup>1</sup>, Nurlan Kusmaedi<sup>1</sup>, Yudy Hendrayana<sup>1</sup>**  
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Nilai-nilai sosial adalah pandangan/aturan yang dianut dalam kehidupan manusia yang dianggap baik atau buruk, benar atau salah dan indah atau tidak indah. Nilai-nilai sosial dijadikan sebuah cara untuk dapat menghargai diri sendiri dan juga orang lain yang ada di sekitar. Nilai sosial dapat diterapkan secara disengaja (*intentionally structuring*) untuk memperoleh pengembangan nilai sosial yang lebih baik lagi. Tujuan penelitian ini adalah untuk menguji perbedaan hasil dari pengembangan nilai-nilai sosial melalui aktivitas olahraga. Aktivitas olahraga yang dimaksud adalah olahraga individu (atletik) dan olahraga beregu (sepakbola). Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain penelitian *pretest-posttest control group design*. Penelitian diawali dengan mengkonstruksi sebuah instrumen dengan nama *social values scale for sport*. Dengan melakukan tahapan uji ahli (9 ahli) dan uji coba instrumen kepada 826 responden. Penelitian ini mengambil sampel mahasiswa yang sedang melaksanakan pembelajaran atletik dan sepakbola. Terdapat 4 kelompok yang masing-masing kelompok terdiri atas 30 mahasiswa. Keempat kelompok tersebut antara lain: 1) atletik *intentionally structuring*; 2) atletik *non-intentionally structuring*; 3) sepakbola *intentionally structuring*; 4) sepakbola *non-intentionally structuring*. Hasil penelitian menunjukkan pengembangan nilai-nilai sosial kelompok atletik maupun sepakbola *intentionally structuring* lebih baik dibandingkan dengan kelompok atletik maupun sepakbola *non-intentionally structuring*. Lebih lanjut penelitian membandingkan antara kelompok atletik dan sepakbola *intentionally structuring* yang hasilnya sama-sama meningkat dan berkembang untuk nilai-nilai sosialnya. Sedangkan pada kelompok atletik dan sepakbola *non-intentionally structuring* memperoleh hasil yang tidak lebih baik dari 2 kelompok lainnya. Dapat disimpulkan bahwa aktivitas olahraga individu maupun beregu menjadi salah satu sarana yang baik untuk membentuk nilai-nilai sosial melalui *intentionally structuring*. Hal ini berdampak pada peningkatan hasil dan *impact* yang baik karena tidak hanya memperoleh keterampilan, tetapi juga pengembangan nilai-nilai sosial juga berkembang dengan optimal sebagai bekal bagi generasi muda untuk terus mampu berkompetisi dalam persaingan globalisasi ini.

**Kata Kunci:** *Intentionally structuring; Non-intentionally structuring;*  
**Nilai-nilai sosial.**

**ABSTRACT**  
**DEVELOPMENT OF SOCIAL VALUES THROUGH**  
**SPORTS ACTIVITIES**

**Eko Purnomo<sup>1</sup> Amung Ma'mun<sup>1</sup>, Nurlan Kusmaedi<sup>1</sup>, Yudy Hendrayana<sup>1</sup>**  
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Social values are human life views/rules that are regarded good or terrible, right or incorrect, and beautiful or not attractive. Social values are utilized to demonstrate respect for oneself and others. To achieve greater social value development, social values can be implemented purposefully (consciously structured). The purpose of this study is to look at the disparities in outcomes from the development of social values through sports activities. Individual sports (athletics) and team sports (football) are the sports in concern. This study employed an experimental approach using a pretest-posttest control group design. The study began with the development of an instrument known as the social values scale for sport. Expert testing stages (9 experts) and instrument testing on 826 respondents were carried out. This study included a sample of students studying athletics and football. There are four groups of thirty pupils each. The four categories are as follows: 1) purposefully structured athletics, 2) non-intentionally structured athletics, 3) intentionally structured football, and 4) non-intentionally structured football. The study's findings indicate that the formation of social values is better in purposely designed athletic and football groups than in non-intentionally structured athletic and football groups. In addition, the study examined purposely planned sports and football groups, the outcomes of which both increased and developed their social values. Meanwhile, the outcomes of the non-intentionally organized athletics and football groups were no better than the other two groups. Individual and team sports activities may be concluded to be an excellent way of establishing social values through purposeful structuring. This has an influence on enhancing outcomes and having a positive impact because not only do you get skills, but you also create social values as a provision for the future generation to continue to be able to participate in this globalized competition.

**Kata Kunci: Intentionally structuring; Non-intentionally structuring;  
Social Values.**

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