

**INTEGRASI *SELF-EFFICACY* DALAM PEMBELAJARAN PENDIDIKAN  
JASMANI DAN OLARAHRA UNTOU MENINGKATKAN PENGUASAAN  
KETERAMPILAN GERAK DAN KEPUASAN SISWI**

**Disertasi**

Diajukan untuk Memenuhi Sebagian Syarat dalam Memperoleh Gelar Doktor  
Pendidikan Olahraga



**Oleh**  
**ALEK OKTADINATA**  
**NIM 1907289**

**PROGRAM STUDI PENDIDIKAN OLARAHRA**  
**SEKOLAH PASCASARJANA**  
**UNIVERSITAS PENDIDIKAN INDONESIA**  
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**LEMBAR HAK CIPTA**

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Oleh

Alek Oktadinata

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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Desember 2023

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**HALAMAN PENGESAHAN**

**ALEK OKTADINATA**  
1907289

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OLAHRAGA UNTUK MENINGKATKAN PENGUASAAN  
KETERAMPILAN  
GERAK DAN TINGKAT KEPUASAN OLAHRAGA SISWA**

Disetujui dan disahkan oleh:  
Promotor



Prof. Dr. Herman Subarjah, M. Si.  
NIP. 196009181986031003

KoPromotor



Prof. Dr. Komarudin, M.Pd.  
NIP. 197204031999031003

Anggota



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

Mengetahui,  
Ketua Program Studi Pendidikan Olahraga



Prof. Dr. H. Amung Ma'mun, M.Pd.  
NIP. 19600119 1986031002

## LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa disertasi dengan judul “Integrasi *Self-Efficacy* Dalam Pembelajaran Pendidikan Jasmani dan Olahraga Untuk Meningkatkan Keterampilan Gerak Dasar dan Kepuasan Siswi” 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 menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Desember 2023

Alek Oktadinata

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Disertasi ini pada intinya berisi tentang pengembangan program integrasi *self-efficacy* melalui pembelajaran pendidikan jasmani dan olahraga, diharapkan dapat membuka khazanah baru dalam program pembelajaran pendidikan jasmani dan olahraga. Sebagaimana kita ketahui bahwa aktivitas olahraga menjadi suatu sarana yang baik untuk peningkatan keterampilan gerak dasar dan kepuasan siswi melalui program yang disengaja (*intentionally structure*), karena siswi akan mendapatkan *impact* yang lebih baik, yaitu mengembangkan keterampilan gerak dasar dan kepuasan siswi itu sendiri serta tumbuhnya nilai-nilai personal *development* yang bermanfaat untuk kehidupan sehari-hari. Pembelajaran yang disisipi program *self-efficacy* 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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**Alek Oktadinata**



## ABSTRAK

### INTEGRASI *SELF-EFFICACY* DALAM PEMBELAJARAN PENDIDIKAN JASMANI DAN OLAHRAGA UNTUK MENINGKATKAN PENGUASAAN KETERAMPILAN GERAK DAN TINGKAT KEPUASAN SISWI

Alek Oktadinata<sup>1</sup>, Herman Subarjah<sup>1</sup>, Komarudin<sup>1</sup>, Yusuf Hidayat<sup>1</sup>

<sup>1</sup>Program Studi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Bandung

Tujuan penelitian ini untuk mengkaji integrasi *self-efficacy* dalam pendidikan jasmani dan olahraga untuk meningkatkan penguasaan keterampilan gerak dan tingkat kepuasan siswi. Penelitian ini menggunakan metode eksperimen dengan pendekatan *two group pretest-posttest design*. Populasi dalam penelitian ini adalah siswi Sekolah Menengah Atas (SMA) Negeri 5 Kota Jambi. Penetapan sampel dalam penelitian ini menggunakan dua teknik yaitu *cluster random sampling* dan *random assignment* yaitu dengan menggunakan *cluster random sampling* adalah pemilihan sampel secara acak dilakukan untuk memilih setiap klaster individu yang akan dijadikan sampel dalam hal ini setiap siswi yang berada dalam kelompok yang telah ditetapkan (kelompok integrasi *self-efficacy* (A1) dan non- integrasi *self-efficacy* (A2) pembelajaran pendidikan jasmani), sedangkan *random assignment* pemilihan sampel secara acak dilakukan untuk memilih kelompok yang akan digunakan sebagai sampel (A1, n = 49 dan A2, n = 50). Instrumen yang digunakan adalah *Get Skilled Get Active* digunakan untuk menilai keterampilan gerak dan *Basic Needs Satisfaction in Sport Scale* (BNSSS) untuk mengukur kepuasan kebutuhan dasar dalam olahraga. Hasil penelitian ini (1) terdapat perbedaan pengaruh antara kelompok integrasi *self-efficacy* dan non-integrasi *self-efficacy* dalam pembelajaran pendidikan jasmani dan olahraga terhadap keterampilan gerak dasar siswi, (2) terdapat perbedaan pengaruh antara kelompok integrasi dan non-integrasi *self-efficacy* dalam pembelajaran pendidikan jasmani dan olahraga terhadap tingkat kepuasan siswi. Kesimpulan bahwa integrasi *self-efficacy* lebih baik dibandingkan dengan kelompok non-integrasi *self-efficacy* dalam pembelajaran pendidikan jasmani dan olahraga untuk meningkatkan penguasaan keterampilan gerak dan tingkat kepuasan siswi. Rekomendasi hasil penelitian ini, khususnya bagi guru pendidikan jasmani dan olahraga diharapkan dapat mengintegrasikan *self-efficacy* dalam pembelajaran karena dapat meningkatkan penguasaan keterampilan gerak dan tingkat kepuasan siswi.

**Kata Kunci:** *Self-Efficacy*, Pendidikan Jasmani dan Olahraga, Keterampilan Gerak, Tingkat Kepuasan siswi

**ABSTRACT**  
**INTEGRATION OF SELF-EFFICACY IN LEARNING PHYSICAL  
EDUCATION AND SPORTS TO IMPROVE THE MASTERY OF  
MOVEMENT SKILLS AND LEVEL OF STUDENT SATISFACTION**

**Alek Oktadinata<sup>1</sup>, Herman Subarjah<sup>1</sup>, Komarudin<sup>1</sup>, Yusuf Hidayat<sup>1</sup>**

<sup>1</sup>Program Studi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas  
Pendidikan Indonesia, Bandung

The aim of this research is to examine the integration of self-efficacy in physical education and sports to increase the mastery of movement skills and the level of student satisfaction. This research uses an experimental method with a two group pretest-posttest design approach. The population in this study were female students at State High School (SMA) 5, Jambi City. Determining the sample in this study uses two techniques, namely cluster random sampling and random task, namely using cluster random sampling, which is a random sample selection which is carried out to select each individual cluster that will be used as a sample, in this case every female student who is in a predetermined group ( integrated self-efficacy (A1) and non-integrated self-efficacy (A2) physical learning groups), while random assignment of sample selection was carried out to select groups to be used as samples (A1, n = 49 and A2, n = 50). The instruments used were Get Skilled Get Active to assess movement skills and the Basic Needs Satisfaction in Sport Scale (BNSSS) to measure satisfaction of basic needs in sport. The results of this research are (1) there is a difference in the influence between the self-efficacy of the integration group and the self-efficacy of the non-integration group in physical education and sports learning on students' basic movement skills, (2) there is a difference in influence between the self-efficacy of the integration and non-integration group in educational learning physical and sports on the level of student satisfaction. The conclusion is that the integration of self-efficiency is better than the non-integration of self-efficacy group in physical education and sports learning to increase the mastery of movement skills and the level of student satisfaction. Recommendations from the results of this research, especially for physical education and sports teachers, are expected to be able to integrate self-efficacy into learning because it can increase mastery of movement skills and student satisfaction levels..

**Keywords:** Self-Efficacy, Physical Education, Movement Skills, Sports Satisfaction

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