

**IMPLEMENTASI MODEL PELATIHAN SEPAKBOLA UNTUK MENINGKATKAN  
*LIFE SKILLS* DAN PERFORMA ATLET SEPAKBOLA WANITA  
DI PROVINSI JAMBI**

**DISERTASI**

Diajukan untuk memenuhi sebagian dari syarat untuk memperoleh  
Gelar Doktor dalam Bidang Pendidikan pada Pendidikan Olahraga



oleh

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## LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa disertasi dengan judul “Implementasi Model Pelatihan Sepakbola untuk Meningkatkan *Life Skills* dan Performa Atlet Sepakbola Wanita di Provinsi Jambi” 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 adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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## ABSTRAK

# IMPLEMENTASI MODEL PELATIHAN SEPAKBOLA UNTUK MENINGKATKAN *LIFE SKILLS* DAN PERFORMA ATLET SEPAKBOLA WANITA DI PROVINSI JAMBI

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Sepakbola wanita memberikan sebuah kesan baru di Indonesia, dan memberikan pandangan baru terkait isu gender dalam olahraga. Penelitian ini bertujuan untuk mengetahui pengaruh model latihan Filanesia, *Small sided games* dan Tradisional terhadap peningkatan *Life skills* dan performa. Penelitian ini menggunakan desain *pretest-posttest control group design* dengan jumlah sampel 30 orang atlet sepakbola wanita di universitas Jambi yang dibagi menjadi 3 kelompok. Instrumen yang digunakan yaitu *Life skill scale for Sport* (LSSS) dan *The Game Performance Assessment Instrument* (GPAI). Dalam pelaksanaan penelitian ini, sampel diberikan latihan sepakbola sebanyak 3 kali per minggu, selama 120 menit dan pelatihan dilakukan selama 8 minggu dengan total 16 kali pertemuan. Hasil analisis data menunjukkan bahwa terdapat perbedaan pengaruh dari ketiga model latihan terhadap variabel *life skills* dengan nilai ( $F = 3,741 > 2,96$ ) dan performa dengan nilai ( $F = 3,538 > 2,96$ ). Adapun hasil perbedaan tiga model latihan terhadap *life skill* menunjukkan bahwa: 1) Tidak terdapat perbedaan antara model latihan filanesia dengan model latihan *small sided games*  $t$  hitung =  $0,69 < 1,734$ . 2) Terdapat perbedaan antara model latihan filanesia dengan tradisional  $t$  hitung =  $2,40 > 1,734$ . 3) Terdapat perbedaan antara model latihan *small sided games* dengan tradisional  $t$  hitung =  $2,64 > 1,734$ . Kemudian pada perbedaan tiga model latihan terhadap variabel performa menunjukkan bahwa: 1) Tidak terdapat perbedaan antara model latihan filanesia dengan model latihan *small sided games*  $t$  hitung =  $0,078 < 1,734$ . 2) Terdapat perbedaan antara model latihan filanesia dengan tradisional  $t$  hitung =  $2,43 > 1,734$ . 3) Terdapat perbedaan antara model latihan *small sided games* dengan tradisional  $t$  hitung =  $2,58 > 1,734$ . Kesimpulan dalam penelitian ini adalah bahwa model latihan *small sided games* berpengaruh lebih baik terhadap *life skills* dan performa apabila dibandingkan dengan model latihan filanesia dan tradisional. Sedangkan model filanesia berpengaruh lebih baik terhadap *life skills* dan performa apabila dibandingkan dengan model latihan tradisional.

Kata kunci: sepakbola wanita, model latihan, filanesia, *small sided games*, *Life skills*, performa

## ABSTRACT

### IMPLEMENTATION OF FOOTBALL TRAINING MODEL TO IMPROVE *LIFE SKILLS AND PERFORMANCE OF FEMALE SOCCER ATHLETES* IN JAMBI PROVINCE

**Hendri Munar<sup>1</sup>, Amung Ma'mun<sup>2</sup>, Komarudin<sup>3</sup>, Sucipto<sup>4</sup>**  
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Women's football makes a new impression in Indonesia, and provides a new perspective on gender issues in sport. This research aims to determine the effect of the Filanesian, Small sided games and Traditional training models on improving Life skills and performance. This research used a pretest-posttest control group design with a sample size of 30 female soccer athletes at Jambi University who were divided into 3 groups. The instruments used are the Life Skill Scale for Sport (LSSS) and the Game Performance Assessment Instrument (GPAI). In carrying out this research, the sample was given football training 3 times per week, for 120 minutes and the training was carried out for 8 weeks with a total of 16 meetings. The results of data analysis show that there are differences in the influence of the three training models on the life skills variable with value ( $F = 3.741 > 2.96$ ) and performance with value ( $F = 3.538 > 2.96$ ). The results of the differences between the three training models for life skills show that: 1) There is no difference between the filanesian training model and the small sided games training model,  $t = 0.69 < 1.734$ . 2) There is a difference between the filanesian and traditional training models  $t = 2.40 > 1.734$ . 3) There is a difference between the small sided games training model and the traditional  $t$  count =  $2.64 > 1.734$ . Then, the differences between the three training models on performance variables show that: 1) There is no difference between the filanesian training model and the small sided games training model,  $t = 0.078 < 1.734$ . 2) There is a difference between the filanesian and traditional training models  $t = 2.43 > 1.734$ . 3) There is a difference between the small sided games training model and the traditional  $t$  count =  $2.58 > 1.734$ . The conclusion of this research is that the small sided games training model has a better effect on life skills and performance when compared to filanesian and traditional training models. Meanwhile, the filanesian model has a better effect on life skills and performance when compared to traditional training models.

Keywords: women's football, training model, filanesia, *small-sided games*, *Life skills*, *performance*



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