

**PENGARUH INTEGRASI *LIFE SKILLS* DALAM OLAHRAGA
PENDIDIKAN SEBAGAI IMPLEMENTASI *SPORT FOR
DEVELOPMENT AND PEACE***

DISERTASI

Diajukan untuk Memenuhi Sebagian dari
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Program Studi Pendidikan Olahraga



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DEVELOPMENT AND PEACE***

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**PENGARUH INTEGRASI *LIFE SKILLS* DALAM OLAHRAGA
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh integrasi *life skills* dalam pendidikan jasmani terhadap peningkatan *life skills* siswa. Desain penelitian adalah *pretest posttest control group design*. Pemilihan sampel dilakukan dengan *cluster random sampling* dan *random assignment* dengan hasil sampel penelitian adalah siswa kelas X SMA Negeri 2 Ciamis yang terbagi ke dalam tiga kelompok yakni kelompok *integrated life skills adapting to the material*, *integrated life skills* dan *non integrated*. Jumlah perlakuan adalah delapan kali pertemuan dengan durasi satu pertemuan adalah 3x40 menit. *Life skills* diukur dengan menggunakan angket adaptasi dari *Life Skills Scale for Sport (LSSS)* yang dikembangkan oleh Cronin & Allen (2017). Data hasil penelitian dianalisis dengan Uji Oneway ANOVA dan Uji Tukey. Berdasarkan hasil analisis data diperoleh nilai Fhitung (44,228) lebih besar dari Ftabel (3,090) dan nilai Sig. 0,000 lebih kecil dari 0,05, sehingga terdapat perbedaan pengaruh antara kelompok *integrated life skills adapting to the material*, *integrated life skills* dan *non integrated* dalam peningkatan *life skills* siswa. Lebih lanjut, diketahui nilai rata-rata gain kelompok *integrated life skills adapting to the material* lebih besar dibandingkan dengan nilai rata-rata gain kelompok *integrated life skills* dan kelompok *non integrated life skills*, sehingga dapat diartikan bahwa kelompok *integrated life skills adapting to the material* menunjukkan peningkatan *life skills* paling signifikan. Kesimpulan penelitian adalah terdapat perbedaan pengaruh antara kelompok *integrated adapting to the material*, *integrated life skill* dan *non integrated* dalam peningkatan *life skills* siswa dimana kelompok *integrated adapting to the material* menunjukkan peningkatan paling signifikan.

Kata kunci : *life skills*, integrasi, pendidikan jasmani

**THE EFFECT OF INTEGRATION OF LIFE SKILLS IN SPORTS
EDUCATION AS IMPLEMENTATION OF SPORTS FOR
DEVELOPMENT AND PEACE**

ABSTRACT

This study aims to determine the effect of life skills integration in physical education on improving students' life skills. The research design is a pretest-posttest control group design. The research sample selection was carried out using cluster random sampling and random assignment with the results of the research sample being class. The number of treatments was eight meetings with the duration of one meeting being 3x40 minutes. Life skills were measured using an adaptation questionnaire from the Life Skills Scale for Sport (LSSS) developed by Cronin & Allen (2017). The research data were analyzed using the Oneway ANOVA Test and the Tukey Test. Based on the results of the data analysis, the Fcount value (44.228) was greater than Ftable (3.090) and the Sig. value of 0.000 was smaller than 0.05, so there is a difference in influence between the integrated life skills adapting to the material, integrated life skills and non-integrated groups in improving students' life skills. Furthermore, it is known that the average gain value for the integrated life skills adapting to the material group is greater than the average value for the integrated life skills group and the non-integrated life skills group, so it can be interpreted that the integrated life skills adapting to the material group shows an increase most significant life skills. The research concludes that there is a difference in influence between the integrated adapting to the material, integrated life skills and non-integrated groups in improving students' life skills, where the integrated adapting to the material group shows the most significant improvement.

Keywords: life skills, integrated, physical education

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