

**KONTRIBUSI LATIHAN OLAHRAGA DALAM MEMBANGUN KARAKTER
PERCAYA DIRI, DISPLIN, DAN TANGGUNG JAWAB
ATLET ELIT DISABILITAS INDONESIA**

DISERTASI

Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar
Doktor Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

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PERCAYA DIRI DISPLIN DAN TANGGUNG JAWAB
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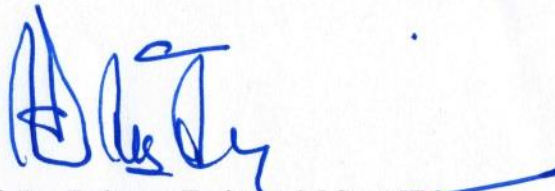
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KARAKTER PERCAYA DIRI DISPLIN DAN TANGGUNG JAWAB ATLET
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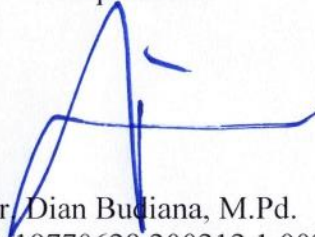
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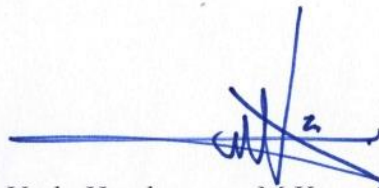
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ABSTRAK

Penelitian ini bertujuan untuk menganalisis kontribusi latihan olahraga dalam membangun karakter percaya diri, disiplin dan tanggung jawab atlet elit disabilitas Indonesia. Penelitian ini menggunakan metode deskriptif kuantitatif. Sebanyak 47 atlet disabilitas menjadi sampel penelitian, yang diambil dengan menggunakan teknik *purposive sampling*. Instrumen penelitian yaitu lembar/google form kuesioner implementasi Latihan olahraga, kuesioner percaya diri, disiplin dan tanggung jawab atlet disabilitas yang telah diuji validitas dan reliabilitasnya. Analisis data dengan ketentuan analisis deskriptif kuantitatif, analisis regresi linear dan uji determinasi. Hasil penelitian adalah (1) Implementasi Latihan olahraga pada atlet disabilitas yaitu 68,09% berada pada kategori sangat baik, 27,66% baik, 2,13% sedang, dan 2,13% kurang; (2) Karakter percaya diri atlet disabilitas 82,98% berada pada kategori sangat tinggi, 8,51% tinggi, 6,38% sedang, dan 2,13% rendah; (3) Karakter disiplin atlet disabilitas yaitu 82,98% berada pada kategori sangat tinggi, 8,51% tinggi, 6,38% sedang, dan 2,13% rendah; (4) Karakter tanggung jawab atlet disabilitas yaitu 82,98% berada pada kategori sangat tinggi, 12,77% tinggi, 4,26% sedang; (5) Terdapat kontribusi latihan olahraga dalam membangun karakter atlet elit disabilitas Indonesia. Besarnya kontribusi latihan olahraga terhadap karakter percaya diri atlet disabilitas adalah sebesar 64% berada pada kategori moderat; (6) Terdapat kontribusi latihan olahraga dalam membangun karakter atlet elit disabilitas Indonesia. Besarnya kontribusi latihan olahraga terhadap karakter disiplin atlet disabilitas adalah sebesar 45,6% berada pada kategori moderat; (7) Terdapat kontribusi latihan olahraga dalam membangun karakter atlet elit disabilitas Indonesia. Besarnya kontribusi latihan olahraga terhadap karakter tanggung jawab atlet disabilitas adalah sebesar 49,8% berada pada kategori moderat, sedangkan lainnya dipengaruhi oleh faktor atau variabel lain di luar penelitian ini. Rekomendasi penelitian berikutnya yaitu agar mengembangkan program latihan dan Latihan olahraga yang berkualitas dalam upaya membangun karakter percaya diri, disiplin dan tanggung jawab untuk meningkatkan prestasi atlet elit disabilitas Indonesia.

Kata Kunci: Atlet Disabilitas, Latihan Olahraga, Karakter, Percaya Diri, Disiplin, Tanggung Jawab.

Dian Permana, Disertasi, 2024, Contribution of Sports Training in Building the Character of Self-Confidence, Discipline and Responsibility in Indonesian Elite Athletes with Disabilities.

ABSTRACT

This research aims to analyze the contribution of sports training in building the character of self-confidence, discipline and responsibility in elite athletes with disabilities in Indonesia. This research uses quantitative descriptive methods. A total of 47 disabled athletes were the research samples, taken using purposive sampling techniques. The research instruments are a questionnaire sheet/google form for the implementation of sports coaching, a questionnaire for the confidence, discipline and responsibility of athletes with disabilities which have been tested for validity and reliability. Data analysis using quantitative descriptive analysis, linear regression analysis and determination tests. The results of the research are (1) Implementation of sports coaching for athletes with disabilities, namely 68.09% in the very good category, 27.66% good, 2.13% moderate, and 2.13% poor; (2) The character of self-confidence of athletes with disabilities is 82.98% in the very high category, 8.51% high, 6.38% moderate, and 2.13% low; (3) The discipline character of disabled athletes, namely 82.98% are in the very high category, 8.51% high, 6.38% moderate, and 2.13% low; (4) Characteristics of responsibility of athletes with disabilities, namely 82.98% are in the very high category, 12.77% high, 4.26% moderate; (5) There is a contribution of sports training in building the character of elite athletes with disabilities in Indonesia. The contribution of sports training to the self-confident character of athletes with disabilities is 64% in the moderate category; (6) There is a contribution of sports training in building the character of elite athletes with disabilities in Indonesia. The contribution of sports training to the disciplinary character of disabled athletes is 45.6% in the moderate category; (7) There is a contribution of sports training in building the character of elite athletes with disabilities in Indonesia. The contribution of sports training to the responsible character of athletes with disabilities is 49.8% in the moderate category, while the others are influenced by other factors or variables outside this research. The next research recommendation is to develop quality sports training and coaching programs in an effort to build the character of self-confidence, discipline and responsibility to improve the performance of elite athletes with disabilities in Indonesia.

Keywords: *Athletes with Disabilities, Sport and Exercise, Character, Self-Confidence, Discipline, Responsibility.*

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