

**MODEL LATIHAN PANJAT TEBING TERINTEGRASI *LIFE SKILLS*
DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

DISERTASI

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



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

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Sebuah disertasi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Doktorat pada Program Studi Pendidikan Olahraga Sekolah Pascasarjana Universitas Pendidikan Indonesia

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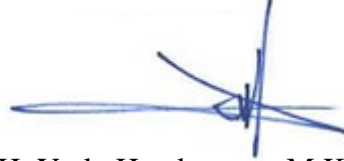
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KATA PENGANTAR



Puji dan syukur penulis panjatkan ke hadirat Allah SWT, yang telah melimpahkan rahmat dan hidayah-Nya, shalawat serta salam semoga tetap terlimpah curahkan kepada junjungan alam pembawa kebenaran Habibana Wanabiyana Muhammad SAW, sehingga penulis dapat menyelesaikan disertasi ini yang berjudul “**Model Latihan Panjat Tebing Terintegrasi *Life skills* Dalam Rangka *Positive Youth Development*”**”.

Maksud dan tujuan penyusunan disertasi ini adalah untuk memenuhi salah satu syarat memperoleh gelar Doktor pada Program Studi Pendidikan Olahraga, Pascasarjana Universitas Pendidikan Indonesia.

Selama penyusunan disertasi ini banyak rintangan dan kesulitan yang penulis hadapi, namun penulis mendapat dorongan dan bantuan dari berbagai pihak, sehingga segala rintangan dan kesulitan tersebut dapat penulis atasi.

Akhirnya dengan segala kerendahan hati, penulis berharap semoga disertasi ini dapat bermanfaat bagi dunia ilmu pengetahuan pada umumnya dan bagi penulis pada khususnya, serta diharapkan dapat memberikan sumbangan pemikiran untuk para Dosen Olahraga dan Guru Pendidikan Jasmani, Olahraga dan Kesehatan.

Penulis menyadari bahwa disertasi ini masih ada kekurangan, kritik dan saran yang sifatnya membangun mudah-mudahan bisa memberikan perbaikan bagi penulis di masa depan dan semoga disertasi ini bermanfaat bagi kita semua. Amiin.

Semoga amal baik yang telah diberikan kepada penulis mendapat balasan pahala yang berlipat ganda dari Allah SWT. Aamiin

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Rd. Herdi Hartadji

UCAPAN TERIMA KASIH

Dalam penyelesaian Disertasi ini, penulis banyak mendapat arahan, bantuan dan bimbingan dari berbagai pihak. Oleh karena itu, dalam kesempatan yang baik ini perkenankan penulis untuk mengucapkan rasa terima kasih yang sebesar-besarnya kepada yang terhormat :

1. Prof. Dr. H. M. Solehuddin M.Pd., M.A. selaku Rektor Universitas Pendidikan Indonesia, yang telah memberikan kemudahan dan kebijakan selama studi.
2. Prof. Dr. Juntika Nurihsan, M.Pd. selaku Direktur Sekolah Pascasarjana Universitas Pendidikan Indonesia. yang telah memberikan fasilitas dan kemudahan kepada penulis selama dalam studi.
3. Prof. Dr. H. Amung Ma'Mun, M.Pd. selaku Ketua Program Studi Pendidikan Olahraga SPs UPI yang telah banyak memberikan izin dan rekomendasinya kepada penulis selama studi serta ilmu yang telah diberikan, sekaligus sebagai Promotor disertasi atas arahan, bimbingan, dan motivasi kepada penulis untuk lebih luas mengungkap pemahaman ruang lingkup nilai-nilai universal olahraga sehingga disertasi ini dapat terselesaikan.
4. Prof. Dr. H. Yudy Hendrayana, M.Kes., AIFO. selaku kopromotor yang telah banyak memberikan motivasi, waktu, dan dukungan yang luar biasa bagi penulis dan dengan teliti serta sabar dalam membimbing penulis untuk menyelesaikan disertasi ini.
5. Prof. Dr. Hj. Tite Juliantine, M.Pd. selaku Anggota dalam penyusunan disertasi ini, yang telah memberikan banyak masukan, pandangan dan arahan kepada penulis, serta kesabarannya dalam membimbing sehingga penulis dapat menyelesaikan studi.
6. Staf dan Dosen di Prodi POR SPs UPI yang telah membekali ilmu dan pengetahuannya serta arahan kepada penulis selama mengikuti studi.
7. Rektor Universitas Siliwangi yang telah memberikan izin dan rekomendasi kepada penulis untuk dapat melanjutkan pendidikan doktoral.
8. Dekan FKIP Universitas Siliwangi yang telah memberikan izin dan rekomendasi kepada penulis untuk dapat melanjutkan pendidikan.

9. Rekan Dosen Pendidikan Jasmani Universitas Siliwangi yang tidak dapat disebutkan satu persatu yang telah memberikan dukungan serta bantuan bagi penulis selama menempuh pendidikan.
10. Harry Suliztiarto selaku Pelopor berkembangnya Panjat Tebing di Indonesia serta Djati Pranoto selaku Pelopor *Speed Climbing BIG Wall* di Indonesia, yang telah memberikan rekomendasi dan berbagai informasi yang dibutuhkan penulis untuk menyelesaikan disertasi ini.
11. Kepala sekolah, Guru PJOK dan Murid SMP Negeri 4 Kota Tasikmalaya yang turut membantu dalam melancarkan penelitian ini dengan memberikan informasi yang dibutuhkan sehingga penelitian ini berjalan dengan lancar.
12. Kedua orang tua tercinta Rd. U. Subawidjaja (alm) dan Rd. Harwasih (Alm).
13. Istriku tercinta Rina Farida, SE. yang telah selalu senantiasa sabar menemani dan mendukung penulis selama menyelesaikan studi, perjuangan dan doa yang tidak pernah terhenti dalam menggapai cita-cita ini. Untuk kedua anak tercinta saya, Rd. Haitsam Zahir Hartadji dan Rd. Haidar Zarar Hartadji yang dengan penuh suka cita menemani penulis dan memberikan semangat yang luar biasa.
14. Rekan-rekan POR 2018 teman seperjuangan SPs UPI yang telah saling membantu selama menyelesaikan studi. Perjuangan kita masih sangat Panjang.
15. Semua pihak yang tidak dapat penulis sebutkan satu per satu atas segala bantuan dan kerjasamanya. Semoga amal baik semua pihak mendapat ganjaran yang lebih baik dan berlipat ganda dari Allah SWT. Aamiin

Bandung, Juli 2024

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ABSTRAK

MODEL LATIHAN PANJAT TEBING TERINTEGRASI *LIFE SKILLS* DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT*

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Prof. Dr. H. Amung Ma'Mun, M.Pd.

Prof. Dr. H. Yudy Hendrayana, M.Kes., AIFO.

Prof. Dr. Hj. Tite Juliantine, M.Pd.

Penelitian ini bertujuan untuk mengevaluasi pengaruh integrasi *life skills* dalam model latihan panjat tebing terhadap perkembangan remaja dalam konteks *Positive Youth Development (PYD)* pada siswa Menengah Pertama di Kota Tasikmalaya. Menggunakan desain *Pretest-Posttest Control Group Design* dengan lebih dari satu kelompok eksperimen, partisipan dibagi menjadi kelompok yang menerima latihan panjat tebing dengan integrasi *life skills* dan kelompok yang tidak menerima integrasi tersebut. Instrumen penelitian menggunakan adaptasi kuesioner *Life Skills Scale For Sport* (Cronin & Allen, 2017) untuk mengukur perkembangan *life skills* sebelum dan sesudah intervensi. Hasil penelitian menunjukkan bahwa kelompok yang menerima integrasi *life skills* dalam latihan panjat tebing mengalami peningkatan signifikan dalam penguasaan *life skills* dibandingkan kelompok yang tidak menerima integrasi, dengan analisis N-Gain menunjukkan peningkatan yang lebih tinggi pada kelompok terintegrasi. Temuan ini mendukung penggunaan program olahraga terstruktur yang mengintegrasikan *life skills* sebagai strategi efektif untuk mendukung *PYD*. Perbedaan signifikan antara kelompok terintegrasi, non-integrasi, dan kelompok kontrol mengindikasikan pentingnya pendekatan holistik dalam pengembangan remaja. Penelitian ini menyimpulkan bahwa integrasi *life skills* dalam latihan panjat tebing memberikan dampak positif yang substansial terhadap perkembangan karakter dan keterampilan hidup remaja, dengan implikasi yang meliputi rekomendasi untuk penggunaan program olahraga terintegrasi di sekolah serta pengembangan prasarana yang mendukung implementasi program ini. Penelitian ini memberikan kontribusi penting dalam bidang pendidikan jasmani dan pengembangan remaja secara holistik.

Kata Kunci : Model Latihan, Panjat Tebing, *Life skills*, *Positive Youth Development*.

ABSTRACT

MODEL OF ROCK CLIMBING EXERCISES INTEGRATED WITH LIFE SKILLS FOR POSITIVE YOUTH DEVELOPMENT

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Prof. Dr. H. Yudy Hendrayana, M.Kes., AIFO.

Prof. Dr. Hj. Tite Juliantine, M.Pd.

This study aimed to evaluate the effect of life skills integration in a rock climbing training model on adolescent development in the context of Positive Youth Development (PYD) among junior high school students in Tasikmalaya City. Using a Pretest-Posttest Control Group Design with more than one experimental group, participants were divided into groups that received rock climbing training with life skills integration and groups that did not receive such integration. The research instrument used an adaptation of the Life Skills Scale For Sport questionnaire (Cronin & Allen, 2017) to measure the development of life skills before and after the intervention. The results showed that the group that received life skills integration in rock climbing training had a significant increase in life skills mastery compared to the group that did not receive integration, with N-Gain analysis showing a higher increase in the integrated group. These findings support the use of structured exercise programs that integrate life skills as an effective strategy to support PYD. Significant differences between the integrated, non-integrated and control groups indicate the importance of a holistic approach in adolescent development. This study concludes that the integration of life skills in rock climbing training has a substantial positive impact on adolescents' character development and life skills, with implications that include recommendations for the use of integrated sports programs in schools as well as the development of infrastructure that supports the implementation of these programs. This research makes an important contribution to the field of physical education and holistic adolescent development.

Keywords: *Training Model, Rock Climbing, Life skills, Positive Youth Development*

DAFTAR ISI

HALAMAN PENGESAHAN DISERTASI	i
SURAT PERNYATAAN.....	ii
KATA PENGANTAR	iii
ABSTRAK	vi
DAFTAR ISI.....	viii
DAFTAR TABEL.....	x
DAFTAR GAMBAR	xi
DAFTAR LAMPIRAN.....	xii
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian	15
1.3 Tujuan Penelitian.....	16
1.4 Manfaat Penelitian.....	17
1.5 Struktur Organisasi Disertasi.....	18
BAB II KAJIAN PUSTAKA.....	21
2.1 Tinjauan Teoretis.....	21
2.1.1 Panjat Tebing	21
2.1.2 <i>Life skills</i>	32
2.1.3 <i>Positive Youth Development</i>	48
2.1.4 Potensi Olahraga sebagai Sarana Memfasilitasi Pengembangan Pemuda	55
2.1.5 Indeks Massa Tubuh.....	60
2.1.6 Model Latihan Panjat Tebing	61
2.2 Penelitian Relevan	63
2.3 Kerangka Berpikir	64
2.4 Hipotesis	73
BAB III METODOLOGI PENELITIAN	74
3.1 Desain Penelitian	74
3.2 Metode Penelitian.....	75
3.3 Partisipan	76
3.4 Populasi dan Sampel	76
3.5 Instrumen Penelitian.....	79
3.6 Prosedur Penelitian.....	84
3.7 Analisis Data	85

3.7.1 Uji Validitas	85
3.7.2 Uji Reliabilitas	86
3.7.3 Uji Efektivitas Model.....	86
a) Uji Normalitas	87
b) Uji Homogenitas.....	87
c) <i>Independent t-test</i>	87
BAB IV TEMUAN DAN PEMBAHASAN	89
4.1 Temuan	89
4.1.1 Deskripsi Data	90
4.1.2 Uji Asumsi Statistik.....	91
4.2 Pembahasan	99
BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI	122
5.1 Simpulan.....	122
5.2 Implikasi	123
5.3 Rekomendasi	124
DAFTAR PUSTAKA	125
RIWAYAT HIDUP.....	205

DAFTAR TABEL

Tabel 2. 1 Indikator Kerja Tim	36
Tabel 2. 2 Indikator Penetapan Tujuan	37
Tabel 2. 3 Indikator Manajemen Waktu	38
Tabel 2. 4 Indikator Kecakapan Emosional	39
Tabel 2. 5 Indikator Komunikasi Interpersonal	40
Tabel 2. 6 Indikator Kecakapan Sosial	40
Tabel 2. 7 Indikator Kepemimpinan	41
Tabel 2. 8 Indikator Pemecahan Masalah dan Pengambilan Keputusan	42
Tabel 3.1 Pretest-Posttest Control Group Design with More Than One Experimental Group.	74
Tabel 3. 2 Sampel Penelitian.....	79
Tabel 3.3 Instrumen Penelitian	80
Tabel 3.4 Instrumen Penelitian	81
Tabel 3.5 Instrumen Penelitian	82
Tabel 3.6 Instrumen Penelitian	83
Tabel 3.7 Instrumen Penelitian	84
Tabel 4.1 N-Gain Pretest dan Posttest	90
Tabel 4.2 Uji Normalitas.....	93
Tabel 4.3 Uji Homogenitas	93

DAFTAR GAMBAR

Gambar 2. 1 Integrasi Life skills.....	46
Gambar 3.1 Prosedur Penelitian.....	85
Gambar 4. 1 Papan Tebing Panjat.....	108
Gambar 4.2 Desain Tebing Panjat	108
Gambar 4.3 Desain Gerak Panjat 1	109
Gambar 4.4 Desain Gerak Panjat 2	109
Gambar 4.5 Desain Gerak Panjat 3	109
Gambar 4.6 Desain Gerak Panjat 4	109
Gambar 4.7 Desain Gerak Panjat 5	110
Gambar 4.8 Desain Gerak Panjat 6	110
Gambar 4.9 Desain Gerak Panjat 7	110
Gambar 4.10 Desain Gerak Panjat 8	111
Gambar 4.11 Sebuah model dari interpretasi yang berbeda mengenai pengembangan olahraga	117
Gambar 4.12 Model Pembelajaran Panjat Tebing Terintegrasi life skills.....	119

DAFTAR LAMPIRAN

Lampiran 1 Surat Keputusan (SK) Pembimbing Disertasi	134
Lampiran 2 Surat Ijin Penelitian Disertasi	136
Lampiran 3 Surat Balasan Melaksanakan Penelitian	137
Lampiran 4 Angket Penelitian	138
Lampiran 5 Lembar Judgment Expert	143
Lampiran 6 Program kegiatan latihan panjat tebing terintegrasi life skill (Kelompok Eskperimen 1)	167
Lampiran 7 Program kegiatan latihan panjat tebing terintegrasi non life skills (Kelompok Eskperimen 2)	184
Lampiran 8 Analisis Data Penelitian.....	192
Lampiran 9 Dokumentasi Penelitian.....	199

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