

**HUBUNGAN PARTISIPASI OLAHRAGA DENGAN
PERKEMBANGAN *SOCIAL CAPITAL***

DISERTASI

*diajukan untuk memenuhi sebagian dari syarat memperoleh Gelar Doktor pada
Program Studi Pendidikan Olahraga*



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

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**HUBUNGAN PARTISIPASI OLAHRAGA DENGAN
PERKEMBANGAN *SOCIAL CAPITAL***

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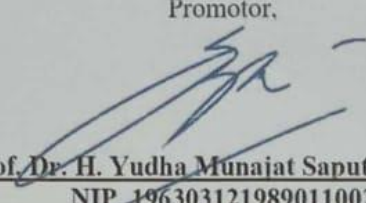
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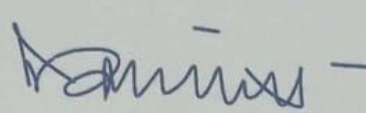
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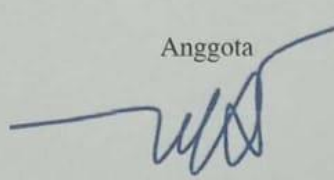
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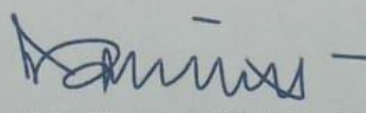
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ABSTRAK

HUBUNGAN PARTISIPASI OLAHRAGA DENGAN PERKEMBANGAN *SOCIAL CAPITAL*

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Penelitian ini difokuskan pada analisis partisipasi dalam kegiatan olahraga terhadap perkembangan *Social Capital* pada mahasiswa Universitas Majalengka. Pendekatan kuantitatif digunakan dengan 245 mahasiswa sebagai sampel yang dipilih menggunakan *purposive sampling*. Data dalam penelitian ini dikumpulkan melalui Kuesioner Partisipasi Olahraga dan Kuesioner *Social Capital*, kemudian dianalisis menggunakan metode statistik deskriptif untuk menggambarkan karakteristik data, serta metode korelasional untuk mengevaluasi hubungan antara variabel-variabel penelitian. Hasil penelitian menunjukkan adanya hubungan positif yang signifikan antara partisipasi olahraga dengan pengembangan *Social Capital*, baik pada kelompok laki-laki maupun perempuan, dan pada semua tingkat mahasiswa Universitas Majalengka. Namun, meskipun terjadi peningkatan kekuatan hubungan antara partisipasi olahraga dan *Social Capital* dari masing-masing tingkatan mahasiswa, akan tetapi perbedaan tersebut tidak signifikan secara statistik. Yang berarti bahwa perbedaan kekuatan hubungan antara tingkatan mahasiswa tidak cukup besar untuk dianggap berbeda secara substansial. Hal ini menegaskan pentingnya partisipasi dalam kegiatan olahraga bukan hanya untuk aspek kesehatan fisik tetapi juga sebagai sarana penting dalam membangun relasi sosial dan *Social Capital*. Oleh karena itu, disarankan agar lembaga memberikan fasilitas dan dukungan yang lebih luas dan terjangkau terhadap kegiatan olahraga guna berdampak positif pada perkembangan *Social Capital*. Harapannya, kebijakan ini dapat memperluas manfaat dari olahraga tidak hanya sebagai aktivitas fisik semata tetapi juga sebagai bagian dari upaya memperkuat *Social Capital* di lingkungan akademik.

Kata kunci: Partisipasi Olahraga, *Social Capital*, Gender, Tingkatan Mahasiswa

ABSTRACT

RELATIONSHIP BETWEEN SPORTS PARTICIPATION AND *SOCIAL CAPITAL* DEVELOPMENT

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This study focuses on the analysis of participation in sports activities on the development of *Social Capital* in students of Majalengka University. A quantitative approach was used with 245 students as samples selected using purposive sampling. The data in this study were collected through the Sports Participation Questionnaire and the *Social Capital* Questionnaire, then analyzed using descriptive statistical methods to describe the characteristics of the data, and correlational methods to evaluate the relationship between the research variables. The results of the study showed a significant positive relationship between sports participation and the development of *Social Capital*, both in male and female groups, and at all levels of students at Majalengka University. However, although there was an increase in the strength of the relationship between sports participation and *Social Capital* from each level of students, the difference was not statistically significant. Which means that the difference in the strength of the relationship between student levels is not large enough to be considered substantially different. This emphasizes the importance of participation in sports activities not only for physical health aspects but also as an important means of building social relations and *Social Capital*. Therefore, it is recommended that institutions provide wider and more affordable facilities and support for sports activities in order to have a positive impact on the development of *Social Capital*. It is hoped that this policy can expand the benefits of sports not only as physical activities but also as part of efforts to strengthen *Social Capital* in the academic environment.

Keywords: Sports Participation, *Social Capital*, Gender, Student Level

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