

**PENGEMBANGAN INSTRUMEN SKALA KECAKAPAN HIDUP
PADA OLAHRAGA BULUTANGKIS DALAM RANGKA
*POSITIVE YOUTH DEVELOPMENT***

DISERTASI

diajukan untuk memenuhi sebagai syarat untuk memperoleh gelar
Doktor Pendidikan Olahraga



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POSITIVE YOUTH DEVELOPMENT**

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ABSTRAK

Isu global pentingnya pengembangan potensi pemuda menjadi salah satu isu menarik dalam beberapa hasil penelitian terdahulu, salah satunya berpartisipasi dalam program berdasarkan perspektif *positive youth development* (PYD) yang berdampak pada perkembangan positif. Salah satu variabel yang menjadi fokus dalam menilai program PYD adalah kecakapan hidup, oleh sebab itu, salah satu bagian terpenting dalam menilai kecakapan hidup adalah ketersediaan instrumen yang terukur dan objektif. Penelitian ini bertujuan untuk mengembangkan instrumen kecakapan hidup pada olahraga bulutangkis. Spesifikasi produk yang dikembangkan adalah instrumen non tes yaitu skala kecakapan hidup dalam olahraga bulutangkis yang dikenal dengan *Life Skill Scale for Badminton Sport* (LSSBS). Penelitian dilaksanakan menggunakan metode *Research and Development* (R&D) melalui tiga tahapan utama yaitu *define*, *design*, dan *development* yang dielaborasi kedalam 10 sub tahapan pengembangan skala psikologis. Item pernyataan yang sudah dikembangkan dinilai oleh 5 ahli bahasa dalam proses penilaian validasi bahasa, 17 ahli dalam proses penilaian validasi ahli, 50 atlet bulutangkis pada uji coba lapangan pertama, 810 atlet bulutangkis pada uji coba lapangan kedua, dan 154 atlet bulutangkis pada uji coba lapangan ketiga. Analisis statistik yang digunakan dalam pengujian prasarat instrumen di antaranya 1) Analisis Prosentasi, 2) Analisis Iken-V, 3) Reliabilitas *Cronbach's Alpha*, 4) *Exploratory Faktor Analysis* (EFA), dan 5) Korelasi *Person Product Moment* (PPM). Hasil analisis pada pengembangan tahap awal menunjukkan bahwa 162 item yang sudah dikembangkan dinyatakan layak oleh para ahli dengan nilai rata-rata koefisien validitas Iken 0,83. Hasil analisis uji coba lapangan tahap pertama terpilih 157 item yang memenuhi kriteria validitas dan reliabilitas (*anti image* > 0,50, *factor loading* > 0,40, dan *pa* > 0,80). Hasil analisis pada uji coba tahap kedua terpilih 52 item yang dijadikan item final dalam instrumen LSSBS (*anti image* > 0,50, *factor loading* > 0,50, dan *pa* > 0,80). Sedangkan, hasil analisis pada uji coba tahap ketiga memperoleh nilai validitas kecocokan instrumen LSSBS dengan instrumen standar (LSSS) sebesar 0,73. Berdasarkan hasil analisis, dapat disimpulkan bahwa instrumen skala kecakapan hidup yang terdiri dari 52 item pernyataan sudah dinyatakan layak dan reliabel untuk mengukur kecakapan hidup atlet bulutangkis. Oleh sebab itu, instrumen LSSBS yang dihasilkan dalam penelitian dan pengembangan ini dapat digunakan oleh guru atau pelatih untuk mengukur dan menilai kecakapan hidup siswa atau atlet pada pelatihan bulutangkis.

Kata Kunci: Instrumen, Kecakapan Hidup, *Positive Youth Development*, Bulutangkis

DEVELOPMENT OF LIFE SKILL SCALE INSTRUMENT FOR BADMINTON SPORT IN POSITIVE YOUTH DEVELOPMENT FRAMEWORKS

ABSTRACT

The importance of developing youth potential has become one of the interesting global issues in several previous research results, one of which is participating in a program integrating positive youth development (PYD) which has a positive impact on development. One of the prominent variables in assessing PYD program is life skills, thus the availability of measurable and objective instruments for assessing life skills is vital. This study aimed to develop a life skill instrument for badminton sport. The specifications of the developed product belong to non-test instruments, namely the Life Skill Scale for Badminton Sport (LSSBS). The study was conducted using the Research and Development (R&D) method through three main stages, namely define, design, and development which were elaborated into 10 sub-stages of psychological scale development. The developed statement items were assessed by 5 language experts in the language validation assessment process, 17 experts in the expert validation assessment process, 50 badminton athletes in the first field trial, 810 badminton athletes in the second field trial, and 154 badminton athletes in the third field trial. Statistical analysis used in testing instrument prerequisites involved 1) Percentage Analysis, 2) Iken-V Analysis, 3) Cronbach's Alpha Reliability Analysis, 4) Exploratory Factor Analysis (EFA), and 5) Person Product Moment Correlation (PPM). The analysis results of the initial development stage showed that 162 items that had been developed were declared feasible by experts with mean value of the Iken validity coefficient of 0.83. The analysis results of the first stage of the field trial presented that selected 157 items met the validity and reliability criteria (anti-image > 0.50, factor loading > 0.40, and $\rho\alpha > 0.80$). The results of the analysis of the second trial stage showed that 52 items were selected to be used as final items in the LSSBS instrument (anti-image > 0.50, factor loading > 0.50, and $\rho\alpha > 0.80$). Meanwhile, the results of the analysis of the third trial stage obtained a validity value of 0.73 for the suitability of the LSSBS instrument with the standard instrument (LSSS). Based on the results of the analysis, it concludes that the life skill scale instrument consisting of 52 statement items has been declared feasible and reliable to measure life skills of badminton athletes. Therefore, the LSSBS instrument produced and developed in this research can be used by teachers or coaches to measure and assess life skills of students or athletes in badminton trainings.

Keywords: Instruments, Life Skills, Positive Youth Development, Badminton

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