

***POSITIVE YOUTH DEVELOPMENT 12CS DAN  
KETERAMPILAN ABAD 21 MELALUI  
OUTDOOR EDUCATION***



**DISERTASI**

Diajukan untuk memenuhi syarat memperoleh gelar Doktor pada  
Program Studi Pendidikan Olahraga

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**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA  
2025**

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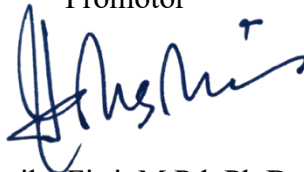
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## ABSTRAK

Penelitian ini bertujuan untuk menganalisis pengaruh *outdoor education* (OE) terhadap *positive youth development* (PYD) 12Cs dan keterampilan abad 21. Metode yang digunakan adalah eksperimen dengan desain *Pretest - posttest control group design with more than one experimental*, dimana variabel bebasnya adalah *outdoor education* (OE) dan variabel terikatnya adalah PYD 12Cs dan keterampilan abad 21. Populasi adalah siswa dan siswi kelas 10A-10D SMA Labschool UPI Bumi Siliwangi dengan total 107 peserta, pengambilan sampling menggunakan *stratified random sampling* dengan menggunakan test kebugaran untuk membagi siswa menjadi menjadi 4 kelompok: kelompok program integrasi PYD 12Cs, kelompok integrasi keterampilan abad 21, kelompok integrasi kombinasi dan kelompok non-integrasi. Program yang diberikan adalah 12 aktivitas OE yang diintegrasikan dengan setiap komponen PYD 12Cs dan keterampilan abad 21 yang dilaksanakan dengan penggunaan waktu efektif pembelajaran lapangan 2440 menit (24 SKS) bertempat di Subang, Jawa Barat. Instrumen penelitian menggunakan angket PYD 12Cs dan angket keterampilan abad 21. Pengolahan data menggunakan analisis uji *paired sample T-Test*, *ANOVA oneway* dan *Uji Tukey*. Hasil penelitian dalam variabel PYD 12Cs menunjukkan 4 kelompok program terdapat peningkatan skor dengan perbedaan pengaruh yang signifikan, dengan peningkatan paling tinggi terjadi pada kelompok program OE integrasi PYD 12Cs. Sedang pada variabel keterampilan abad 21 menunjukkan 4 kelompok program terdapat peningkatan skor dengan perbedaan pengaruh signifikan, dengan peningkatan paling tinggi terjadi pada kelompok program OE integrasi keterampilan abad 21. Temuan ini membuktikan bahwa prinsip integrasi dalam OE harus menjadi bagian penting dalam mendukung perkembangan remaja dan mempersiapkan mereka untuk menghadapi tantangan global di masa depan.

Kata kunci : *Positive Youth Development* 12Cs, keterampilan abad 21, *outdoor education*

## ABSTRAC

This study aims to analyze the influence of outdoor education (OE) on positive youth development (PYD) 12Cs and 21st century skills. The method used is an experiment with a Pretest - posttest control group design with more than one experimental, where the independent variable is outdoor education (OE) and the bound variable is PYD 12Cs and 21st century skills. The population is students and students in grades 10A-10D of SMA Labschool UPI Bumi Siliwangi with a total of 107 participants, sampling was taken using stratified random sampling using fitness tests to divide students into 4 groups: PYD 12Cs integration program group, 21st century skills integration group, combination integration group and non-integration group. The program provided is 12 OE activities integrated with each component of PYD 12Cs and 21st century skills which are carried out with the effective use of 2440 minutes (24 credits) of field learning time in Subang, West Java. The research instrument used the PYD 12Cs questionnaire and the 21st century skills questionnaire. Data processing used paired sample analysis T-Test, ANOVA oneway and Tukey Test. The results of the study in the PYD 12Cs variable showed that 4 program groups had an increase in scores with significant differences in influence, with the highest increase occurring in the PYD 12Cs integration program group. Meanwhile, in the 21st century skill variable, there was an increase in scores in 4 program groups with significant difference in influence, with the highest increase occurring in the 21st century skill integration group. These findings prove that the principle of integration in OE should be an important part in supporting the development of adolescents and preparing them to face future global challenges.

**Keywords:** positive youth development 12Cs, 21st century skills, outdoor education

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