

**INTEGRASI *LIFE SKILLS* PADA OLAHRAGA GULAT DALAM
RANGKA *POSITIVE YOUTH DEVELOPMENT (PYD)***

Tesis

diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister
Pendidikan Program Studi Pendidikan Olahraga



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2025**

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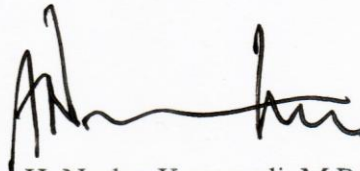
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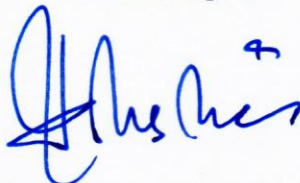
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Puji dan syukur penulis panjatkan kepada Allah SWT yang telah memberikan rahmat dan karunia-Nya kepada penulis sehingga dapat menyelesaikan tesis yang berjudul “Integrasi *Life skills* pada Olahraga Gulat dalam Rangka *Positive Youth Development (PYD)*”. Tesis ini bertujuan untuk memperoleh gelar magister pendidikan pada program studi Pendidikan Olahraga Sekolah Pascasarjana Universitas Pendidikan Indonesia.

Dalam proses penulisan tesis ini berbagai hambatan yang dihadapi oleh penulis, berkat dorongan dan bantuan dari berbagai pihak akhirnya penulis dapat mengatasi dan menyelesaikan tesis ini.

Penulis menyadari bahwa dalam penelitian ini masih terdapat kesalahan dan kekurangan. Maka dari itu, penulis mengharapkan kritik dan saran yang membangun agar penulis dapat menyempurnakan penelitian ini. Semoga hasil dari penelitian ini dapat bermanfaat bagi banyak pihak.

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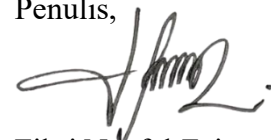
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Bandung, Juni 2025

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Fikri Naufal Zain

ABSTRAK
INTEGRASI *LIFE SKILLS* PADA OLAHRAGA GULAT DALAM
RANGKA *POSITIVE YOUTH DEVELOPMENT (PYD)*

Fikri Naufal Zain

Pembimbing I Prof. Dr. H. Nurlan Kusmaedi, M.Pd.

Pembimbing II Mustika Fitri, M.Pd., Ph.D.

Penelitian ini bertujuan untuk menganalisis pengaruh pelatihan olahraga gulat yang terintegrasi kecakapan hidup dan nonintegrasi kecakapan hidup terhadap perkembangan keterampilan hidup dalam rangka pengembangan pemuda yang positif. Metode yang digunakan adalah eksperimen dengan desain pretes- postes kontrol grup. Sampel terdiri dari dua kelompok, yaitu kelompok eksperimen (pelatihan gulat terintegrasi kecakapan hidup) dan kelompok kontrol (pelatihan gulat nonintegrasi kecakapan hidup), masing-masing terdiri dari 15 peserta usia pemuda. Pengumpulan data dilakukan menggunakan instrumen LSSS yang mencakup delapan komponen: kerjasama tim, penetapan tujuan, manajemen waktu, kecakapan emosi, komunikasi interpersonal, kecakapan sosial, kepemimpinan, dan pemecahan masalah & pengambilan keputusan. Analisis data menggunakan uji *Paired Sample T-Test* dan *Independent Sample T-Test*. Hasil penelitian menunjukkan bahwa pelatihan gulat terintegrasi kecakapan hidup memberikan pengaruh signifikan terhadap peningkatan keterampilan hidup ($p < 0,05$). Sementara itu, pelatihan nonintegrasi juga menunjukkan peningkatan signifikan. Perbandingan antar kelompok menunjukkan adanya perbedaan pengaruh yang signifikan antara kedua pendekatan pelatihan tersebut. Dari seluruh komponen kecakapan hidup yang diukur, kecakapan emosional mengalami peningkatan paling tinggi pada kelompok integrasi dan kelompok nonintegrasi manajemen waktu.

Kata Kunci: gulat, integrasi kecakapan hidup, pengembangan pemuda positif, olahraga pemuda, pengembangan pemuda

ABSTRACT

INTEGRATION OF LIFE SKILLS IN YOUTH WRESTLING FOR POSITIVE YOUTH DEVELOPMENT (PYD)

Fikri Naufal Zain

Advisor I Prof. Dr. H. Nurlan Kusmaedi, M.Pd.

Advisor II Mustika Fitri, M.Pd., Ph.D.

This study aims to analyze the effect of wrestling training integrated with life skills and non-integrated life skills training on the development of life skills in the context of Positive Youth Development (PYD). The method used was an experimental design with a pretest-posttest control group. The sample consisted of two groups: the experimental group (wrestling training integrated with life skills) and the control group (wrestling training without life skills integration), each comprising 15 youth participants. Data were collected using the Life skills Scale for Sport (LSSS), which includes eight components: teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, and problem solving & decision making. Data analysis was conducted using Paired Sample T-Test and Independent Sample T-Test. The results showed that wrestling training integrated with life skills had a significant effect on improving life skills ($p < 0.05$). Meanwhile, the non-integrated training also showed significant improvement. A comparison between groups revealed a significant difference in the effect between the two training approaches. Among all life skills components measured, emotional skills showed the highest increase in the integrated group, while time management showed the highest increase in the nonintegrated group.

Keywords: *wrestling, life skills integration, positive youth development, youth sports, youth development*

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