

PENGARUH *KID'S ATHLETICS PROGRAM* TERHADAP *SELF-RESILIENCE* SISWA SEKOLAH DASAR BERDASARKAN JENIS KELAMIN



SKRIPSI

Diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Sarjana
Pendidikan dalam bidang PGSD Pendidikan Jasmani

Oleh :
Ihsan Budi Perkasa
2106707

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Pencipta

Nama : **Ihsan Budi Perkasa, Ricky Wibowo, M.Pd. dkk**
Alamat : Rancaekek Permai RT 06/18, Rancaekek, Kab. Bandung, Jawa Barat, 40394
Kewarganegaraan : Indonesia

Pemegang Hak Cipta

Nama : **Universitas Pendidikan Indonesia**
Alamat : Jl. Dr. Setiabudhi No. 229 Bandung, Sukasari, Kota Bandung, Jawa Barat, 40154
Kewarganegaraan : Indonesia
Jenis Ciptaan : **Karya Tulis (Skripsi)**
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DIREKTUR JENDERAL KEKAYAAN INTELEKTUAL
u.b
Direktur Hak Cipta dan Desain Industri

Agung Damarsasongko,SH.,MH.
NIP. 196912261994031001



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Ihsan Budi Perkasa (2106707)

***PENGARUH KID'S ATHLETICS PROGRAM TERHADAP SELF-
RESILIENCE SISWA SEKOLAH DASAR BERDASARKAN JENIS
KELAMIN***

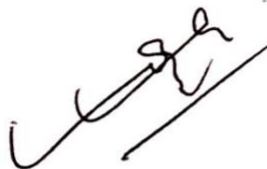
Disetujui dan disahkan oleh pembimbing :

Pembimbing I



Ricky Wibowo, M.Pd.
NIP : 198607182015041002

Pembimbing II



Didin Budiman, M.Pd.
NIP : 197409072001121001

Mengetahui,

Ketua Prodi Pendidikan Guru Sekolah Dasar Pendidikan Jasmani



Dr. Lukmannul Haqim Lubay, M. Pd.
NIP : 197508122009121004

ABSTRAK

PENGARUH KID'S ATHLETICS PROGRAM TERHADAP SELF-RESILIENCE SISWA SEKOLAH DASAR BERDASARKAN JENIS KELAMIN

Ihsan Budi Perkasa

Ihsan06budi@upi.edu

Pendidikan Guru Sekolah Dasar Pendidikan Jasmani, Universitas Pendidikan
Indonesia

Pembimbing I : Ricky Wibowo, M.Pd

Pembimbing II : Didin Budiman, M.Pd

Penelitian ini bertujuan untuk menganalisis apakah *kid's athletic program* memiliki pengaruh terhadap *self-resilience* dengan membandingkan perbedaan hasil antara kelompok yang diberi *treatment Kids' Athletics Program* dan kelompok yang tidak diberi *treatment*, melalui pemberian *Child and Youth Resilience Measure Revise*, serta menganalisis perbandingan pengaruh tersebut berdasarkan jenis kelamin. Gangguan kesehatan mental seperti depresi, stress, gangguan kecemasan dan sosial emosional banyak dialami oleh seseorang sebelum berusia 18 tahun, *self-resilience* merupakan hal yang dapat mencegah terjadinya gangguan tersebut. Penelitian ini menggunakan *Nonequivalent Control-Group Design*. Penelitian ini melibatkan 80 orang siswa-siswi dengan rentang usia 10-12 tahun. Setelah data diolah menggunakan *Paired Sample T-Test* dan *Two Way Anova* didapatkan nilai signifikansi *Paired Sample T-Test* $0.014 < 0.05$ artinya terdapat peningkatan setelah diberikan perlakuan, pada uji *Two-Way Anova* didapatkan nilai signifikansi $0.001 < 0.05$ artinya adalah kedua variabel independen memberikan pengaruh pada variabel dependen. Kesimpulan dari penelitian ini adalah *kid's athletics program* memberikan pengaruh terhadap peningkatan *self-resilience* siswa sekolah dasar. Perlu dilakukan penelitian lebih lanjut menggunakan subjek dalam rentang usia yang berbeda.

Kata Kunci : Jenis kelamin, *Kid's Athletics Program*, Metode *Quasi-Experimental Nonequivalent Control-Group Design*, *Self-Resilience*, Siswa sekolah dasar

ABSTRACT

This research aims to analyze whether a kid's athletic program influences self-resilience by comparing the difference in results between a group given the Kids' Athletics Program treatment and a group not given the treatment, through the administration of the Child and Youth Resilience Measure Revised, as well as analyzing the comparison of this influence based on gender. Mental health issues such as depression, stress, anxiety disorders, and social-emotional problems are often experienced by individuals before the age of 18, and self-resilience is something that can prevent these disturbances. This study uses a Nonequivalent Control-Group Design. The research involved 80 students with an age range of 10-12 years. After the data were analyzed using the Paired Sample T-Test and Two-Way ANOVA, with a Paired Sample T-Test significance value of $0.014 < 0.05$, meaning there was an increase after the treatment was given, and in the Two-Way ANOVA test, a significance value of $0.001 < 0.05$ was obtained, meaning both independent variables had an influence on the dependent variable. The conclusion of this study is that the kid's athletics program influences the improvement of self-resilience in elementary school students. Further research using subjects in a different age range is necessary.

Keywords: *Elementary school students, Gender, Kid's Athletics Program, Quasi-Experimental Nonequivalent Control-Group Design, Self-Resilience,*

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