

ABSTRAK

PENGARUH OUTDOOR RECREATION DAN KEBUGARAN JASMANI TERHADAP KERJA SAMA TIM USIA REMAJA

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Penelitian ini membahas tentang perkembangan kerja sama tim melalui intervensi *outdoor recreation* dilihat dari tingkat kebugaran jasmani. Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh *outdoor recreation* dan kebugaran jasmani terhadap kerja sama tim, mengetahui interaksi antara program *outdoor recreation* dan kebugaran jasmani terhadap kerja sama tim, mengetahui perbedaan pengaruh antara program *hiking* dan *outbound* pada kelompok kebugaran jasmani tinggi terhadap kerja sama tim, dan mengetahui perbedaan pengaruh antara program *hiking* dan *outbound* pada kelompok kebugaran jasmani rendah terhadap kerja sama tim. Metode penelitian yang digunakan yaitu *experiment*. Sampel yang digunakan adalah siswa Ekstrakurikuler Olahraga Smp Negeri 2 Ciawi sebanyak 60 orang, menggunakan metode *Convenience Sampling*. Instrumen menggunakan Angket dan *Treatment Outdoor Recreation*. Penghitungan statistik menggunakan *SPSS* dan analisis varians (ANOVA) menunjukan $F_o = 0,44 < F_t = 2,76$, maka H_0 diterima sehingga dapat disimpulkan bahwa tidak terdapat perbedaan pengaruh yang signifikan *outdoor recreation* dan kebugaran jasmani terhadap kerja sama tim. Hasil $F_o = 2,27 < F_t = 2,76$, maka H_0 diterima sehingga tidak terdapat interaksi antara program *outdoor recreation* dan kebugaran jasmani terhadap kerja sama tim. Hasil $Q_h = 2,15 < Q_t = 3,01$, maka H_0 diterima sehingga dapat disimpulkan bahwa tidak terdapat perbedaan pengaruh antara program *hiking* dan *outbound* pada kelompok kebugaran jasmani tinggi terhadap kerja sama tim. Dan hasil $Q_h = 0,80 < Q_t = 3,01$, H_0 diterima, maka tidak terdapat perbedaan pengaruh antara program *hiking* dan *outbound* pada kelompok kebugaran jasmani rendah terhadap kerja sama tim.

Kata Kunci : *hiking*, kebugaran jasmani, kerja sama tim, *outbound*, *outdoor recreation*

ABSTRACT

EFFECT OF OUTDOOR RECREATION AND PHYSICAL FITNESS TOWARDS TEENAGERS' TEAMWORK

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This research article discusses the development of teamwork through intervention outdoor recreation seen from the level of physical fitness. The purpose of this study was to determine differences in the effect of outdoor recreation and physical fitness to teamwork, the interaction between the program of outdoor recreation and physical fitness to teamwork, knowing the effect difference between program hiking and outbound in the group of physical fitness is high to teamwork, and knowing the difference effect between program hiking and outbound on low physical fitness groups to teamwork. The method used is experiment. The samples used were students extracurricular sports Smp Negeri 2 Ciawi were 60, using Convenience Sampling. The instrument uses Treatment Questionnaire and Outdoor Recreation. Statistical Calculations using SPSS and analysis of variances (ANAVA). Results showed $F_o = 0,44 < F_t = 2,76$, H_0 is received so that it can be concluded that there is no significant difference of outdoor recreation and physical fitness to teamwork. The results of $F_o = 2,27 < F_t = 2,76$, H_0 is accepted that there is no interaction between the program of outdoor recreation and physical fitness to teamwork. Results $Q_h = 2,15 < Q_t = 3,01$, then H_0 is received so that it can be concluded that there is no difference between the effects of the program hiking and outbound on a group high physical fitness to teamwork. And the results of $Q_h = 0,80 < Q_t = 3,01$, then H_0 is received so that it can be concluded that there is no difference between the effects of the program hiking and outbound on low physical fitness groups to teamwork.

Keywords : *hiking, outbound, outdoor recreation, physical fitness, teamwork*