

PENGARUH *PHYSICAL ACTIVITY* TERHADAP PENINGKATAN
LIFE SKILLS

TESIS

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Magister Pendidikan Olahraga



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PROGRAM STUDI
PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA

2019

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Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga
Universitas Pendidikan Indonesia

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Juli 2019

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ABSTRAK

Life Skills adalah kecakapan seorang individu yang dituntut untuk menghadapi tuntutan dan tantangan dalam kehidupan sehari-hari (Hodge & Danish, 1999). *Life skills* merupakan salah satu komponen dalam rangka membentuk *Positive Youth Development*. Tujuan dari penelitian adalah untuk mengetahui apakah *physical activity* yang diintegrasikan program *life skills* memberikan dampak yang lebih signifikan daripada *physical activity* tanpa integrasi program *life skills* terhadap peningkatan *life skills* mahasiswa, dan untuk mengetahui komponen *life skills* manakah yang mengalami peningkatan paling tinggi. Populasi pada penelitian ini adalah mahasiswa Universitas Pendidikan Indonesia yang mengikuti Mata Kuliah Umum (MKU) Pendidikan Jasmani dan Olahraga tahun 2019, sebanyak 64 orang (kelompok eksperimen n=34 dan kelompok kontrol n=30). Teknik sampel dilakukan dengan menggunakan *cluster random sampling*. Metode penelitian pada penelitian ini adalah quasi eksperimen dengan desain *pre-test post-test control group design*. Instrumen yang digunakan pada penelitian ini adalah LSSS (*Life Skills Scale for Sport*) dari Cronin dan Allen (2017), yang terdiri dari delapan komponen, yaitu *teamwork, goal setting, time management, emotional skills, communication, social skills, leadership, dan problem solving and decision making*. Hasil penelitian menunjukkan bahwa *physical activity* yang diintegrasikan program *life skills* memberikan dampak yang lebih signifikan daripada *physical activity* tanpa integrasi program *life skills* terhadap peningkatan *life skills* mahasiswa, dan komponen *social skills* merupakan komponen *life skills* yang mengalami peningkatan paling tinggi. Hal ini menunjukkan bahwa *physical activity* yang diintegrasikan program *life skills* memberikan hasil yang lebih baik daripada *physical activity* tanpa integrasi program *life skills*.

Kata kunci : *Life Skills, Integrasi, Physical Activity, Positive Youth Development*

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ABSTRACT

Life Skills are the skills of an individual who are required to face demands and challenges in everyday life (Hodge & Danish, 1999). Life skills is one component in order to form Positive Youth Development. The purpose of this research is to find out whether the physical activity integrated with life skills programs has a more significant impact than the physical activities without the integration of life skills programs on increasing student life skills, and to find out which component of life skills has the highest increase. The population in this study were students of the Indonesian University of Education who took part in the General Course (MKU) of Physical Education and Sports in 2019, totaling 64 people (experimental group n = 34 and control group n = 30). The sampling technique is done by using cluster random sampling. The research method in this study is a quasi-experimental design with pre-test post-test control group design. The instrument used in this study is the LSSS (Life Skills Scale for Sport) from Cronin and Allen (2017), which consists of eight components, namely teamwork, goal setting, time management, emotional skills, communication, social skills, leadership, and problems solving and decision making. The results showed that the physical activity integrated with the life skills program had a more significant impact than the physical activity without the integration of the life skills program on improving students' life skills, and the social skills component was the component of life skills that had the highest increase. This shows that the physical activity that is integrated with the life skills program gives better results than the physical activity without the integration of the life skills program.

Keywords: *Life Skills, Integrating, Physical Activity, Positive Youth Development*

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