

**INTEGRASI PERILAKU SOSIAL DALAM PEMBELAJARAN  
PENDIDIKAN JASMANI**

**TESIS**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister Pendidikan  
pada program studi Pendidikan Olahraga



Oleh

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**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA  
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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## ABSTRAK

**Anna Mariam Sofiarini, Nim. 1706628. Tesis : Integrasi Perilaku Sosial Dalam Pembelajaran Pendidikan Jasmani. Tesis ini di bimbing oleh pembimbing I ialah Prof. Dr. H. Nurlan Kusmaedi, M.Pd dan pembimbing II ialah Dr. H. Amung Ma'mun, M.Pd. Sekolah Pascasarjana, Program Studi Pendidikan Olahraga. Universitas Pendidikan Indonesia.**

Perilaku sosial ialah suasana saling ketergantungan yang merupakan keharusan untuk menjamin keberadaan manusia. Pendidikan jasmani selain dapat mengembangkan kemampuan fisik juga dapat mengembangkan keterampilan sosial. Tujuan dari penelitian ini ialah untuk mengetahui perbedaan yang signifikan antara kelompok eksperimen yang diintegrasikan perilaku sosial dan kelompok kontrol yang tanpa integrasi perilaku sosial. Metode penelitian ialah eksperimen dengan desain penelitian *pretest-posttest control group* pada siswa di SMA Istiqamah Bandung kelas X yang jumlahnya 120 orang, dan untuk sampelnya ialah 60 siswa dengan cara mengambilnya menggunakan *tehnik simple random sampling* yang kemudian dibagi menjadi 2 kelompok . Instrumen yang digunakan ialah angket. Dari hasil analisis data disimpulkan bahwa terdapat perbedaan yang signifikan antara kelompok eksperimen yang diintegrasikan perilaku sosial dengan kelompok kontrol yang tanpa integrasi perilaku sosial dan dengan memberi penjelasan atau materi mengenai aspek-aspek yang ada di dalam perilaku sosial yang diintegrasikan pada kelompok eksperimen saat pembelajaran pendidikan jasmani sehingga mendapat peningkatan jauh di atas kelompok kontrol sebesar 89%. Jadi bahwa dengan mengintegrasikan suatu aspek sosial (perilaku sosial) bisa mendapatkan perubahan yang sangat jauh kepada siswanya.

***Kata Kunci: Perilaku Sosial, Pembelajaran Pendidikan Jasmani***

## ABSTRACT

**Anna Mariam Sofiarini, Nim. 1706628. Thesis: Integration of Social Behavior in Physical Education Learning. This thesis is guided by the first supervisor is Prof. Dr. H. Nurlan Kusmaedi, M.Pd and second supervisor is Dr. H. Amung Ma'mun, M.Pd. Postgraduate School, Program Study of Physical Education. Universitas Pendidikan Indonesia.**

Social behavior is an atmosphere of interdependence which is a necessity to guarantee human existence. Physical education in addition to developing physical abilities can also develop social skills. The purpose of this study was to determine significant differences between the experimental group that integrated social behavior and the control group without social behavior integration. The research method was an experiment with a pretest-posttest control group research design on students at Istiqamah Bandung High School class X which numbered 120 people, and for the sample were 60 students by taking it using simple random sampling technique which was then divided into 2 groups. The instrument used was a questionnaire. From the results of data analysis, it was concluded that there were significant differences between the experimental group that integrated social behavior with the control group without social behavior integration and by giving explanations or material about aspects that exist in social behavior that were integrated in the experimental group when learning physical education thus increasing far above the control group of 89%. So that by integrating a social aspect (social behavior) can get very far change to students.

***Keywords: Social Behavior, Physical Education Learning***

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