

**INTEGRASI PROGRAM *EMOTION* DAN *SOCIAL SKILLS* KE DALAM
*PHYSICAL ACTIVITY***

TESIS

Diajukan Untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



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DALAM *PHYSICAL ACTIVITY***

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ABSTRAK

Integrasi Program *Emotion* dan *Social Skills* Melalui *Physical Activity*

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Penelitian ini dilatarbelakangi dari pengamatan peneliti pada beberapa kejadian pada remaja. Tujuan dari penelitian ini adalah untuk mengungkap integrasi program *emotion* dan *social skills* melalui *physical activity*. Metode penelitian menggunakan metode penelitian eksperimen dengan desain *Pretest-Posttest Control Group Design With More Than One Experimental Group*. Populasi dalam penelitian ini adalah siswa ekstrakurikuler SMK Plus Pratama Adi sebanyak 48 siswa dengan usia 17 tahun. Instrumen penelitian *emotion* menggunakan angket *Games and Emotion Scale* (GES) dan instrumen penelitian *social skills* menggunakan angket *social skills Social Scale Rating System* (SSRS). Setelah data terkumpul, kemudian diolah dan dianalisis dengan menggunakan program SPSS 25. Hasil penelitian menunjukkan bahwa: 1) Terdapat perbedaan pengembangan antara program *physical activity* integrasi *emotions* dan *social skills*, program *physical activity* non-integrasi *emotions* dan *social skills* dan program aktivitas pembelajaran ekstrakurikuler akademis terhadap perkembangan *emotions* dan *social skills*. 2) Terdapat perbedaan pengaruh antara program *physical activity* integrasi *emotions* dan *social skills* dan program *physical activity* non-integrasi *emotions* dan *social skills* terhadap perkembangan *emotions* dan *social skills*. 3) Terdapat perbedaan pengaruh antara program *physical activity* integrasi *emotions* dan *social skills* dan program aktivitas pembelajaran ekstrakurikuler akademis terhadap pengembangan *emotions* dan *social skills*. 4) Terdapat perbedaan pengaruh antara program *physical activity* non-integrasi *emotions* dan *social skills* dan program aktivitas pembelajaran ekstrakurikuler akademis terhadap pengembangan *emotions* dan *social skills*.

Kata Kunci: Ekstrakurikuler Bolabasket, *Emotion*, *Social Skills*, Integrasi

ABSTRACT

Integration of Emotion and Social Skills Programs into Physical Activity

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This research is motivated by observations of researchers on several events in adolescents. The purpose of this study is to reveal the Integration of Emotion and Social Skills Programs into Physical Activity. The research method uses the experimental research method with the pretest-posttest control group design with more than one experimental group. The population in this study were extracurricular students of SMK Plus Pratama Adi as many as 48 students with 17 years of age. The emotion research instrument uses the Games and Emotion Scale (GES) questionnaire and the social skills research instrument uses the Social Scale Rating System (SSRS) questionnaire. After the data is collected, it is then processed and analyzed using the SPSS 25 program. The results of the study show that: 1) There is a difference in the development between the physical activity integration emotions and social skills program, the physical activity non-integration emotions and social skills program and the academic extracurricular learning activity program on the development of emotions and social skills. 2) There is a difference in effect between the physical activity program integration of emotions and social skills and the program of physical activity non-integration emotions and social skills on the development of emotions and social skills. 3) There is a difference of influence between the physical activity program integration of emotions and social skills and the academic extracurricular learning activity program on the development of emotions and social skills. 4) There is a difference in influence between the physical activity non-integration emotions and social skills program and the academic extracurricular learning activity program on the development of emotions and social skills.

Keywords: Extracurricular Basketball, Emotion, Social Skills, Integrating

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