

**MENGINTEGRASIKAN *EMOTIONAL INTELLIGENCE*  
KE DALAM AKTIVITAS OLAHRAGA**

**TESIS**

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



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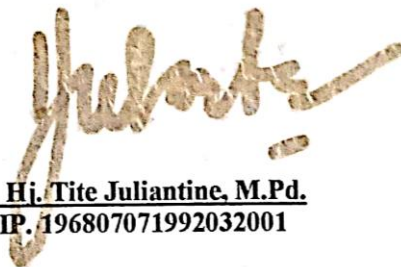
**MENGINTEGRASIKAN *EMOTIONAL INTELLIGENCE*  
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## **ABSTRAK**

### **MENGINTEGRASIKAN *EMOTIONAL INTELLIGENCE* KE DALAM AKTIVITAS OLAHRAGA**

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Tujuan penelitian ini untuk menguji pengaruh aktivitas olahraga terhadap *Emotional Intelligence*. Metode penelitian eksperimen dengan desain *Pretest-Posttest Control Group Design With More Than One Experimental Group*. Desain tersebut digunakan karena penelitian ini melibatkan lebih dari satu kelompok eksperimen. Populasi dalam penelitian ini adalah siswa ekstrakurikuler SMP NU Kaplongan sebanyak 45 siswa terdiri dari 3 sampel kelompok yang masing-masing kelompok 15 siswa. Instrumen penelitian menggunakan angket *Emotional Intelligence* dari Goleman (2016) memiliki lima indikator yaitu kesadaran diri, pengendalian diri, motivasi, empati, dan keterampilan sosial. Setelah data terkumpul, kemudian diolah dan dianalisis dengan menggunakan program SPSS 25. Hasil penelitian menunjukkan bahwa: 1) Terdapat perbedaan pengaruh antara program *emotional intelligence* integrasi, program aktivitas olahraga non-integrasi dan program aktivitas pembelajaran ekstrakurikuler akademik terhadap perkembangan *emotional intelligence*. 2) Terdapat perbedaan pengaruh antara program *emotional intelligence* integrasi dan program aktivitas olahraga non-integrasi terhadap perkembangan *emotional intelligence*. 3) Terdapat perbedaan pengaruh antara program *emotional intelligence* integrasi dan program aktivitas pembelajaran ekstrakurikuler akademis terhadap perkembangan *emotional intelligence*. 4) Terdapat perbedaan pengaruh antara program *aktivitas olahraga* non-integrasi dan program aktivitas pembelajaran ekstrakurikuler akademis terhadap perkembangan *emotional intelligence*.

**Kata kunci** : Integrasi, Aktivitas Olahraga, *Emotional Intelligence*.

## **ABSTRAC**

### **INTEGRATING EMOTIONAL INTELLIGENCE INTO SPORTS ACTIVITIES**

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The purpose of this study was to examine the effect of sports activities on Emotional Intelligence. Experimental research methods using the Pretest-Posttest Control Group Design With More Than One Experimental Group. The design was used because this study involved more than one experimental group. The population in this study were extracurricular students at SMP NU Kaplongan with 45 students consisting of 3 sample groups, each group of 15 students. The research instrument using the Emotional Intelligence questionnaire from Goleman (2016) has five indicators namely self-awareness, self-control, motivation, empathy, and social skills. 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 are differences in influence between the emotional intelligence integration program, the non-integrated sports activity program and the academic extracurricular learning activity program on the development of emotional intelligence. 2) There is a difference in influence between the emotional intelligence integration program and the non-integration sports activity program on the development of emotional intelligence. 3) There is a difference of influence between the emotional intelligence integration program and the academic extracurricular learning activity program on the development of emotional intelligence. 4) There is a difference in influence between non-integrated sports activity programs and academic extracurricular learning activity programs on the development of emotional intelligence.

**Keywords:** Integration, Sports Activity, Emotional Intelligence.

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