

TESIS

PENGEMBANGAN *LIFE SKILLS* MELALUI PENDIDIKAN JASMANI DAN OLAHRAGA

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



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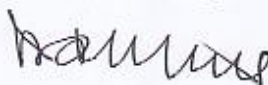
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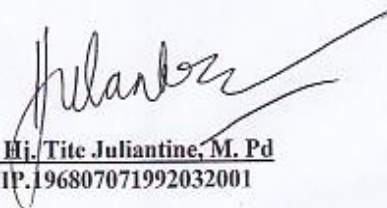
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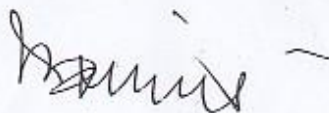
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ABSTRAK

Alvian Agung Nurhaqy. NIM. 1604834. Tesis: Pengembangan *Life Skills* Melalui Pendidikan Jasmani dan Olahraga. Tesis ini dibimbing oleh Pembimbing I Dr. H. Amung Ma'mun, M.Pd. Pembimbing II Dr. Hj. Tite Juliantine, M.Pd.

Penelitian ini bertujuan untuk mengetahui dampak pendidikan jasmani terhadap perkembangan *life skills* siswa SMA. Metode penelitian yang digunakan adalah eksperimen dengan desain penelitian *one group pretest-posttest design*. Jumlah sampel sebanyak 76 orang yang terbagi kedalam tiga kelompok, yaitu: kelompok pendidikan jasmani yang diberi muatan *life skills*; Kelompok pendidikan jasmani yang tidak diberi muatan *life skills*; Kelompok yang tidak melakukan aktivitas pendidikan jasmani dan tidak diberi muatan *life skills*. Pengambilan sampel menggunakan teknik purposive sampling. Instrumen untuk mengukur *life skill* menggunakan kuisisioner, skala kecakapan hidup dalam bidang olahraga. Berdasarkan hasil pengolahan dan analisis data dapat diambil kesimpulan sebagai berikut: Terdapat perbedaan perkembangan *life skills* antara siswa yang diberi muatan *life skills* dengan siswa yang tanpa diberikan *life skills*. Terdapat pula perbedaan berkembang *life skills* antara siswa yang diberi muatan *life skills* dengan siswa yang tidak melakukan aktivitas pendidikan jasmani. Dari hasil penelitian dapat disimpulkan perkembangan *life skills* siswa yang mengikuti aktivitas pendidikan jasmani yang diberikan muatan *life skills* lebih baik dibandingkan dengan siswa yang mengikuti aktivitas pendidikan jasmani tanpa diberikan muatan *life skills*. Perkembangan *life skills* siswa ini dapat diimplementasikan di dalam kehidupan sehari-hari, sehingga siswa dapat menghadapi kebutuhan dan tantangan kehidupan dimasa depan.

Kata Kunci: pendidikan jasmani dan olahraga, *life skills*.

ABSTRACT

Alvian Agung Nurhaqy. Student Id. 1604834 *The Improvement of life skills, through Physics Education.* This thesis is guided by the supervisor Dr. H Amung Ma'mun, M.Pd as the first supervisor and Dr. Hj.Tite Juliantine, M.Pd as the second supervisor. That result made arrangements for ending the program of Physics education at Indonesian Education University (UPI).

The aim of this research is to find out the impact of Physical Education to the High school students' life skills improvement. The research method used is an experimental with one group pretest-posttest design. The number of samples is 75 samples which is divided into three groups. They are The group with Physical education and given life-skills content; The group with Physical education without giving life-skills content; and The group without Physical education and without giving life skills content. The sampling uses purposive sampling technique. The instrument used for measuring life skills uses a questionnaire, life skills scale in sport field. Based on the result of data processing and analyzing, it can be concluded that there is a difference of life skills improvement between students given life skills content and those who are not given. There is also a difference of life skills improvement between students given life skills content and those who do not have Physical education and are not given life skills content. From this research result it concludes that the students' life skills improvement who take Physical education activity with life skills content is better than those who takes Physical education without life skills content. The students' life skills improvement can be implemented in a daily life so the students are able to face their need and challenge of life in the future

Key Words: *Physics education and life skills*

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