

**PENGARUH PEMBELAJARAN PJOK TERHADAP KECERDASAN
EMOSIONAL DAN KECERDASAN SOSIAL SISWA**

SKRIPSI

**Diajukan Untuk Memenuhi Sebagian Dari Syarat Memperoleh Gelar Sarjana
Pendidikan Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi**



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Pengaruh Pembelajaran PJOK terhadap Kecerdasan Emosional dan Kecerdasan Sosial Siswa

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan pada Fakultas Pendidikan Bahasa dan Seni

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ABSTRAK

Lenti Fatmawati. NIM. 1602263. Skripsi: PENGARUH PEMBELAJARAN PJOK TERHADAP KECERDASAN EMOSIONAL DAN KECERDASAN SOSIAL SISWA. Skripsi ini dibimbing oleh Drs. Mudjihartono, M.Pd., dan Dr. Helmy Firmansyah, M. Pd. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Universitas Pendidikan Indonesia.

Tujuan dalam penelitian ini adalah untuk menganalisis pengaruh pembelajaran PJOK terhadap kecerdasan emosional dan kecerdasan sosial siswa. Penelitian menyebutkan bahwa siswa remaja pada masa sekolah dihadapkan pada masalah gangguan emosi dan sosial yang parah. Factor risiko dari gangguan emosi tersebut adalah seperti keterikatan yang lemah yang lemah terhadap sekolah dan rendahnya kemampuan akademik dikalangan remaja (Harlacher & Merrell, 2010). Penelitian ini menggunakan metode ekspost facto dengan teknik penyebaran angket. Teknik analisis data yang digunakan pada penelitian ini adalah korelasi pearson produk momen. Instrumen yang digunakan dalam penelitian ini berupa angket kecerdasan emosional yang diadopsi dari jurnal yang berjudul "*A Psychometric Analysis Of the Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF) Using Item Response Theory*" oleh (Cooper, 2010), serta angket kecerdasan sosial yang diadopsi dari jurnal yang berjudul "*Can Social Intelligence Be Measured? Psychometric Properties Of The Tromso Social Intelligence Scale – English Version*" oleh (Silvera, 2001). Berdasarkan hasil analisis dan pengolahan data, pada pengaruh pembelajaran PJOK terhadap kecerdasan emosional siswa diperoleh nilai $\text{sig} = 0.040 < 0.05$ yang artinya H_0 ditolak atau terdapat pengaruh yang signifikan antara pembelajaran PJOK terhadap kecerdasan emosional siswa. Sedangkan pada pengaruh dari pembelajaran PJOK terhadap kecerdasan sosial siswa diperoleh nilai $\text{sig} = 0.03 < 0.05$ yang artinya H_0 ditolak atau terdapat pengaruh yang signifikan antara pembelajaran PJOK terhadap kecerdasan sosial siswa.

Kata kunci: *Pembelajaran PJOK, Kecerdasan Emosional, Kecerdasan Sosial.*

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