

**INTEGRASI *SOCIAL CAPITAL* MELALUI AKTIVITAS OLAHRAGA  
DALAM RANGKA PENGEMBANGAN SIKAP YANG POSITIF**

**TESIS**

Diajukan untuk memenuhi sebagian dari Syarat Memperoleh Gelar  
Magister Pendidikan pada Program Studi Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA  
2020**

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DALAM RANGKA PENGEMBANGAN SIKAP YANG POSITIF**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd) pada Fakultas Pendidikan Olahraga

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**PENGEMBANGAN SIKAP YANG POSITIF**

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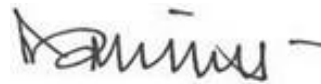
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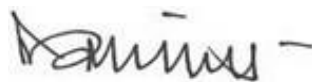
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## HALAMAN PERNYATAAN

Dengan ini saya menyatakan bahwa tesis saya yang berjudul: “**Integrasi Social Capital melalui Aktivitas Olahraga dalam rangka Pengembangan Sikap yang Positif**” ini beserta seluruh isinya adalah benar-benar karya saya sendiri.

Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, April 2020

Penulis

## UCAPAN TERIMA KASIH

Alhamdulillah, puji syukur kehadirat Allah Subhanahuwata'ala, karena berkat taufik dan hidayah-Nya kita selalu diberi nikmat sehat dan nikmat iman serta Shalawat dan Salam semoga dilimpahkan kepada junjungan kita Nabi Muhammad SAW.

Dengan usaha yang relatif membutuhkan waktu yang panjang dan perjuangan yang melelahkan, akhirnya penulis dapat menyelesaikan Tesis dengan judul **“Integrasi Social Capital melalui Aktivitas Olahraga dalam rangka Pengembangan Sikap yang Positif”** Tesis ini merupakan rencana untuk melakukan penelitian dimasa mendatang untuk memenuhi tugas akhir yaitu penyusunan tesis.

Dalam penulisan tesis ini, penulis memperoleh banyak tantangan dan rintangan, khususnya curahan waktu untuk melaksanakan eksperimen, pengolahan data dan penelaahan literatur, syukur alhamdulillah segala tantangan yang dihadapi dapat diatasi dengan baik berkat bantuan dan dukungan dari berbagai pihak. Penulis menyadari akan segala kekurangan, dan penulis juga mengetahui tesis ini masih jauh dari kata sempurna, akan tetapi penulis juga telah berusaha semaksimal mungkin untuk menuliskannya dengan sebaik-baiknya. Oleh karena itu, sekiranya masih ada kekurangan, penulis dengan senang hati akan menerima setiap kritik dan koreksi demi kesempurnaan Tesis ini.

Semoga proses bimbingan penulis mendapatkan dorongan yang optimal, khususnya dari pembimbing, oleh karena itu penulis menghaturkan terima kasih yang tidak terhingga. Demikian pula kepada berbagai pihak yang telah membantu sampai penulisan tesis ini selesai, semoga mendapat balasan yang berlipat ganda dari Allah SWT.

Amin ya robbal a'lamiiin

Bandung, April 2020

Penulis

**ABSTRAK**

**Bella Eka Kusumawardani**, Tesis, 2020, Integrasi *Social Capital* melalui Aktivitas Olahraga dalam rangka Pengembangan Sikap yang Positif

**Abstrak:** Kegiatan olahraga menjadi lebih baik jika dapat terintegrasi dengan kehidupan sehari-hari untuk menumbuhkan *social capital* dalam kelompok perkumpulan olahraga. Penelitian ini bertujuan mengetahui perbedaan integrasi *social capital* melalui aktivitas olahraga dalam rangka pengembangan sikap yang positif. Metode penelitian eksperimen menggunakan *pretest posttest control group design* dengan 2 kelompok, yaitu eksperimen 1: kelompok aktivitas olahraga integrasi *social capital* terstruktur dan disengaja serta eksperimen 2: kelompok aktivitas olahraga tanpa integrasi. Jumlah sampel 20 orang diambil secara simple random sampling dan membagi ke dalam kelompok-kelompok secara *random assignment*. Instrumen penelitian menggunakan *Club Social Capital Scale* (CSCS) dari Forsell yang telah diuji validitas dengan nilai  $r$  0,561-0,893 dan reliabilitas dengan nilai *Cronbach Alpha* 0,928. Data dianalisis menggunakan uji *Mann Whitney*. Hasil penelitian menunjukkan ada perbedaan *social capital* dalam rangka pengembangan sikap positif antara kelompok aktivitas olahraga integrasi *social capital* terstruktur dan disengaja dengan kelompok aktivitas olahraga tanpa integrasi. Aktivitas olahraga dengan integrasi *social capital* terstruktur dan disengaja lebih baik dan sangat menonjol dibandingkan dengan kelompok tidak terintegrasi. Dapat disimpulkan integrasi *social capital* melalui aktivitas olahraga mampu menumbuhkan *social capital* yang lebih baik dan mengembangkan sikap yang positif. Disarankan agar integrasi *social capital* harus diterapkan dalam setiap kegiatan olahraga untuk menumbuhkan sikap yang positif.

**Kata Kunci:** Aktivitas Olahraga, Integrasi, Sikap Positif, *Social capital*

## ***ABSTRACT***

**Bella Eka Kusumawardani**, Thesis, 2020, Social Capital Integration through Sports Activities in the framework of Developing Positive Attitudes

**Abstract:** Sports activities will be better if they can be integrated with daily life to grow social capital in sports groups. This study aims to determine the differences in the integration of social capital through sports activities in the context of developing a positive attitude. The experimental research method uses *pretest posttest control group design* with 2 groups, namely experiment 1: structured and intentional social capital integration sports activity group and experiment 2: sports activity group without integration. A total sample of 20 people was taken by simple random sampling and divided into groups by random assignment. The research instrument uses the Club Social Capital Scale (CSCS) from Forsell which has been tested for validity with  $r$  values of 0.561-0.893 and reliability with Cronbach Alpha values of 0.928. Data were analyzed using the Mann Whitney test. The results showed there were differences in social capital in the context of developing a positive attitude between structured and intentional social capital integrated sports activity groups and sports activity groups without integration. Structured and willful social capital integration activities are better and very prominent compared to non-integrated groups. It can be concluded that the integration of social capital through sports activities is able to foster better social capital and develop a positive attitude. It is recommended that social capital integration must be applied in every sporting activity to foster a positive attitude.

**Keywords:** Sports Activities, Integration, Positive Attitudes, Social Capital

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**Bella Eka Kusumawardani, 2020**

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