

**ANALISIS KEBERBAKATAN OLAHRAGA DITINJAU dari LATAR  
BELAKANG GENETIKA dan DUKUNGAN SOSIAL**

**TESIS**

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



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*ANALISIS KEBERBAKATAN OLAHRAGA DITINJAU DARI LATAR BELAKANG GENETIKA DAN  
DUKUNGAN SOSIAL*

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# **Analisis Keberbakatan Olahraga Ditinjau dari Latar Belakang Genetika dan Dukungan Sosial**

Oleh

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat  
memperoleh gelar Magister pada  
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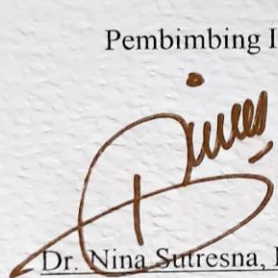
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## PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul “**ANALISIS KEBERBAKATAN OLAHRAGA DITINJAU dari LATAR BELEKANG GENETIKA dan DUKUNGAN SOSIAL**” ini beserta keseluruhan isinya merupakan karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam tatanan masyarakat keilmuan. Atas peenyataan tersebut, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dala tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

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## KATA PENGANTAR

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Pada tesis ini, metode yang digunakan yaitu studi literatur. Penulis berharap karya tulis ilmiah ini dapat memberikan kontribusi akademik untuk para pembaca, terkhusus untuk kaum akademisi atau peneliti selanjutnya agar menyempurnakan area research pada tesis ini.

Penulis sangat menyadari, dalam penyusunan tesis ini masih memiliki kekurangan atau terdapat falsifikasi di dalamnya. Oleh sebab itu, penulis mengharapkan kritik dan saran yang konstruktif untuk melengkapi tesis ini.

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Penulis,



Ahmad Zaeri Sya'rani

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Bandung, Agustus 2020

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# **Analisis Keberbakatan Olahraga Ditinjau dari Latar Belakang Genetika dan Dukungan Sosial (Studi Literatur)**

**Ahmad Zaeri Sya'rani\***

**2020**

## **ABSTRAK**

Keberbakatan merupakan hal krusial dalam pembinaan olahraga untuk mencapai prestasi tinggi. Faktor penentu dari keberbakatan telah menjadi perdebatan yang cukup panjang, apakah keberbakatan berasal dari latar belakang genetika atau dari faktor dukungan sosial yang diterima. Tujuan penelitian ini, untuk mengetahui pengaruh dari faktor latar belakang genetika dan dukungan sosial terhadap keberbakatan olahraga. Metode penelitian yang digunakan ialah studi literatur dengan desain penelitian *Cross-sectional*. Sumber data berasal dari artikel/jurnal hasil dari pencarian pada database elektronik sebagai berikut: Google Scholar; Science Direct; Taylor and Francis; Scopus; PsycInfo; Proquest; dan Pubmed. Proses pencarian dengan memasukkan kata kunci ; 'talent', 'sport talent', 'genetic', 'social support', 'network', 'parent', 'coach', 'peer', 'talent identification' dan 'talent development'. Pencarian berfokus pada rentang waktu 20 tahun terakhir, yakni pada tahun 2000 hingga Mei 2020. Terdapat 48 studi dianalisis mulai dari karakteristik sampel, desain penelitian, pengaruh genetika terhadap keberbakatan dan pengaruh dukungan sosial terhadap keberbakatan. Sampel berkisar dari 1 hingga 9500. Studi meneliti berbagai macam olahraga dengan usia (10-22 tahun). Studi yang menggunakan desain kualitatif (17%) dan kuantitatif (83%). Kesimpulan dari penelitian ini adalah; (1) Latar belakang genetika memberikan pengaruh terhadap keberbakatan olahraga, terlihat pada aspek antropometrik dan performa fisik yang dimiliki seorang anak sangat dipengaruhi oleh latar belakang genetika, (2) Dukungan sosial memberikan pengaruh terhadap pengembangan bakat olahraga, karena dukungan sosial yang diberikan oleh orangtua, pelatih dan teman sebaya mampu meningkatkan motivasi, kepuasan, pengembangan dan tingkat aktivitas fisik seorang anak. Untuk peneliti selanjutnya, disarankan meneliti menggunakan metodologi yang berbeda serta lebih mengkaji pada aspek penentu keberbakatan secara luas.

\*) Mahasiswa program studi Pendidikan Olahraga SPs UPI Angkatan 2018



# **THE ANALYSIS OF TALENT SPORT IS JUDGING FROM THE BACKGROUND OF GENETICS AND SOCIAL SUPPORT (LITERATURE STUDY)**

**Ahmad Zaeri Sya'rani\***

**2020**

## **ABSTRACT**

Talent is crucial in coaching sports to achieve high achievements. The determining factor of giftedness has been a long debate, whether giftedness comes from genetic background or from the factor of social support received. The purpose of this study, to determine the effect of genetic background factors and social support for sports giftedness. The research method used was the study of literature with a cross-sectional research design. Data sources derived from articles / journals results from searches on electronic databases as follows: Google Scholar; Science Direct; Taylor and Francis; Scopus; PsycInfo; Proquest; and Pubmed. The search process by entering keywords; 'Talent', 'sports talent', 'genetic', 'social support', 'network', 'parent', 'coach', 'peer', 'talent identification' and 'talent development'. The search focused on the span of the last 20 years, are then analyzed ranging from sample characteristics, research designs, genetic influences to giftedness and the influence of social support on giftedness. Samples range from 1 to 9500. The study examined various types of sports with age (10-22 years). Studies using qualitative (17%) and quantitative (83%) designs. The conclusions of this study are; (1) Genetic background influences sports giftedness, it is seen in the anthropometric aspects and sports performance that a child has is strongly influenced by genetic background, (2) Social support influences sports talent development, because social support provided by parents, trainers and peers can increase motivation, satisfaction, development and physical activity level of a child. For future researchers, it is advisable to examine using different methodologies and to examine more broadly the determinants of giftedness.

\*) Postgraduate student at Physical Education UPI class of 2018

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