

**PENGEMBANGAN *SOCIAL CAPITAL* (MODAL SOSIAL) MELALUI
OUTDOOR EDUCATION**

Tesis

Diajukan untuk memenuhi syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



Oleh

RIKKY RIDWAN
1603043

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

Pernyataan Tentang Keaslian Tesis

Dengan ini saya menyatakan bahwa Tesis dengan judul "Pembangunan Modal Sosial melalui Outdoor Education" 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.

Demikian surat pernyataan ini di buat dengan sebenar-benarnya.

Bandung, Januari 2021

Rikky Ridwan

LEMBAR PENGESAHAN

RIKKY RIDWAN

1603043

**PENGEMBANGAN *SOCIAL CAPITAL* (MODAL SOSIAL) MELALUI
OUTDOOR EDUCATION**

Disetujui dan disahkan untuk mengikuti sidang tahap II

Oleh:

Pembimbing I



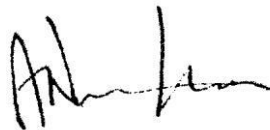
Prof. Dr. Amung Ma'mun, M.Pd.
NIP. 196001191986031002

Pembimbing II



Dr. Nina Sutresna, M.Pd
NIP. 196412151989012001

Penguji I



Prof. Dr. Nurlan Kusmaedi, M.Pd.
NIP. 195301111980031002

Penguji II



Dr. Surdiniaty Ugelta, M.Kes,
AIFO.
NIP. 195912201987032001

Mengetahui
Ketua Program Studi Pendidikan Olahraga
Program Pasca Sarjana Universitas Pendidikan Indonesia`



Prof. Dr. Amung Ma'mun, M.Pd.
NIP. 196001191986031002

ABSTRAK

Rikky Ridwan *

1603043

Pengembangan Modal social (Sosial Capital) melalui Outdoor Education

Modal sosial akan menjadi semakin kuat apabila dalam suatu masyarakat berlaku norma saling balas membantu dan kerjasama yang kompak melalui suatu ikatan jaringan hubungan kelembagaan social. Tujuan dari penelitian ini untuk mengetahui apakah terdapat pengaruh dari program *outdoor education* diintegrasikan modal sosial terhadap pengembangan modal sosial. Metode penelitian eksperimen dengan desain *pretest-posttest control group design with more than one experimental group* digunakan dalam penelitian ini. Desain tersebut digunakan karena penelitian ini melibatkan lebih dari satu kelompok eksperimen. Hasil penelitian menunjukkan bahwa program permainan *outdoor education* yang disusun secara terstruktur dengan proses integrasi modal sosial memiliki hasil dan pengaruh yang signifikan terhadap pengembangan modal sosial. Kemudian, Pelatih ataupun pengajar dapat menggunakan program yang sengaja disusun tersebut untuk pengembangan aspek afektif melalui berbagai aktivitas olahraga.

Kata kunci : integrasi, outdoor education, modal social

ABSTRACT

Rikky Ridwan

1603043

Development Social Capital Through Outdoor Education

Social capital will become stronger if in a society the norms of reciprocating mutual help and solid cooperation apply through a network of social institutional relationships. The Aim of this study was to determine whether there was an effect of the outdoor education program on the integration of social capital on the development of social capital. The experimental research method with pretest-posttest control group design with more than one experimental group was used in this study. This design was used because this study involved more than one experimental group. The results showed that outdoor education game programs arranged in a structured manner with a social capital integration process had significant results and effects on social capital development. Then, Coaches or staff can use these deliberately structured programs for the development of the affective aspect through various sports activities.

Keywords: integration, outdoor education, social capital

DAFTAR ISI

LEMBAR PENGESAHAN TESIS.....	i
KATA PENGANTAR	ii
Pernyataan Tentang Keaslian Tesis	iii
Ucapan Terima Kasih.....	iv
Abstrak	vi
Abstract	vii
.	
BAB I	
PENDAHULUAN	1
1.1 Latar Belakang Masalah	1
1.2 Rumusan Masalah	7
1.3 Tujuan Penelitian	7
1.4 Manfaat Penelitian	8
1.4.1 Manfaat Praktis	8
1.4.2 Manfaat Teoritis	8
1.5 Struktur Organisasi Tesis	8
BAB II	
KAJIAN TEORITIS	10
2.1 Modal Sosial	10
2.2 Unsur-Unsur Modal Sosial	14
2.2.1 Penerimaan yang Baik (<i>Friendly Acceptance</i>).....	14
2.2.2 Norma Sosial (<i>Social Norms</i>)	15
2.2.3 Percaya (<i>Trust</i>)	21
2.2.4 <i>Governance</i>	25
2.3 <i>Outdoor Education</i>	26
2.3.1 <i>Hiking</i>	29
2.3.2 <i>Rafting</i>	32
2.3.3 <i>Rock Climbing</i>	32
2.3.4 <i>Camping</i>	32
2.4 Program <i>Outdoor Education</i>	38
2.5 <i>Experiential Learning</i>	39
2.6 Penelitian Yang Relevan.....	43
2.7 Posisi Teoritis Peneliti	46
2.7.1 Teori	46
2.7.2 Kerangka Pemikiran	47
2.7.3 Hipotesis	48
BAB III	
METODE PENELITIAN	49
3.1 Metode Penelitian	49
3.2 Partisipan.....	50
3.3 Populasi dan Sample	50
3.3.1 Populasi.....	51
3.3.2 Sampel	51
3.4 Instrumen Penelitian	51
3.5 Prosedur Penelitian	56

3.6 Teknik Pengumpulan Data.....	57
BAB IV	
HASIL DAN PEMBAHASAN	60
4.1 Hasil.....	60
4.2 Pembahasan.....	72
BAB V	
SIMPULAN, IMPLIKASI AN REKOMENDASI	77
5.1 Simpulan.....	77
5.2 Implikasi	77
5.3 Rekomendasi.....	78
DAFTAR PUSTAKA	79

DAFTAR TABEL

3.1. <i>Pretest-posttest control group design with more than one experimental group</i>	50
3.2. Daftar Sampel Klub Olahraga di kota Bandung	51
3.3. Kriteria Skor Angket.....	52
3.4. Instrumen Modal Sosial	43
3.5. Kriteria Tingkat Hasil Angket Modal Sosial	59
4.1. Nilai rata-rata dan simpangan baku kelompok modal sosial terintegrasi <i>outdoor education</i>	61
4.2. Nilai rata-rata dan simpangan baku kelompok modal sosial non-integrasi <i>outdoor education</i>	61
4.3. Nilai rata-rata dan simpangan baku kelompok modal sosial terintegrasi <i>outdoor education</i>	63
4.4. Hasil Output Uji Normalitas	64
4.5. Hasil uji homogenitas variabel modal sosial	65
4.6. Hasil Uji Anova Modal Sosial Program <i>Outdoor education</i> non-integrasi Modal Sosial.....	66
4.7. Hasil Uji Anova Modal Sosial Program <i>Outdoor education</i> terintegrasi Modal Sosial.....	67
4.8. Hasil Uji Anova Modal Sosial Kelompok Aktivitas Permainan.....	67
4.9. <i>Group Statistic</i>	68
4.10. Hasil <i>Output Independent Sample Test</i>	69
4.11. <i>Group Statistics</i>	70
4.12. Hasil <i>Output Independent Sample Test</i>	70
4.13. <i>Group Statistic</i>	71
4.14. Hasil <i>Output Independent Sample Test</i>	71

DAFTAR GAMBAR

2.1. <i>Experiential Learning Cycle</i>	41
3.1. Kerangka Konseptual Modal Sosial.....	53
3.2. Prosedur Penelitian	56

DAFTAR PUSTAKA

- Atherley, K I M M. 2006. "Sport , Localism and Social Capital in Rural Western"
44 (December): 348–60. <https://doi.org/10.1111/j.1745-5871.2006.00406.x>.
- Atencio, M., Tan, YSM, Ho, S., & Ching, CT (2015). The place and the approach
of the outdoor learning within a holistic curricular agenda: development of
outdoor education Singaporean practice. *Journal of Adventure Education and
Outdoor Learning*, 15(3), 181-192.
<https://doi.org/10.1080/14729679.2014.949807>
- Badaruddin. 2006. Pidato Pengukuhan Guru Besar Universitas Sumatera Utara.
- Barton, Jo & Pretty, Jules. (2010). What is the Best Dose of Nature and Green
Exercise for Improving Mental Health? A Multi-Study Analysis.
Environmental science & technology. 44. 3947-55. 10.1021/es903183r.
- Bastable, Susan B, and Michelle A Dart. 2007. "Developmental Stages of the
Learner." In *Developmental Stages of the Learner*.
- Beames, Simon, and Matthew Atencio. 2008. "Building Social Capital through
Outdoor Education," no. March 2016.
<https://doi.org/10.1080/14729670802256868>.
- Bean, Corliss, and Tanya Forneris. 2016. "Examining the Importance of
Intentionally Structuring the Youth Sport Context to Facilitate Positive Youth
Development." *Journal of Applied Sport Psychology* 28 (4): 410–25.
<https://doi.org/10.1080/10413200.2016.1164764>.
- Bhandari, Humnath, and Kumi Yasunobu. 2017. "What Is Social Capital? A
Comprehensive Review of the Concept What Is Social Capital? A
Comprehensive Review of the Concept," no. November.
<https://doi.org/10.1163/156853109X436847>.
- Bowen, Daniel J., and James T. Neill. 2014. "A Meta-Analysis of Adventure
Therapy Outcomes and Moderators." *The Open Psychology Journal* 6 (1): 28–
53. <https://doi.org/10.2174/1874350120130802001>.
- Broeke, A. (2014), Op zoek naar... de vitaliteit en veranderkracht van sporclubs,
<http://www.sportknowhowxl.nl/BoekenMetBroeke/9308>, visited 15 Agustus
2020

- Brown, M. (2010). *Transfer: Outdoor adventure education's Achilles heel? Changing participation as a viable option. Australian Journal of Outdoor Education*, 14(1), 13-22
- Brymer, E. & Davids, K. (2013). *Experiential learning as a constraintled process: an ecological dynamics perspective. Journal of Adventure Education and Routledge*. 13 May 2013, hlm. 37-41
- Castiglione, Dario, Jan W Van Deth, and Guglielmo Wolleb. 2008. *Handbook of Social Capital*. OUP Oxford.
- Claridge, Tristan. 2004. "Social Capital and Natural Resource Management An Important Role for Social Capital?," no. July.
- Clemons, Julie, Jo Ann Coco-ripp, Sarah Hardin, and Will Hobbs. 2004. "32 Nd Annual International Conference of the Association for Experiential Education Selected Papers & Abstracts."
- Cocklin, C. & Alston, M. 2003. *Community Sustainability in Rural Australia: A Question of Capital? Wagga Wagga*.
- Cohen, Don. 2001. *In Good Company: How Social Capital Makes Organizations Work*. arvard Business School Publishing India Pvt. Limited.
- Coleman, James. 1990. *Foundations of Social Theory*. Cambridge: Harvard University Press.
- Cuskelly, Graham. 2014. "Volunteering in Community Sport Organizations : Implications for Social Capital," no. May.
- Daniel, B., Bobilya., Andrew, J., Kalisch, R., Kenneth., Leo, H., & McAvoy. (2014). *Autonomous Student Experiences in Outdoor and Adventure Education*. Journal of Experiential Education. SAGE Publications. Vol. 37(1) 2014, hlm. 4-17.
- Education, Sport, Tess Kay, and Steven Bradbury. 2009. "Loughborough University Institutional Repository Youth Sport Volunteering : Developing Social Capital?," no. February. <https://doi.org/10.1080/13573320802615288>.
- Edwards, Michael B. 2013. "The Role of Sport in Community Capacity Building : An Examination of Sport for Development Research and Practice." *Sport Management Review*. <https://doi.org/10.1016/j.smr.2013.08.008>.
- Eigenschenk, Barbara, Andreas Thomann, Mike McClure, Larissa Davies, Maxine

- Gregory, Ulrich Dettweiler, and Eduard Ingl. 2019. "Benefits of Outdoor Sports for Society . A Systematic Literature Review and Reflections on Evidence," no. 1992. <https://doi.org/10.3390/ijerph16060937>.
- Enfi, Richard P, and Keith C Nathaniel. 2013. "Social Capital - Its Constructs and Survey Development," no. 138. <https://doi.org/10.1002/yd>.
- Field, John. 2017. *Social Capital*. Routledge.
- Forsell, Tom, John Tower, and Remco Polman. 2018. "Development of a Scale to Measure Social Capital in Recreation and Sport Clubs" 0400. <https://doi.org/10.1080/01490400.2018.1442268>.
- Fraenkel, Jack F., Norman F. Wallen, and Helen H. Hyun. 2012. *How to Design and Evaluate Research in Education*.
- Fukuyama, F. 2003. "Sosial Capital and Civil Society." 2003. www.socialcapitalresearch.com.
- Gambetta, Diego, and Collegio Carlo Alberto. 2014. "Can We Trust Trust ? Diego Gambetta," no. August 2000.
- Giess-stueber, Petra, and Clemens Ley. 2012. *Physical Education and Sports as Tools to Promote Intercultural Living Together Processes . Conceptual Basics and a Drafted Approach for a Transnational Research Programme Sport as a Mediator between Cultures*.
- Hague, E. and J. Mercer (1998), Geographical Memory and Urban Identity in Scotland: Raith Rovers FC and Kirkcaldy, *Geography* 83, no. 2: 105–16
- Harris, J. (1998), Civil Society, Physical Activity and the Involvement of Sports Sociologists in the Preparation of Physical Activity Professionals, *Sociology of Sport Journal* 15, no. 2: 138–53
- Hazelton, V and W. Kennan (2000), Social capital: Reconceptualizing the bottom line, *Corporate Communications: An International Journal*, 5 (2) (2000), pp. 81–86
- Jackson, Joshua Conrad, Michele J Gelfand, Jesse R Harrington, and Joshua Conrad Jackson. 2017. "The Strength of Social Norms Across Human Groups," no. September. <https://doi.org/10.1177/1745691617708631>.
- James T. Neill. 2008. "Enhancing Life Effectiveness." *The Impacts of Outdoor Education* 1: 634.

- Jeyaraj, John Sekar. 2019. "Traditional Learning vs . Experiential Learning," no. November. <https://doi.org/10.2139/ssrn.3486129>.
- Johnson, Burke. R, and Larry Christensen. 2014. *Educational Research: Quantitative, Qualitative, and Mixed Approaches*. Fifth Edit. SAGE.
- Kaebnick E, Gregory. 2017. "Humans, Nature, and Ethics." In *Minding Nature*, 26–32.
- Kardjono. 2009. "Pengendalian Diri (Self Control) Melalui Outdoor Education." Disertasi Doktor pada Prodi Pendidikan Olahraga Sekolah Pascasarjana Universitas Pendidikan Indonesia.
- Kay, Tess, and Steven Bradbury. 2009. "Loughborough University Institutional Repository Youth Sport Volunteering : Developing Social Capital ?," no. February. <https://doi.org/10.1080/13573320802615288>.
- Kendellen, Kelsey, Martin Camiré, Corliss N Bean, and Tanya Forneris. 2016. "Integrating Life Skills into Golf Canada ' s Youth Programs : Insights into a Successful Research to Practice Partnership" 0704 (September). <https://doi.org/10.1080/21520704.2016.1205699>.
- Kim, Christopher, Hitomi Nakanishi, Deborah Blackman, Ben Freyens, and M Angela. 2017. "The Effect of Social Capital on Community Co-Production : Towards Community-Oriented Development in Post-Disaster Recovery." *Procedia Engineering* 180: 901–11. <https://doi.org/10.1016/j.proeng.2017.04.251>.
- Kim, Tae-yeol, Tae-yeol Kim, Jie Wang, and Junsong Chen. 2018. "Subordinate and Employee Outcomes." *Journal of Business Ethics*, no. February 2016. <https://doi.org/10.1007/s10551-016-3093-y>.
- Kroon, Van Der, Ten Pierick E, G.B.C Backus, and R. p King. 2002. *Social Capital and Communication*.
- Lesley-Jane;, Eales-Reynolds;, and Evelynnn Rugg. 2015. "Engendering a Culture of Quality Enhancement in Teaching and Learning: Lessons Learned," no. October.
- Lesser, Eric. 2000. *Knowledge and Sosial Capital, Foundation and Application*. Butterworth-Heinemann.
- Lewicki, R.J. and C.T. Brinsfield (2009), Trust, distrust and building social capital,

- In: Bartkus VO and Davis JE (eds.) *Social Capital: Reaching out, Reaching in*. Cheltenham: Edward Elgar, 275–303
- Li, Q. (2010). *Effect of Forest Bathing Trips on Human Immune Function*. *Environmental Health and Preventative Medicine*, 15(1), 9–17
- Lin, N. (2001), Building a Network Theory of Social Capital, in N. Lin, K. Cook and R.S. Burt (eds.) *Social Capital Theory and Research*, pp. 3–30. New York: Aldine de Gruyter
- Lutan, Rusli. 2000. *Strategi Pembelajaran Pendidikan Jasmani Dan Kesehatan*. Jakarta: Depdikbud-Dikdasmen.
- Mair, Simon, Aled Jones, Jonathan Ward, Ian Christie, Angela Druckman, and Fergus Lyon. 2017. “A Critical Review of the Role of Indicators in Implementing the Sustainable Development Goals,” no. April. <https://doi.org/10.1007/978-3-319-63007-6>.
- McKenzie, Marcia. (2000). How are Adventure Education Program Outcomes Achieved?: A Review of the Literature. *Australian Journal of Outdoor Education*. 5. 10.1007/BF03400637.
- Newton, K. (2001), Trust, social capital, civil society and democracy, *International Political Science Review* 22(2): 201–14
- Nichols, G., R. Tacon and A. Muir (2012), Sports Clubs’ Volunteers: Bonding in or Bridging out, *Sociology*, 47(2), 350-367
- Nomaly, J Onny A, and G Eoffrey B Rennan. 2000. “SOCIAL NORMS , THE INVISIBLE HAND , AND THE LAW” 14: 263–83.
- Nooteboom, B. (2007) Social capital, institutions and trust, *Review of Social Economy* 65: 29–53
- Paldam, Martin. 2000. “SOCIAL CAPITAL : ONE OR MANY ? DEFINITION AND MEASUREMENT” 14 (5): 629–53.
- Paxton, Pamela. 2014. “Is Social Capital Declining in the United States ? A Multiple Indicator Assessment 1” 105 (1): 88–127.
- Putnam, R. 1993. *Making Democracy Work*. Princeton University Press. 2000. *Bowling Alone: The Collapse and Revival of American Community*. New York: Simon and Schuster.inc.
- Putnam, Robert D. 2000. “Bowling Alone : America ’ s Declining Social Capital”

6 (1).

- Rahman, H.A. (2009). *The Effect of Outdoor Education on Students' Social Emotional Competencies Development and Engagement in Classroom*. Zhenghua Secondary School, Singapore. Fourth International Outdoor Education Research Conference. 15-18 April 2009.
- Roger. 2014. "Social Capital," no. October. <https://doi.org/10.1145/988672.988715>.
- Rostila, Mikael. 2018. "The Facets of Social Capital," no. January. <https://doi.org/10.1111/j.1468-5914.2010.00454>
- Sander, T.H. and K. Lowney (2006), Social Capital Building Toolkit, Saguaro Seminar: Civic Engagement in America, John F. Kennedy School of Government, Harvard University
- Seippel, Ø. (2006), Sport and Social Capital, *Acta Sociologica*, Vol. 49, No. 2, Social Capital, pp. 169- 183
- Shankar, Ganesan. 2014. "Determinants of Long-Term in Buyer-Seller Orientation Relationships" 58 (2): 1–19.
- Soerjono, Soekanto. 2006. *Sosiologi : Suatu Pengantar*. Jakarta: Raja Grafindo Persada.
- Spaaij, R. (2012), Beyond the playing field: Experiences of sport, social capital, and integration among Somalis in Australia, *Ethnic and Racial Studies*, 35:9, 1519-1538
- Stephenson, Max O. 2014. "Trust , Social Capital , and Organizational Effectiveness Trust , Social Capital , and Organizational Effectiveness Qianhong Fu Major Paper Submitted to the Faculty of the Virginia Polytechnic Institute and State University in Partial Fulfillment of the Requirements for the Degree of Master of Public and International Affairs Max Stephenson , Chair Alnoor Ebrahim Blacksburg , VA Copyright 2004 , Qianhong Fu," no. May 2004.
- Sugiyono. 2010. *Metode Penelitian Kuantitatif Kualitaitaif Dan R&D*. Bandung: Alfabeta.
- Suharso, Putut, Bani Sudardi, Sahid Teguh Widodo, and Sri Kusumo Habsari. 2018. "The Role of Communities in Strengthening Social Capital of Coastal

- Communities through the Library” 07005: 1–6.
- Sukandar, Dadang. 2006. *Rock Climbing; Panduan Praktis Panjat Tebing*. Indonesia: Andi Publisher.
- Taniguchi, S.T., Freeman. A.P., & Richards. A.L., (2005) *Attributes of meaningful learning experiences in an outdoor education program*. Journal of Adventure Education and. 2007. Vol. 5 (2), hlm. 131-144.
- Thomas, Glyn, and Glyn Thomas. 2015. “Signature Pedagogies in Outdoor Education Signature Pedagogies in Outdoor Education” 7122 (October). <https://doi.org/10.1080/18377122.2015.1051264>.
- Tonts, M. (2005), Competitive Sport and Social Capital in Rural Australia, Journal of Rural Studies 21, no. 2: 137–49
- UPI. 2019. “Pedoman Penulisan Karya Ilmiah UPI.”
- Waite, Sue. 2011. “Teaching and Learning Outside the Classroom: Personal Values, Alternative Pedagogies and Standards.” Education: 3-13. 39. 65-82. <https://doi.org/10.1080/03004270903206141>.
- Waite, S., & Pleasants, K. (2012). *Cultural perspectives on experiential learning in outdoor spaces*. Journal of Adventure Education and Outdoor Learning. Routledge. Vol. 12, No. 3, September 2012, hlm. 161–165.
- Wheelan, A. Susan. 1994. *Group Processes: A Developmental Perspective Essentials of Classroom Teaching*. Allyn and Bacon
- Whittaker, C.G. and D. Holland-Smith (2014): Exposing the dark side, an exploration of the influence social capital has upon parental sports volunteers, Sport, Education and Society
- Yayli, Ali, Ceren Avci, and Ali Iskender. 2014. “A Case Study of Personal Social Capital and Participation in Outdoor Recreational Activities,” no. April.

Sumber Online

- Dwiningrum, N (2015). Psikologi Kelompok . wordpress.com : 20 Februari 2017,
19.30 WIB. Diakses dari
<https://niladwipsikologi.wordpress.com/category/Modal Sosial-kelompok/>
- Fukuyama, F. 2003. *Sosial Capital and Civil Society*.
www.socialcapitalresearch.com 23/08/2012