

**PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) MELALUI
AKTIVITAS OLAHRAGA DAN PEDIDIKAN JASMANI DALAM RANGKA
*POSITIVE YOUTH DEVELOPMENT***

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Diajukan untuk Memenuhi sebagai dari syarat memperoleh gelar Magister Pendidik
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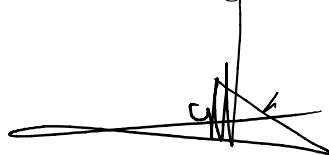
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ABSTRAK

Program kecakapan hidup berbasis olahraga berusaha untuk menumbuhkan perkembangan remaja yang positif dengan mengajar dan mempromosikan keterampilan hidup dalam konteks olahraga dan pendidikan jasmani yang terstruktur sengaja dibuat dapat menghasilkan program yang berkualitas. Tujuan dari penelitian ini adalah untuk menganalisis program intentionally structured dalam aktivitas Olahraga dan pendidikan untuk mengembangkan kecakapan hidup dalam rangka perkembangan positif kaum muda. dalam penelitian ini peneliti menggunakan 15 jurnal Final Paper to bereview dari 128 jurnal yang diambil dari 4 database yaitu, SAGE, Taylor & Francis, Science Direct dan Google Scholar, dengan menggunakan literature reviews. Hasil penelitian ini menunjukkan bahwa program pendidikan jasmani dan olahraga yang terstruktur sengaja dibuat dapat menghasilkan program aktivitas olahraga dan pendidikan jasmani berkualitas yang dapat berkontribusi untuk mendukung perkembangan kecakapan hidup dalam rangka perkembangan pemuda yang positif.

Kata Kunci: Life Skills, Pengembangan Pemuda Positif, Intentionally Structured Program, Aktivitas Olahraga dan Pendidikan Jasmani

DEVELOPMENT OF LIFE SKILLS THROUGH SPORT ACTIVITIES AND PHYSICAL EDUCATION IN THE FRAMEWORK OF POSITIVE YOUTH DEVELOPMENT

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The sports-based life skills program seeks to foster positive youth development by teaching and promoting life skills in the context of sports and physical education which are intentionally structured to produce quality programs. The purpose of this study was to analyze intentionally structured programs in sports and education activities to develop life skills in order. positive development of youth. In this study, researchers used 15 journals Final Papers to review 128 journals taken from 4 databases, namely, SAGE, Taylor & Francis, Science Direct and Google Scholar, using literature reviews. The results of this study indicate that intentionally structured physical education and sports programs can produce quality sports and physical education activity programs that can contribute to supporting the development of life skills in the context of positive youth development.

Keywords : Life skills, Positive Youth Development, intentionally structured programs, sport activities and physical education

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