

**PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA  
(Studi Literatur Review)**

**SKRIPSI**

Diajukan untuk memenuhi sebagian dari syarat memperoleh gelar sarjana  
pendidikan program studi Pendidikan jasmani kesehatan dan rekreasi



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**PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA  
(STUDI LITERATURE REVIEW)**

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(STUDI LITERATURE REVIEW)**

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## ABSTRAK

**Santi Widiанти (1700310) Skripsi: Pengembangan Kecakapan Hidup Melalui Olahraga (Studi Literatur Review). Skripsi ini dibimbing oleh Prof. Dr. H. Amung Ma'mun, M.Pd dan dr. Lucky Angkawidjaja R, M.Pd. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Universitas Pendidikan Indonesia.**

Tujuan penelitian ini untuk mengetahui kecakapan hidup yang dikembangkan melalui olahraga. Pada penelitian ini, peneliti menggunakan desain penelitian *literature review* dengan literatur yang digunakan dari empat database yaitu Taylor and francis, Sage, Google Scholar dan ResearchGate. Artikel yang digunakan dalam penelitian ini sebanyak 20 artikel dengan proses penyaringan artikel menggunakan diagram PRISMA (*Preferred Reporting Items for Systematic Reviews and Meta Analysis*) dengan kriteria inklusi 1) Jurnal nasional dan internasional yang berkaitan dengan pengembangan life skill melalui olahraga 2) Dapat diakses penuh (full text) 3) Menggunakan Bahasa Indonesia dan Bahasa Inggris. Dari hasil review artikel dapat disimpulkan bahwa olahraga dapat dijadikan sebagai media pengembangan kecakapan hidup dengan syarat program terstruktur yang terintegrasi dengan kecakapan yang meliputi kejujuran, kerja sama tim, bermain adil, menghormati, fokus, pencapaian tujuan, pengaturan emosional dan ketekunan serta pelatih yang mumpuni dapat mengembangkan kecakapan peserta olahraga.

**Kata kunci :** Kecakapan hidup, olahraga

## **ABSTRACT**

**Santi Widiанти (1700310) Thesis: Life Skills Development Through Sports (Study Literature Review). This thesis is guided by Prof. Dr. H. Amung Ma'mun, M.Pd and dr. Lucky Angkawidjaja R, M.Pd. Study Program of Physical Education Health and Recreation. Indonesia University Of Education.**

The purpose of this study is to determine the life skills developed through sport. In this study, the researchers used a research design literature review with the literature were used from four databases, namely Taylor and francis, Sage, Google Scholar and Statistics. The articles used in this study as many as 20 articles with the filtering process of the article using the diagram of the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) with inclusion criteria 1) national and international Journals related to the development of life skills through sports 2) Can be accessed in full (full text) 3) Using the Indonesian Language and English Language. From the results of the review articles can be concluded that sports can be used as a medium for the development of life skills with the terms of a structured program that is integrated with skills that include honesty, teamwork, fair play, respect, focus, achieving goals, setting the emotional and perseverance as well as trainer qualified can develop the skills of the participants of the sport.

**Keywords** : life skills, sports

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