

**PENGARUH PENGEMBANGAN *OUTDOOR EDUCATION*  
TERHADAP PENINGKATAN *LIFE SKILLS* DALAM RANGKA  
*POSITIVE YOUTH DEVELOPMENT***

**DISERTASI**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Doktor Pendidikan Olahraga



oleh

Yogi Akin  
NIM 1605271

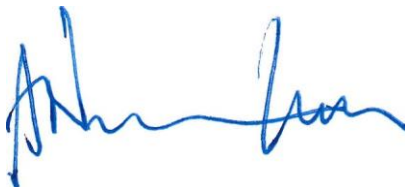
**PROGRAM STUDI  
PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA  
2021**

YOGI AKIN

PENGARUH PENGEMBANGAN *OUTDOOR EDUCATION*  
TERHADAP PENINGKATAN *LIFE SKILLS* DALAM RANGKA  
*POSITIVE YOUTH DEVELOPMENT*

Disetujui dan disahkan oleh panitia disertasi:

Promotor



Prof. Dr. H. Nurlan Kusmaedi, M.Pd  
NIP. 1953011119880031002

Kopromotor



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

Anggota



Dr. Nuryadi, M.Pd  
NIP. 197101171998021001

Mengetahui,  
Ketua Program Studi Pendidikan Olahraga



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

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## PERNYATAAN

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Bandung, Desember 2020

Yang membuat pernyataan

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## UCAPAN TERIMAKASIH

Puji syukur penulis panjatkan kehadirat Alloh SWT yang telah melimpahkan taufik dan hidayah Nya sehingga penulis dapat menyelesaikan disertasi ini. Penulisan disertasi dengan judul “Pengaruh Pengembangan *Outdoor Education* Terhadap Peningkatan *Life Skills* Dalam Rangka *Positive Youth Development*” yang merupakan studi penelitian pada mahasiswa tingkat I PGSD Penjas UPI Kampus Sumedang, dan diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Doktor pada Program Studi Pendidikan Olahraga di Sekolah Pascasarjana Universitas Pendidikan Indonesia (UPI). Selama dalam penulisan disertasi ini, banyak sekali kesulitan dan hambatan yang penulis hadapi, namun berkat bantuan dan bimbingan dari semua pihak, alhamdulillah akhirnya penulis dapat menyelesaikan disertasi ini. Dan dengan kerendahan hati penulis sampaikan rasa terima kasih serta penghargaan yang setinggi-tingginya kepada :

1. Bapak Prof. Dr. H. M. Solehuddin, M.A selaku Rektor Universitas Pendidikan Indonesia (UPI), beserta para Wakil Rektor yang telah memberikan kesempatan dan fasilitas kepada penulis untuk dapat belajar di SPs UPI.
2. Bapak Prof. Dr. Syihabuddin, M.Pd selaku Direktur Sekolah Pascasarjana (SPs) UPI, beserta para Wakil Direktur yang telah memberikan kesempatan dan kemudahan kepada penulis selama belajar di SPs UPI sehingga penulis dapat menyelesaikan disertasi ini.
3. Bapak Prof. Dr. H. Amung Ma'mun, M.Pd selaku Ketua Program Studi Pendidikan Olahraga dan selaku Kopromotor, yang telah banyak memberikan kesempatan, pengarahan, dorongan dan bimbingan kepada penulis dalam penyelesaian disertasi ini.
4. Bapak Prof. Dr. H. Adang Suherman, M.A selaku Pembimbing akademik yang telah banyak memberikan pengarahan, dorongan dan bimbingan kepada penulis selama studi.

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5. Bapak Prof. Dr. H. Nurlan Kusmaedi, M.Pd selaku Promotor, yang telah memberikan banyak bimbingan dan pengarahannya kepada penulis dalam menyelesaikan disertasi ini.
6. Bapak Dr. Nuryadi, M.Pd selaku Anggota, yang telah memberikan banyak bimbingan, pengarahannya dan motivasinya kepada penulis dalam menyelesaikan disertasi ini.
7. Bapak dan Ibu staff pengajar SPs UPI yang telah banyak memberikan pengetahuan dan wawasan selama belajar di SPs UPI sehingga penulis dapat menyelesaikan disertasi ini.
8. Bapak dan Ibu Staf Administrasi SPs UPI yang telah banyak membantu penyelesaian administrasi penulis selama kuliah dan penyelesaian disertasi ini.
9. Bapak Direktur, Wakil Direktur UPI Kampus Sumedang dan Bapak Kepala Program Studi beserta para rekan staff pengajar di Prodi PGSD Penjas yang telah memberikan ijin dan dorongan bagi penulis untuk dapat meneruskan pendidikan di SPs UPI hingga selesai.
10. Mahasiswa-mahasiswi PGSD Penjas UPI Kampus Sumedang angkatan 2019 yang telah menjadi sampel dalam penelitian ini.
11. Keluarga besar Pecinta Alam Mahasiswa Olahraga (PAMOR), GARJAMARA dan ZABRA yang telah membantu dalam penelitian disertasi ini.
12. Rekan-rekan mahasiswa S3 SPs UPI Program Studi Pendidikan Olahraga angkatan 2016 yang telah menjalin kerjasama dalam menempuh studi dengan penuh suka maupun duka.
13. Kedua orang tua penulis H. Subarnas Furqon dan Hj. Ade Komariah, istri tercinta Cathy Mayangsari beserta anak tersayang Ayeesha Noor Qiranisa dan Attar Syamharkin Ramadhan yang dengan penuh pengertian, kesabarannya untuk selalu memberikan do'a dan motivasinya kepada penulis sehingga dapat menyelesaikan studi dengan lancar.
14. Semua pihak yang tak dapat penulis sebutkan satu persatu, atas segala bantuannya dalam penyelesaian disertasi ini.

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Semoga semua bantuan dan dukungan yang diberikan akan mendapatkan balasan yang lebih baik dari Allah SWT.

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Penulis

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Yogi Akin\*, Nurlan Kusmaedi, Amung Ma'mun & Nuryadi

ABSTRAK

Penelitian ini berdasarkan dari hasil penelitian terdahulu terkait konsep integrasi *life skills* yang diterapkan dalam olahraga Golf. Hal ini menjadi sebuah pemikiran bagi peneliti untuk mengimplementasikan konsep integrasi *life skills* kedalam program *outdoor education*. Tujuan dari penelitian ini adalah untuk mengetahui perbedaan pengaruh dari kelompok *outdoor education* terintegrasi *life skills*, kelompok *outdoor education* non-integrasi *life skills* serta kelompok aktivitas sehari-hari terhadap peningkatan *life skills* dalam rangka pengembangan pemuda yang positif. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain penelitian *pretest-posttest control group design with more than one experimental group*. Instrumen yang digunakan yaitu *Life Skills Scale for Sport (LSSS)*. Uji hipotesis penelitian ini dengan menggunakan *independent* sampel t-test. Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan dari kelompok *outdoor education* terintegrasi *life skills*, kelompok *outdoor education* non-integrasi *life skills* dan kelompok aktivitas sehari-hari terhadap peningkatan *life skills* dalam rangka pengembangan pemuda yang positif. Kelompok *outdoor education* terintegrasi *life skills* dan kelompok *outdoor education* non-integrasi *life skills* lebih baik daripada kelompok aktivitas sehari-hari. Sedangkan di antara kelompok *outdoor education* terintegrasi *life skills* dengan *outdoor education* non-integrasi *life skills* yang menunjukkan pengaruh lebih baik terjadi pada kelompok *outdoor education* terintegrasi *life skills* terhadap peningkatan *life skills* dalam rangka pengembangan pemuda yang positif.

**Kata Kunci:** *Life Skills, Outdoor Education, Positive Youth Development*

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## ***OUTDOOR EDUCATION DEVELOPMENT EFFECT TO LIFE SKILLS IMPROVEMENT IN ORDER TO POSITIVE YOUTH DEVELOPMENT***

Yogi Akin \*, Nurlan Kusmaedi, Amung Ma'mun & Nuryadi

### **ABSTRACT**

*This study is based on the results of previous research related to the concept of integrating life skills as applied in golf. This is a thought for researchers to implement the concept of integrating life skills into outdoor education programs. And the purpose of this study was to determine the different effects of integrated life skills, the non-integration of life skills in outdoor education programs and the daily activities of life skills in the context of positive youth development. The method used in this research is an experimental method with a pretest-posttest control group design with more than one experimental group. The instrument used was the Life Skills Scale for Sport (LSSS). This research hypothesis test using independent sample t-test. The results showed that there was a significant difference between the outdoor education group with integrated life skills, the non-integrated life skills outdoor education group and the daily activity group towards increasing life skills in the context of positive youth development. The outdoor education group with integrated life skills and non-integration of life skills was better than the group that participated in daily activities. Meanwhile, among the outdoor education group integrated life skills with non-integrated outdoor education, which showed a better effect in the outdoor education group with integrated life skills on improving life skills in the context of positive youth development.*

***Keywords:*** Life Skills, Outdoor Education, Positive Youth Development

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