

**PERKEMBANGAN *SELF ESTEEM* MELALUI AKTIVITAS OLAHRAGA
DALAM RANGKA POSITIVE YOUTH DEVELOPMENT**

SKRIPSI

Diajukan untuk Memenuhi Sebagai dari Syarat Memperoleh Gelar Sarjana
Pendidikan Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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ABSTRAK

Elsa Nurbalqis (1600194) Perkembangan *Self Esteem* Melalui Aktivitas Olahraga Dalam Rangka Positive Youth Development Skripsi ini di bimbing oleh Pembimbing I Prof. Dr. H. Amung Ma'Mun, M,Pd, Pembimbing II Dr. Sucipto, M.Kes.,AIFO. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Pendidikan Olahraga dan Kesehatan, Universitas Pendidikan Indonesia, 2021.

Tujuan dalam penelitian ini yaitu ingin mengetahui perkembangan *self esteem* melalui aktivitas olahraga dalam rangka *positive youth development*. Pada penelitian ini, peneliti menggunakan metode literature review. Teknik pengambilan data dalam melakukan penelitian ini peneliti melakukan pencarian jurnal penelitian yang dipublikasikan di internet menggunakan Search Engine Scencedirect, Google scholar, Taylor & Francis, dan Sci-Hub. Proses pengumpulan data dilakukan dengan penyaringan berdasarkan kriteria yang ditentukan oleh penulis dari setiap jurnal yang diambil. Dalam penelitian ini penulis menemukan 9.243 yang sesuai dengan kata kunci dan menganalisis 20 jurnal dengan kata kunci *self esteem*, *the development of self esteem through sport activities*, dan *positive youth development*. 20 jurnal kemudian di analisis sehingga dapat disimpulkan terdapat pengaruh yang signifikan dalam perkembangan *self esteem* melalui aktivitas olahraga dalam rangka *positive youth development*. Saran dalam penelitian ini diharapkan untuk mengadakan penelitian sejenis lebih lanjut dengan mengambil data langsung ke lapangan agar dapat menghasilkan penelitian yang lebih luas dan lebih kompleks.

Kata Kunci : Perkembangan *self esteem* melalui olahraga dan *positive youth development*.

ABSTRACT

Elsa Nurbalqis (1600194) *Development of Self Esteem through Sports Activities in the Context of Positive Youth Development* This thesis was guided by Supervisor I Prof. Dr. H. Amung Ma'Mun, M, Pd, Advisor II Dr. Sucipto, M.Kes., AIFO. Health and Recreation Physical Education Study Program, Faculty of Sports and Health Education, University of Education Indonesia, 2021.

The purpose of this research is to know the development of self-esteem through sports activities in the context of positive youth development. In this study, researchers used the literature review method. The data collection technique in conducting this research was the researcher conducted a search for research journals published on the internet using the Scencedirect search engine, Google Scholar, Taylor & France, and Sci-Hub. The data collection process was carried out by filtering based on the criteria determined by the author of each journal taken. In this study, the authors found 9,243 that matched the keywords and analyzed 20 journals with the keywords self-esteem, the development of self-esteem through sport activities, and positive youth development. The 20 journals were analyzed so that it could be concluded that there was a significant influence in the development of self-esteem through sports activities in the context of positive youth development. Suggestions in this study are expected to conduct further similar research by taking data directly into the field in order to produce broader and more complex research.

Keyword : *the development of self esteem through sport activities, positive youth development.*

DAFTAR ISI

LEMBAR PENGESAHAN SKRIPSI	i
PERNYATAAN.....	Error! Bookmark not defined.
UCAPAN TERIMA KASIH.....	Error! Bookmark not defined.
ABSTRAK	ii
ABSTRACT	iii
KATA PENGANTAR.....	Error! Bookmark not defined.
BAB I PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang.....	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Tujuan Penelitian.....	Error! Bookmark not defined.
1.4 Manfaat Penelitian.....	Error! Bookmark not defined.
1.5 Struktur organisasi	Error! Bookmark not defined.
BAB II KAJIAN TEORI.....	Error! Bookmark not defined.
2.1 Self Esteem.....	Error! Bookmark not defined.
2.2 Aktivitas Olahraga.....	Error! Bookmark not defined.
2.3 Positive Youth Development	Error! Bookmark not defined.
2.4 Kerangka Berpikir Penelitian.....	Error! Bookmark not defined.
BAB III METODE PENELITIAN	Error! Bookmark not defined.
3.1 Desain Penelitian.....	Error! Bookmark not defined.
3.2 Cara Pengumpulan Data.....	Error! Bookmark not defined.
BAB IV TEMUAN DAN BAHASAN	Error! Bookmark not defined.
4.1 Temuan	Error! Bookmark not defined.
4.2 Pembahasan.....	Error! Bookmark not defined.6
BAB V SIMPULAN, IMPLIKASI, DAN REKOMENDASI	Error!
Bookmark not defined.8	
5.1 Simpulan	Error! Bookmark not defined.8
5.2 Implikasi	Error! Bookmark not defined.8
5.3 Rekomendasi	Error! Bookmark not defined.9
DAFTAR PUSTAKA	40

DAFTAR PUSTAKA

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Elsa Nurbalqis, 2021

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