

PENGEMBANGAN KECAKAPAN HIDUP MELALUI PROGRAM
OLAHRAGA YANG MELAYANI PEMUDA RENTAN SECARA SOSIAL
DI PANTI PERBEDAYAAN SOSIAL BINA REMAJA (PPSBR) LEMBANG

TESIS

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister
Pendidikan Olahraga



oleh

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RENTAN SECARA SOSIAL DI PANTI PEMBERDAYAAN SOSIAL BINA REMAJA (PPSBR) LEMBANG*

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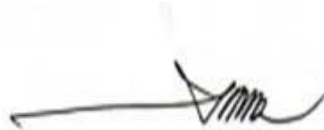
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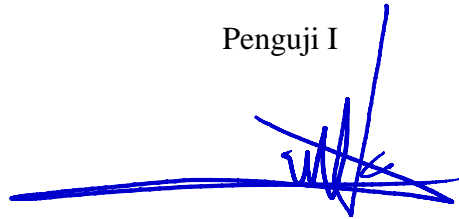
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ABSTRAK

Penelitian ini bertujuan untuk menguji integrasi *life skills* kedalam program latihan olahraga. Peserta penelitian ini adalah klien PPSBR yang berusia 17-21 tahun, sebanyak 82 remaja (82 orang dibagi menjadi 41 klien yang memperoleh program *Life Skills* dan 41 klien hanya diberikan program latihan olahraga biasa tanpa muatan *life skills*). Metode yang digunakan dalam penelitian ini adalah pretest-posttest control group design dan delapan keterampilan hidup yang diajarkan dalam program latihan olahraga. Hasil penelitian ini (1) Program olahraga yang diintegrasikan dengan *life skills* secara terstruktur dan disengaja memberikan pengaruh terhadap *life skills* Klien PPSBR Lembang. (2) Program olahraga yang tidak diintegrasikan dengan *life skills* secara terstruktur dan disengaja memberikan pengaruh terhadap *life skills* Klien PPSBR Lembang. (3) Program olahraga yang diintegrasikan dengan *life skills* secara terstruktur dan disengaja memberikan pengaruh yang lebih besar dibandingkan dengan program olahraga yang tidak diintegrasikan dengan *life skills*. Kesimpulan, pemberian program olahraga yang terintegrasi dengan *life skills* secara terstruktur dan disengaja terbukti mampu mengembangkan *life skills* serta lebih unggul meningkatkan perkembangan *life skills* klien PPSBR dibandingkan dengan program olahraga yang tidak secara terstruktur dan disengaja diintegrasikan dengan *life skills*.

Kata kunci: Klien PPSBR, Life Skills, Program Latihan Olahraga

**DEVELOPMENT OF LIFE SKILLS THROUGH A SPORTS PROGRAM
THAT SERVES SOCIALLY VULNERABLE YOUTH AT PANTI
PERBEDAYAAN SOSIAL BINA REMAJA (PPSBR) LEMBANG**

ABSTRACT

This study aims to examine the integration of life skills into sports training programs. Participants in this study were PPSBR clients aged 17-21 years, as many as 82 teenagers (82 people were divided into 41 clients who received the Life Skills program and 41 clients were only given regular exercise training programs without life skills content). The method used in this study was a pre-test post-test control group design and eight life skills taught in a sports training program. The results of this study (1) Sports programs that are integrated with life skills in a structured and deliberate manner have an influence on the life skills of PPSBR Lembang Clients. (2) Sports programs that are not integrated with life skills in a structured and deliberate manner have an influence on the life skills of PPSBR Lembang Clients. (3) Sports programs that are integrated with life skills in a structured and deliberate manner have a greater impact than sports programs that are not integrated with life skills. In conclusion, the provision of sports programs that are integrated with life skills in a structured and deliberate manner is proven to be able to develop life skills and is superior in improving the development of life skills of PPSBR clients compared to sports programs that are not structured and intentionally integrated with life skills.

Keywords: Life Skills, PPSBR Clients, Sports Training Program

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