

**PENDIDIKAN JASMANI DAN OLAHRAGA SEKOLAH UNTUK
MENGEMBANGKAN KETERAMPILAN SOSIAL DALAM RANGKA
POSITIVE YOUTH DEVELOPMENT
(Studi Tinjauan Sistematis)**

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Pendidikan Olahraga



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*POSITIVE YOUTH DEVELOPMENT***

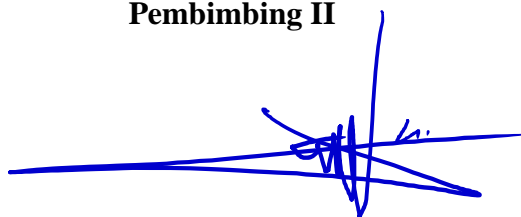
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**PENDIDIKAN JASMANI DAN OLAHRAGA SEKOLAH
UNTUK MENGEMBANGKAN KETERAMPILAN SOSIAL (*SOCIAL
SKILLS*) DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

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ABSTRAK

Banyak manfaat ketika seseorang memiliki keterampilan sosial. Orang dengan keterampilan sosial yang tinggi tidak akan mengalami kesulitan untuk memulai suatu interaksi dengan seseorang atau kelompok. Individu tersebut akan cenderung mengontrol perilaku, perbuatan dan perkataan yang akan digunakan untuk berinteraksi dengan orang lain. Maka dari itu perlu adanya upaya untuk mengembangkan keterampilan sosial, salah satunya yaitu melalui Physical Education and School Sport (PESS). Tujuan dari penelitian ini adalah untuk mengetahui apa saja bentuk program PESS yang dilakukan untuk mengembangkan keterampilan sosial dalam rangka PYD dan keterampilan sosial apa saja yang telah dihasilkan melalui program PESS yang dibuat. Sebanyak 2849 jurnal penelitian yang di dapat melalui 4 database yaitu *google scholar*, *Taylor & Francis*, *SAGE*, dan *Microsoft academic* dengan menggunakan metode *systematic literature review* akhirnya peneliti menyertakan 14 artikel jurnal untuk ditinjau. Hasil tinjauan melaporkan program yang digunakan yakni *Sport Education Model*, *fair play game*, modifikasi TPSR, kegiatan ekstrakurikuler, program diluar jam belajar namun berbasis penjas (*Life Sport Camp*, aktivitas fisik dijam istirahat makan siang, pelatihan sepak bola, *Girl on the run*) dan dua studi menggunakan program khusus (*TAP/ Transfer Ability Program* dan pelatihan nilai keterampilan sosial). Sementara keterampilan sosial yang berkembang yakni aspek empati, pengendalian diri, asertif, kepatuhan, tanggung jawab, ketegasan, hubungan teman sebaya, kerjasama dan kemampuan akademis. Secara garis besar temuan dalam penelitian ini menunjukkan bahwa PESS yang dibuat dengan program yang terstruktur sengaja dibuat dapat menghasilkan program PESS yang lebih baik serta dapat berkontribusi untuk mendukung mengembangkan keterampilan sosial dalam rangka pengembangan pemuda yang positif.

Kata Kunci : Pendidikan Jasmani, Olahraga Sekolah, Keterampilan Sosial, *Positive Youth Development*

**PHYSICAL EDUCATION AND SCHOOL SPORT TO DEVELOP SOCIAL
SKILLS IN THE FRAMEWORK OF POSITIVE YOUTH
DEVELOPMENT**

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ABSTRACT

There are many benefits when people have social skills. People with high social skills will have no difficulty in initiating an interaction with a person or group. They will be able to interact with the environment positively and be able to reduce the negative behavior when interact with other in their social situation. These individuals will tend to control their behavior, actions and words that will be used to interact with other people or group. Therefore, it is necessary to develop social skills, especially for teenager, through physical education and school sports activities (PESS). The aim of this research is finding out what forms of PESS programs are carried out to develop social skills in the context of PYD and what social skills have been produced through the PESS program that was created. As many as 2849 research journals were obtained from four databases; google scholar, Taylor & Francis, SAGE, dan Microsoft academic by using the literature reviews method, the researchers used 14 journals to be analyzed. The results shows that the programs used are the Sport Education Model, fair play games, TPSR modifications, extracurricular activities, programs outside of study hours however that is based on physical education (Life Sport Camp, physical activity during lunch breaks, soccer training, Girl on the run). and two studies using special programs (TAP/ Transfer Ability Program and social skills value training). While the social skills that develop are aspects of empathy, self-control, assertiveness, obedience, responsibility, assertiveness, peer relations, cooperation and academic ability. The results of this study showed that PESS programs that are deliberately structured produce better PESS programs and support social skills in positive youth development context.

Keywords: Physical Education, School Sports. Social Skills, Positive Youth Development

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