

**KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA
ATLET TAEKWONDO JAWA BARAT**

TESIS

Diajukan Untuk Memenuhi Sebagian dari Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



oleh:

Taufik Krisna

1910192

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
BANDUNG, JULI 2021**

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT

Oleh
Taufik Krisna

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana Universitas Pendidikan
Indonesia

© Taufik Krisna 2021
Universitas Pendidikan Indonesia
Agustus 2021

Hak Cipta dilindungi undang-undang.
Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis.

LEMBAR PENGESAHAN
TESIS

TAUFIK KRISNA

1910192

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET
TAEKWONDO JAWA BARAT

Disetujui dan disahkan oleh:

Pembimbing I

Dr. Hj. Nina Sutresna, M.Pd.

NIP: 196412151989012001

Pembimbing II

Dr. H. Mulyana, M.Pd.

NIP: 197108041998021001

Mengetahui:

Ketua Program Studi Pendidikan Olahraga

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

NIP: 196001191986031002

PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul "**KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT**" ini beserta keseluruhan isinya merupakan karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam tatanan masyarakat keilmuan. Atas pernyataan tersebut, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

Bandung, Juli 2021

Yang membuat pernyataan,

Taufik Krisna

NIM: 1910192

KATA PENGANTAR

Segala puji dan syukur penulis panjatkan kepada Tuhan alam semesta Allah Subhanahu Wata'ala yang telah memberikan kesehatan dan limpahan rahmat-Nya, sehingga penulis mampu menyelesaikan tesis ini dengan kehendak-Nya. Tesis yang penulis susun berjudul “KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT”. Tulisan ini merupakan salah satu syarat pokok untuk memperoleh gelar Magister Pendidikan program studi Pendidikan Olahraga, Pasca sarjana Universitas Pendidikan Indonesia.

Pada tesis ini, metode yang digunakan pada penelitian ini yaitu kuantitatif deskriptif. Penulis berharap karya tulis ilmiah ini dapat memberikan kontribusi akademik untuk para pembaca, terkhusus untuk kaum akademisi atau peneliti selanjutnya agar menyempurnakan area *research* pada tesis ini.

Penulis sangat menyadari, dalam penyusunan tesis ini masih memiliki kekurangan atau terdapat falsifikasi di dalamnya. Oleh sebab itu, penulis mengharapkan kritik dan saran yang konstruktif untuk melengkapi tesis ini.

Bandung,.....2021

Yang membuat pernyataan,

Taufik Krisna
NIM: 1910192

UCAPAN TERIMAKASIH

Alhamdulillahi Rabbil 'Alamin. Segala puji bagi Allah Subhanahu Wata'ala, Tuhan pemilik alam ini, yang mencipta bumi dan isinya, yang menguasai setiap jiwa dan raga makhluk-Nya, dan yang kasih sayang-Nya begitu luas pada setiap makhluk-Nya. Berkat setetes ilmu dari lautan ilmu-Nya yang luas, sehingga penulis dapat merampungkan tugas akhir ini. Shalawat dan salam senantiasa tercurahkan kepada kekasih-Nya, Nabi Muhammad Salallahu'alaihi Wassalam, manusia paripurna dengan akhlak dan perilaku terbaik, panutan sejati kehidupan dunia dan akhirat. Tidak sedikit hambatan yang penulis temui dalam penyusunan tesis ini, namun berkat bantuan, bimbingan, motivasi, dan kasih sayang yang telah diberikan dari berbagai pihak, sehingga tesis ini dapat terselesaikan meski dengan segala kekurangannya. Oleh karena itu, dengan segala kerendahan hati penulis mengucapkan terimahkasih kepada:

1. Prof. Dr. Syihabuddin, M.Pd., selaku Direktur Sekolah Pasca Sarjana Universitas Pendidikan Indonesia.
2. Prof. Dr. H. Amung Ma'mun, M.Pd., selaku Ketua Program Studi Pendidikan Olahraga SPS UPI. Atas bimbingan, pengarahan, motivasi, dan rekomendasinya kepada penulis untuk menyusun tesis ini.
3. Dr. Hj. Nina Sutresna, M.Pd., selaku dosen pembimbing akademik sekaligus pembimbing 1 tesis yang telah banyak memberikan bantuan, pembimbingan, pengarahan, nasihat, dan motivasi untuk menyelesaikan tesis ini.
4. Dr. Mulyana, M.Pd., selaku pembimbing 2 tesis, yang juga banyak membantu dalam banyak hal sehingga tesis ini mampu penulis selesaikan.
5. LetJend TNI (purn) Marciano Norman, selaku ketua umum KONI pusat yang telah memberikan arahan dan motivasi bagi penulis untuk dapat melanjutkan studi kejenjang magister jurusan olahraga ini.
6. BrigJend TNI (Purn) H. Ahmad Saefudin, S.E, M.M., AIFO Selaku Ketua Umum KONI Jawa Barat Beserta Jajarannya, atas perhatian serta program

Taufik Krisna, 2021

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

bea siswa KONI Jabar yang sangat membantu kepada atlet dan mantan atlet untuk memperluas ilmu dan wawasan khususnya dibidang olahraga, semoga ilmu yang didapatkan ini dapat berguna khususnya bagi insan olahraga Jawa Barat Umumnya untuk khalayak luas se-Indonesia.

7. Benny R Gautama selaku Ketua Pengprov Taekwondo, Divie, SH, MH, para pengurus Pengprov TI Jawa Barat, para senior dan rekan-rekan tim Pelatda PON XX Papua yang telah mengijinkan penulis untuk dapat meneliti dan membantu pemperlancar proses penelitian dan pengambilan data.
8. Dosen-dosen FPOK UPI yang telah memberikan pelajaran, ilmu, wawasan dan pengalaman-pengalaman berharga selama penulis menimba ilmi di PKO UPI ini, semoga Ilmu yang diberikan terus mengalir menjadi pahala dan amal baik selama-lamanya.
9. Dr. Berliana, M.Pd selaku penguji yang telah banyak memberikan saran dan masukan untuk penyempurnaan tesis ini.
10. Teman-teman PKO Bea Siswa KONI Jabar angkatan 2019.
11. Keluarga Kita SPS UPI 2019 terimakasih telah menemani penulis selama menyusun tesis dan kenangan-kenangan indah yang telah dilalui selama menempuh studi, semoga kita tetap selalu kompak.
12. Arie Handayani, A.Md Keb., istri shalehahku yang cantik, sabar dan penuh pengertian, untuk anak-anakku Kazio Aji Cakra, Keiza Navin Parsa, Keenan Ali Krisna yang selalu memberikan kebanggaan dan kegembiraan dalam segala situasi, semoga kalian menjadi orang-orang yang Bahagia dunia akherat, menjadi manusia terpilih yang hebat, humble, memiliki kompetensi dan karakter yang baik dan berguna bagi Agama, nusa dan bangsa.
13. Bagi saudara, sahabat, rekan-rekan dan kolega yang tidak bisa saya sebutkan satu persatu yang tentu banyak bersumbangsing dalam penyelesaian tesis ini, untuk itu dari hati yang paling dalam saya ingin mengucapkan banyak terima kasih.

Bandung, Juli 2021

Yang membuat pernyataan,

Taufik Krisna, 2021

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

Taufik Krisna
NIM: 1910192

**KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET
TAEKWONDO JAWA BARAT**

Taufik Krisna*
2021

ABSTRAK

Tujuan dari peneliti ini ialah untuk mengetahui KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT Metode penelitian ini ialah kuantitatif deskriptif dengan desain penelitian *cross-sectional*. Penelitian ini menggunakan instrumen angket keterampilan dan nilai-nilai olahraga diadaptasi dari Cronin & Allen, (2017), de Subijana et al., (2020), dan United Nations, (2003) tingkat reliabilitas 0,951. Terdapat 23 indikator: kerjasama, bermain jujur, komunikasi, berbagi, menghargai peraturan, penghargaan diri, memecahkan masalah, kepercayaan, pengertian, kejujuran, berhubungan dengan orang lain, menghargai diri sendiri, kepemimpinan, toleransi, saling menghargai, kegembiraan dan ketekunan, kerja keras, kerjasama kelompok, strategi untuk menang, disiplin, strategi jika kalah, percaya diri, dan cara mengatur pertandingan. Populasi penelitian ini atlet taekwondo Jawa Barat, kemudian pendekatan *purposive sampling* digunakan dengan beberapa kriteria sampel. Sampel ini berjumlah 125 atlet dengan kriteria: (1) atlet taekwondo di Jawa Barat yang telah menerima program latihan secara intensif, (2) jenjang usia antara 15 – 17 tahun & > 17 tahun, (3) telah berlatih taekwondo minimal 2 tahun, (4) tingkatan sabuk minimal hijau. Kesimpulan penelitian ini menunjukkan persentase keterampilan dan nilai-nilai olahraga atlet Jawa Barat berada pada dua kriteria, yakni kriteria pertama 89 atlet termasuk pada kriteria sedang, 36 atlet dengan kriteria tinggi.

*) Mahasiswa program studi Pendidikan Olahraga SPs UPI Angkatan 2019

SKILLS AND VALUES OF SPORT FOR WEST JAVA TAEKWONDO ATHLETES

Taufik Krisna*

2021

ABSTRACT

This research method is descriptive quantitative with a cross-sectional research design. This study uses a questionnaire instrument of sports skills and values adapted from Cronin & Allen, (2017), de Subijana et al., (2020) and United Nations, (2003) reliability level of 0.951. There are 23 indicators: cooperation, playing honestly, communication, sharing, respect for rules, self-esteem, solving problems, trust, understanding, honesty, connecting with others, respecting yourself, leadership, tolerance, mutual respect, joy and perseverance, hard work, teamwork, strategies to win, discipline, strategy if you lose, self-confidence, and how to organize matches. The population of this research was West Java taekwondo athletes, then the purposive sampling approach was used with several sample criteria. This sample consists of 125 athletes with the following criteria: (1) taekwondo athletes in West Java who have received an intensive training program, (2) age levels between 15-17 years and >17 years old, (3) have practiced taekwondo for at least 2 years, (4) belt level minimal green. The conclusion of this study shows that the percentage of sports skills and values of athletes in West Java is in two criteria, namely the first criteria are 89 athletes including moderate criteria, 36 athletes with high criteria.

*) Postgraduate student at Physical Education UPI class of 2019

DAFTAR ISI

PERNYATAAN	<i>i</i>
KATA PENGANTAR.....	<i>ii</i>
UCAPAN TERIMAKASIH.....	<i>iii</i>
ABSTRAK.....	<i>v</i>
ABSTRACT	<i>vi</i>
DAFTAR ISI	<i>vii</i>
BAB I PENDAHULUAN.....	<i>1</i>
1.1. Latar Belakang Penelitian.....	<i>1</i>
2.4. Rumusan Masalah.....	<i>8</i>
2.4. Tujuan Penelitian	<i>8</i>
2.4. Manfaat Penelitian	<i>9</i>
2.1.1 Manfaat Teoritis	<i>9</i>
2.1.2 Manfaat Praktis	<i>9</i>
2.4. Struktur Organisasi	<i>9</i>
BAB II KAJIAN PUSTAKA	<i>11</i>
2.1. Hakikat Keterampilan dan Nilai-nilai dalam Olahraga	<i>11</i>
2.1.1. Kerja Sama (Coorporation)	<i>14</i>
2.1.2. Komunikasi (Comunication).....	<i>16</i>
2.1.3 Menghargai Peraturan (Respect for the rules)	<i>16</i>
2.1.4 Memecahkan masalah (<i>Problem solving</i>)	<i>19</i>
2.1.5 Memahami (<i>Understanding</i>).....	<i>21</i>
2.1.6 Berhubungan dengan sesama (<i>Connection with other</i>).....	<i>22</i>
2.1.7 Kepemimpinan (Leadership).....	<i>23</i>
2.1.8 Saling menghargai (Respect for other)	<i>24</i>
2.1.9 Nilai Kejuangan (<i>value of effort</i>)	<i>26</i>

Taufik Krisna, 2021

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

2.1.10 How to Win dan How to Lose.....	26
2.1.11 Bagaimana mengatur kompetisi (<i>How to Manage Competition</i>).....	27
2.1.12 Bertindak/berperilaku sebagaimana mestinya (<i>Fair play</i>)	29
2.1.13 Berbagi (Sharing)	29
2.1.14 Kepribadian yang luhur (<i>self esteem</i>).....	31
2.1.15 Kepercayaan (<i>trust</i>)	31
2.1.16 Kejujuran (Honesty).....	32
2.1.17 Menghargai Diri Sendiri (<i>Self Respect</i>)	33
2.1.18 Toleransi (<i>Tolerance</i>).....	35
2.1.19 Ketahanan fisik, mental, sosial (<i>Resilience</i>)	36
2.1.20 Kerja Sama Tim (<i>Team Work</i>)	36
2.1.21 Disiplin (<i>Discipline</i>).....	38
2.1.22 Percaya Diri (<i>Confident</i>)	39
2.2 Hakikat Taekwondo.....	40
2.3 Penelitian Relevan.....	42
2.4. Kerangka Berpikir	44
BAB III METODE PENELITIAN.....	46
3.1 Metode Penelitian.....	46
3.2 Desain Penelitian	46
3.3 Populasi Penelitian	47
3.4 Teknik Sampling	47
3.6 Instrumen Penelitian.....	48
3.7 Teknik Analisis Data.....	58
3.7.1 Uji Validitas Instrumen	58
BAB IV HASIL DAN PEMBAHASAN	77
4.1 Gambaran Umum Tempat Penelitian.....	77
4.2 Karakteristik Responden	77
4.2.1 Data Responden.....	77
4.2.2 Deskriptif Karakteristik Responden	89
4.3 Hasil dan Pembahasan.....	90
4.3.1 Persentase Keterampilan dan Nilai-Nilai Olahraga Atlet Taekwondo Jawa Barat.....	91
4.3.2 Presentase Keterampilan dan Nilai-Nilai Olahraga Atlet Taekwondo Jawa Barat Berdasarkan Jenis Kelamin	92

4.3.3 Presentase Keterampilan dan Nilai-Nilai Olahraga Atlet Taekwondo Jawa Barat Berdasarkan Usia	94
4.3.4 Presentase Keterampilan dan Nilai-Nilai Olahraga Atlet Taekwondo Berdasarkan Usia Latihan	95
4.3.5 Presentase Keterampilan dan Nilai Olahraga Atlet Taekwondo Jawa Barat Berdasarkan Tingkatan Kelas/Sabuk	96
4.3.6 ANALISIS KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT	98
 BAB V KESIMPULAN DAN SARAN	101
5.1 Kesimpulan	101
5.2 Saran	102
DAFTAR PUSTAKA.....	103

DAFTAR TABEL

1.1	Keterampilan dan nilai yang dipelajari melalui olahraga (<i>Skills and values learned through sport</i>)	4
3.1	Penilaian Item Favorabel dan Item Unfavorabel	49
3.2	<i>Blueprint</i> Penilaian Keterampilan dan Nilai-Nilai Olahraga.....	50
3.3	Hasil Uji Validitas Instrumen Penilaian Keterampilan dan Nilai-nilai Olahraga	58
3.4	<i>Blueprint</i> Instrumen Penilaian Keterampilan dan Nilai-nilai Olahraga	61
3.5	Hasil Uji Reliabilitas Instrumen	69
3.6	Kriteria Reliabilitas Instrumen	69
3.7	Standar Pembagian Kategori.....	70
3.8	Kategori Keterampilan dan Nilai-nilai Olahraga.....	71
4.1	Data dan Hasil Responden..	73
4.2	Distribusi Frekuensi Jenis Kelamin, Usia, dan Lama Mengikuti Latihan dan Tingkat Sabuk..	79
4.3	Persentase Kategori Keterampilan dan Nilai-nilai Olahraga.....	81
4.4	Persentase Keterampilan dan Nilai-Nilai Olahraga Berdasarkan Jenis Kelamin..	83
4.5	Persentase Keterampilan dan Nilai-Nilai Olahraga Atlet Taekwondo Jawa Barat Berdasarkan Usia..	84
4.6	Persentase Keterampilan dan Nilai-Nilai Olahraga Berdasarkan Usia Latihan	86
4.7	Persentase Keterampilan dan Nilai-Nilai Olahraga Berdasarkan Tingkatan Sabuk..	87
4.8	Kategori Indikator Keterampilan dan Nilai-Nilai Olahraga.....	89
4.9	Hasil Kategori Nilai-Nilai Olahraga 125 Atlet.....	89

DAFTAR GAMBAR

1.1	Kerangka Kerja Golf Canada	6
2.1	Kerangka berfikir Keterampilan dan nilai yang dipelajari melalui olahraga <i>(Skills and values learned through sport)</i>	44
3.1	Persentase Keterampilan dan Nilai-Nilai Olahraga Taekwondo.....	82

DAFTAR PUSTAKA

- Abeler, J., Becker, A., & Falk, A. (2014). Representative evidence on lying costs. *Journal of Public Economics*. <https://doi.org/10.1016/j.jpubeco.2014.01.005>
- Affairs, P. (2012). *How to Distinguish Self-Respect from Self-Esteem*. 10(4), 346–360.
- Ajzen, I. (1991). Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*. The theory of planned behavior. In *Organizational Behavior and Human Decision Processes*.
- Anderson, J. R. (1993). Problem solving and learning. *American Psychologist*. <https://doi.org/10.1037/0003-066X.48.1.35>
- Anderson, N. R., & West, M. A. (1998). Measuring climate for work group innovation: Development and validation of the team climate inventory. *Journal of Organizational Behavior*. [https://doi.org/10.1002/\(SICI\)1099-1379\(199805\)19:3<235::AID-JOB837>3.0.CO;2-C](https://doi.org/10.1002/(SICI)1099-1379(199805)19:3<235::AID-JOB837>3.0.CO;2-C)
- Bailey, R. (2006). Physical education and sport in schools: A review of benefits and outcomes. *Journal of School Health*, 76(8), 397–401. <https://doi.org/10.1111/j.1746-1561.2006.00132.x>
- Barbara, H. (1996). *for Studying Martial Arts* . 99–103.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does High Self-Esteem Cause Better Performance, Interpersonal Success, Happiness, or Healthier Lifestyles? *Psychological Science in the Public Interest*, 4(1), 1–44. <https://doi.org/10.1111/1529-1006.01431>
- Bean, C., & Forneris, T. (2016). Examining the Importance of Intentionally Structuring the Youth Sport Context to Facilitate Positive Youth Development. *Journal of Applied Sport Psychology*. <https://doi.org/10.1080/10413200.2016.1164764>
- BEANE, J., & LIPKA, R. (1980). Self-Concept and Self-Esteem: A Construct Differentiation. *Child Study Journal*.
- Beutler, I. (2008). Sport serving development and peace: Achieving the goals of the United Nations through sport. In *Sport in Society*. <https://doi.org/10.1080/17430430802019227>
- Bird, C. (2010). Self-respect and the respect of others. *European Journal of Philosophy*, 18(1), 17–40. <https://doi.org/10.1111/j.1468-0378.2008.00332.x>
- Blundell, A. (2017). *Connecting With People – What It Is and Isn’t, And Why You Might Find It Hard*.
- Branta, C. F., Lerner, J. V., & Taylor, C. S. (1996). Physical activity and youth sports: Social and moral issues. *Peace and Conflict: Journal of Peace*
- Taufik Krisna, 2021
KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

- Psychology.* https://doi.org/10.1207/s15327949pac0204_2
- Capener, S. D. (1995). Problems in the Identity and Philosophy of Taegwondo and their Historical Causes. *Korea Journal*, 35(4), 80–94.
- Cappelen, A. W., Konow, J., Sørensen, E., & Tungodden, B. (2013). Just luck: An experimental study of risk-taking and fairness. In *American Economic Review*. <https://doi.org/10.1257/aer.103.4.1398>
- Chinkov, A. E., & Holt, N. L. (2016). Implicit Transfer of Life Skills Through Participation in Brazilian Jiu-Jitsu. *Journal of Applied Sport Psychology*. <https://doi.org/10.1080/10413200.2015.1086447>
- Christensen, P. H. (2007). Knowledge sharing: Moving away from the obsession with best practices. *Journal of Knowledge Management*. <https://doi.org/10.1108/13673270710728222>
- Chun, R., & Wilson, P. H. (1976). *Tae Kwon Do: The Korean Martial Art* (Later prt.). Harper & Row.
- Coopersmith, S. (1959). A method for determining types of self-esteem. *Journal of Abnormal and Social Psychology*. <https://doi.org/10.1037/h0048001>
- Cronin, L. D., & Allen, J. (2017). Development and initial validation of the Life Skills Scale for Sport. *Psychology of Sport and Exercise*, 28, 105–119. <https://doi.org/10.1016/j.psychsport.2016.11.001>
- Cruwys, T., Dingle, G. A., Haslam, C., Haslam, S. A., Jetten, J., & Morton, T. A. (2013). Social group memberships protect against future depression, alleviate depression symptoms and prevent depression relapse. *Social Science and Medicine*, 98, 179–186. <https://doi.org/10.1016/j.socscimed.2013.09.013>
- Culin, S. (1895). *Korean Games, With Notes on the Corresponding Games of China and Japan*. University of Pennsylvania. <https://doi.org/10.1126/science.2.49.776>
- Dance, F. E. X. (1978). Human Communication Theory: A Highly Selective Review and Two Commentaries. *Annals of the International Communication Association*. <https://doi.org/10.1080/23808985.1978.11923713>
- Davidson, I. (2006). The Creation of Fair-Play Sporting Divisions in Newfoundland & Labrador High School Sports. *Online Submission*.
- Davis, R., Buchanan, B., & Shortliffe, E. (1977). Production rules as a representation for a knowledge-based consultation program. *Artificial Intelligence*. [https://doi.org/10.1016/0004-3702\(77\)90003-0](https://doi.org/10.1016/0004-3702(77)90003-0)
- de Subijana, C. L., Ramos, J., Harrison, C. K., & Lupo, C. (2020). Life skills from sport: the former elite athlete's perception. *Sport in Society*, 0(0), 1–14. <https://doi.org/10.1080/17430437.2020.1820991>
- Dingjan, R., Super, S., & Verkooijen, K. (2015). *The relationship between sport climate and life skills in youth* (Issue 3). Wageningen University.

- Dr. N. G. Wale, Nov, C. (2013). *Approaching Literatures in English. 120013.*
- Drever, J., & Russell, R. W. (1992). James Drever: Strength to a Developing International Psychology. *International Journal of Psychology*, 27(5), 366–367. <https://doi.org/10.1080/00207599208247179>
- Fiorelli, J. S. (1988). Power in Work Groups: Team Member's Perspectives. *Human Relations*. <https://doi.org/10.1177/001872678804100101>
- Fraenkel, J. R., & Wallen, N. E. (2009). *How to Design and Evaluate Research in Education* (M. Ryan (ed.); Seventh Ed). The McGraw-Hill Companies, Inc.
- Fuchs, E., & Flügge, G. (2003). Chronic social stress: Effects on limbic brain structures. *Physiology and Behavior*. [https://doi.org/10.1016/S0031-9384\(03\)00161-6](https://doi.org/10.1016/S0031-9384(03)00161-6)
- Gibbons, S. L., Ebbeck, V., & Weiss, M. R. (1995). Fair play for kids; effects on the moral development of children in physical education. *Research Quarterly for Exercise and Sport*. <https://doi.org/10.1080/02701367.1995.10608839>
- Gibson, R., Tanner, C., & Wagner, A. F. (2013). Preferences for truthfulness: Heterogeneity among and within individuals. *American Economic Review*. <https://doi.org/10.1257/aer.103.1.532>
- Gillham, J. E., Shatté, A. J., Reivich, K., & Seligman, M. E. P. (2001). Optimism, pessimism, and explanatory style. Optimism & pessimism: Implications for theory, research, and practice. *Note*, 85(2), 75–265.
- Gordon, T., & Burch, N. (1974). Teacher effectiveness training. In *Leadership & Organization Development Journal*.
- Gould, D., & Carson, S. (2008a). Life skills development through sport: current status and future directions. *International Review of Sport and Exercise Psychology*. <https://doi.org/10.1080/17509840701834573>
- Gould, D., & Carson, S. (2008b). Life skills development through sport: current status and future directions. *International Review of Sport and Exercise Psychology*, 1(1), 58–78. <https://doi.org/10.1080/17509840701834573>
- Grotberg, E. H. (1996). The international resilience project. *54th Annual Convention, International Council of Psychologists*.
- Gruber, J. (2000). Chapter 12 Health insurance and the labor market. In *Handbook of Health Economics*. [https://doi.org/10.1016/S1574-0064\(00\)80171-7](https://doi.org/10.1016/S1574-0064(00)80171-7)
- Hansen, D. M., & Larson, R. W. (2007). Amplifiers of developmental and negative experiences in organized activities: Dosage, motivation, lead roles, and adult-youth ratios. *Journal of Applied Developmental Psychology*, 28(4), 360–374. <https://doi.org/10.1016/j.appdev.2007.04.006>
- Hemphill, J. K., & Coons, A. E. (1957). Development of the leader behavior description questionnaire. In *Leader behavior: Its description and measurement*.

- Henderson, A. (2002). Interaction design: beyond human-computer interaction. *Ubiquity*. <https://doi.org/10.1145/512526.512528>
- Henning, S. (2000). Traditional Korean martial arts. *Journal of Asian Martial Arts*, 9(1), 9–15.
- Hi, G. C. H. (1968). *TAEKWON-DO : The Art of Self-Defence*. Daeha Publication Company.
- Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7). <https://doi.org/10.1371/journal.pmed.1000316>
- Holt, N., & Neely, K. (2011). Positive youth development through sport: a review. *Revista Iberoamericana de Psicología Del Ejercicio y El Deporte*.
- Hyman, M. R., & Sierra, J. J. (2016). Open- versus Close-Ended Survey Questions. *Business Outlook NM State University*.
- Johnson, S. D., Suriya, C., Yoon, S. W., Berrett, J. V., & La Fleur, J. (2002). Team development and group processes of virtual learning teams. *Computers and Education*. [https://doi.org/10.1016/S0360-1315\(02\)00074-X](https://doi.org/10.1016/S0360-1315(02)00074-X)
- KBBI. (2012). KBBI. In *kbbi*.
- Kendellen, K., Camiré, M., Bean, C. N., Forneris, T., & Thompson, J. (2017). Integrating life skills into Golf Canada's youth programs: Insights into a successful research to practice partnership. *Journal of Sport Psychology in Action*, 8(1), 34–46. <https://doi.org/10.1080/21520704.2016.1205699>
- Kilpatrick, F. P. (1954). Communication and persuasion. *Psychological Bulletin*. <https://doi.org/10.1037/h0050834>
- Kim, J., Heo, J., King, C., & Kim, S. (2014). Cultural Understanding and Personal Growth Through Taekwondo as Cross-Cultural Activity. *Journal of Humanistic Psychology*, 54(3), 356–376. <https://doi.org/10.1177/0022167813504826>
- Kimm, H. (2000). *General Choi Hong Hi : a taekwon-do history lesson* (Vol. 20, Issue 1). Taekwondo Times.
- Kintsch, W., & Greeno, J. G. (1985). Understanding and Solving Word Arithmetic Problems. *Psychological Review*. <https://doi.org/10.1037/0033-295X.92.1.109>
- Koontz, H. (1980). The Management Theory Jungle Revisited. *Academy of Management Review*. <https://doi.org/10.5465/amr.1980.4288715>
- Kruger, J., Wirtz, D., Van Boven, L., & Altermatt, T. W. (2004). The effort heuristic. *Journal of Experimental Social Psychology*. [https://doi.org/10.1016/S0022-1031\(03\)00065-9](https://doi.org/10.1016/S0022-1031(03)00065-9)
- Lakes, K. D., & Hoyt, W. T. (2004). Promoting self-regulation through school-based martial arts training. *Journal of Applied Developmental Psychology*, Taufik Krisna, 2021
KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

25(3), 283–302. <https://doi.org/10.1016/j.appdev.2004.04.002>

- Levi, D. (2007). Group dynamics for teams, 2nd ed. In *Group dynamics for teams, 2nd ed.*
- Lin, H. F. (2007). Predicting consumer intentions to shop online: An empirical test of competing theories. *Electronic Commerce Research and Applications*. <https://doi.org/10.1016/j.elerap.2007.02.002>
- Luz Yolanda Toro Suarez. (2015). *THE ROLE OF INTELLIGENCE IN SPORT*. 1–27.
- M., A. I., C., A., & H., K. (2013). *Trait anger, anger expression, coping strategies and self-esteem among elite taekwondo players*.
- MacQuarrie, J. (1986). Book Review: Being as Communion: Studies in Personhood and the Church. *Theology*. <https://doi.org/10.1177/0040571X8608900309>
- Mathieu, J. E., Hollenbeck, J. R., Knippenberg, D. Van, & Ilgen, D. R. (2017). A century of work teams in the journal of applied psychology. *Journal of Applied Psychology*. <https://doi.org/10.1037/apl0000128>
- Mayer, R. C., Davis, J. H., & Schoorman, F. D. (1995). AN INTEGRATIVE MODEL OF ORGANIZATIONAL TRUST. *Academy of Management Review*. <https://doi.org/10.5465/amr.1995.9508080335>
- Mayer, R. E. (2012). Problem Solving. *Encyclopedia of Human Behavior: Second Edition*, 181–186. <https://doi.org/10.1016/B978-0-12-375000-6.00290-1>
- Mazar, N., Amir, O., & Ariely, D. (2008). The dishonesty of honest people: A theory of self-concept maintenance. *Journal of Marketing Research*. <https://doi.org/10.1509/jmkr.45.6.633>
- Meshanko, P. (2013). *The respect effect : using the science of neuroleadership to inspire a more loyal and productive workplace*. 219.
- Mills, J., Aronson, E., & Robinson, H. (1959). Selectivity in exposure to information. *Journal of Abnormal and Social Psychology*. <https://doi.org/10.1037/h0042162>
- Moorman, C., Deshpandé, R., & Zaltman, G. (1993). Factors Affecting Trust in Market Research Relationships. *Journal of Marketing*. <https://doi.org/10.1177/002224299305700106>
- Morgan, R. M., & Hunt, S. D. (1994). The Commitment-Trust Theory of Relationship Marketing. *Journal of Marketing*. <https://doi.org/10.1177/002224299405800302>
- Morreale, S. P., & Pearson, J. C. (2008). Why communication education is important: The centrality of the discipline in the 21st century. *Communication Education*. <https://doi.org/10.1080/03634520701861713>

Taufik Krisna, 2021

KETERAMPILAN DAN NILAI-NILAI OLAHRAGA PADA ATLET TAEKWONDO JAWA BARAT.

- Nickel, J. W., Miller, D., & Walzer, M. (1997). Pluralism, Justice, and Equality. *The Philosophical Review*. <https://doi.org/10.2307/2998346>
- O'Brien, K. L., & Leichenko, R. M. (2003). Winners and losers in the context of global change. *Annals of the Association of American Geographers*, 93(1), 89–103. <https://doi.org/10.1111/1467-8306.93107>
- O'Neill, T. A., Lewis, R. J., & Carswell, J. J. (2011). Employee personality, justice perceptions, and the prediction of workplace deviance. *Personality and Individual Differences*. <https://doi.org/10.1016/j.paid.2011.05.025>
- Ortenburger, D., Wasik, J., Gora, T., Tsos, A., & Bielikowa, N. (2017a). Taekwon-do: A chance to develop social skills. *Ido Movement for Culture*, 17(4), 14–18. <https://doi.org/10.14589/ido.17.4.3>
- Ortenburger, D., Wasik, J., Gora, T., Tsos, A., & Bielikowa, N. (2017b). Taekwon-do: A chance to develop social skills. *Ido Movement for Culture*. <https://doi.org/10.14589/ido.17.4.3>
- Ouyang, Y. (1997). The elevation of taekkyon from folk game to martial art. *Journal Asian Mart Arts*, 6(4), 76 – 89.
- Palumbo, D. B. (1990). Programming Language/Problem-Solving Research: A Review of Relevant Issues. *Review of Educational Research*. <https://doi.org/10.3102/00346543060001065>
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2007). Human development, 10th ed. In *Human development*, 10th ed.
- Pavlou, P. A., & Gefen, D. (2004). Building effective online marketplaces with institution-based trust. *Information Systems Research*. <https://doi.org/10.1287/isre.1040.0015>
- PBTI, P. B. T. I. (2019). *Rekapitulasi penerimaan dana sertifikat geup tahun 2005-2020. 1.*
- Pedersen, P. M. (2013). Reflections on Communication and Sport. *Communication & Sport*, 1(1–2), 55–67. <https://doi.org/10.1177/2167479512466655>
- Pettifor, J. M. (2008). Are we achieving the Millennium Development Goals? *South African Journal of Clinical Nutrition*, 21(1), 5–6. <https://doi.org/10.1080/16070658.2008.11734144>
- Pieter, W. (1981). Etymological notes on the terminology of some Korean martial arts. In *Asian J Phys* (Vol. 3, Issue September).
- Poole, M. E., & Evans, G. T. (1989). Adolescents' self-perceptions of competence in life skill areas. *Journal of Youth and Adolescence*. <https://doi.org/10.1007/BF02138798>
- Pruckner, G. J., & Sausgruber, R. (2013). Honesty on the streets: A field study on newspaper purchasing. *Journal of the European Economic Association*.

- <https://doi.org/10.1111/jeea.12016>
- Rakhmat, C., & Solehuddin. (2006). *Pengukuran dan Penilaian Hasil Belajar* (Issue September). Andira.
- Robertson, S. J., Burnett, A. F., & Cochrane, J. (2014). Tests examining skill outcomes in sport: A systematic review of measurement properties and feasibility. *Sports Medicine*, 44(4), 501–518. <https://doi.org/10.1007/s40279-013-0131-0>
- Rosenberg. (1965). Rosenberg self-esteem scale (RSE). In *Acceptance and commitment therapy. Measures package*.
- Ross, E. J., & Fairchild, H. P. (1944). Dictionary of Sociology. *The American Catholic Sociological Review*. <https://doi.org/10.2307/3706476>
- Rousseau, D. M., Sitkin, S. B., Burt, R. S., & Camerer, C. (1998). Not so different after all: A cross-discipline view of trust. In *Academy of Management Review*. <https://doi.org/10.5465/AMR.1998.926617>
- Rutt, Richard, Chongguk, K., Chinman, K., & Chung, D. (1961). Transactions of the Korea Branch of the Royal Asiatic Society. In *The Far Eastern Quarterly* (Vol. 11, Issue 3). Korea Branch Royal Asiatic Society. <https://doi.org/10.2307/2049607>
- S.C. Whang, J.C. Whang, B. S. (1999). *Taekwondo: the state of the art*. Broadway Books.
- Saad, B., Khan, A., Tips, R., Workplace, R., Quotes, R., & Off, C. (2020). *Saad Ali Khan/September 18th, 2020/Categories: Respect Tips, Respectful Workplace/Tags: examples of showing respect, importance of respect in life, importance of respect in the workplace, respect examples, Respect Quotes, showing respect by being kind, sh. 1–2*.
- Sapienza, Z. S., Iyer, N., & Veenstra, A. S. (2015). Reading Lasswell's Model of Communication Backward: Three Scholarly Misconceptions. *Mass Communication and Society*. <https://doi.org/10.1080/15205436.2015.1063666>
- Scott, J. A. G., Brooks, W. A., Peiris, J. S. M., Holtzman, D., & Mulholland, E. K. (2008). Pneumonia research to reduce childhood mortality in the developing world. In *Journal of Clinical Investigation*. <https://doi.org/10.1172/JCI33947>
- Skemp, R. R. (2020). Relational Understanding and Instrumental Understanding. *Mathematics Teaching in the Middle School*. <https://doi.org/10.5951/mtms.12.2.0088>
- Slavin, R. E. (1980). Cooperative Learning. *Review of Educational Research*, 50(2), 315–342. <https://doi.org/10.3102/00346543050002315>
- Somanathan, E., & Rubin, P. H. (2004). The evolution of honesty. *Journal of Economic Behavior and Organization*. <https://doi.org/10.1016/j.jebo.2002.10.005>

- Stahl, R. J. (1994). The Essential Elements of Cooperative Learning in the Classroom. *ERIC Clearinghouse for Social Studies/Social Science Education Bloomington IN.*
- Stuart, W., & Leite, S. (2014). Competition versus nature : how the sport warps human character. *Physical Activity Review, 1*, 1–9.
- Sweller, J. (1988). Cognitive load during problem solving: Effects on learning. *Cognitive Science*. [https://doi.org/10.1016/0364-0213\(88\)90023-7](https://doi.org/10.1016/0364-0213(88)90023-7)
- Tae-Hee Lim, 윤미선, Junsu Bae, & Yang, Jin-Young. (2019). Verifying the worksheets for improving life skills and resilience of collegiate Taekwondo athletes. *Korean Journal of Sport Science, 30*(4), 700–719. <https://doi.org/10.24985/kjss.2019.30.4.700>
- Telfer, B. Y. E., & Self-respect, A. O. E. (1965). *B Y ELIZABETH TELFER 1. Two ASPECTS OE SELF-RESPECT.* 114–121.
- United Nations. (2003). Sport for Development and Peace : Towards Achieving the Millennium Development Goals. *South African Journal of Clinical Nutrition, 21*(1), 5–6. <https://doi.org/10.1080/16070658.2008.11734144>
- United Nations. (2005). Sport for a better world: Report on the International Year of Sport and Physical Education. *Choice Reviews Online, 45*(01). <http://www.cro3.org/cgi/doi/10.5860/CHOICE.45-0026>
- UU No 3 Tahun. (2005). Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 Tentang Sistem Keolahragaan Nasional Dengan. *Presiden RI, 1*, 1–53.
- Wasik, J. (2014). Three areas of taekwon-do identification and practice. *Ido Movement for Culture, 14*(3), 22–26. <https://doi.org/10.14589/ido.14.3.3>
- Watcon, G. (1930). Studies in service and self-control. *Journal of Educational Psychology*. <https://doi.org/10.1037/h0067598>
- Wickelgren, W. A. (1974). Single-trace fragility theory of memory dynamics. *Memory & Cognition*. <https://doi.org/10.3758/BF03198154>
- Williams, L. A. K. & T. 1997. (1997). *Laura A King & Williams, goal orientation and performance in martial arts.pdf*.
- Young, R. (1993). The history and development of tae kyon. *Journal of Asian Martial Arts, 2* (2)(3), 35–69.
- Ziółkowski, A., Sakłak, W., & Włodarczyk, P. (2009). Selected Socio-Educational and Personal Aspects of Conditioning Attitudes of Fair Play in Sport. *Baltic Journal of Health and Physical Activity*. <https://doi.org/10.2478/v10131-009-0016-7>
- Zwolinski, L. M., Kaplan, M., & Bailey, M. E. (1970). Molding Castable Urethane Polymers. *Journal of Cellular Plastics, 6*(2), 79–86.

<https://doi.org/10.1177/0021955X7000600203>