

**PENGEMBANGAN *LIFE SKILLS* MELALUI OLAHRAGA HOKI  
DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT* (PYD)**

(Penelitian Eksperimen Terhadap Siswa Ekstrakurikuler Hoki  
SMA Negeri 11 Garut)

**SKRIPSI**

Diajukan Untuk Memenuhi Sebagai Sebagian Dari Persyaratan Untuk Mendapatkan Gelar  
Sarjana Pendidikan Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT (PYD)***

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## ABSTRAK

### Pengembangan *Life Skills* melalui Olahraga Hoki dalam rangka *Positive Youth Development* (PYD)

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Penelitian bertujuan untuk menganalisis peningkatan *life skills* antara remaja yang diberikan program *life skills* dengan remaja yang tidak diberikan program *life skills* pada olahraga hoki remaja . Populasi pada penelitian ini yaitu 20 orang. Sampel dalam penelitian ini menggunakan sampling jenuh, yaitu melibatkan seluruh populasi. Instrumen yang digunakan adalah kuesioner *life skills scala for sport* (LSSS). Analisis data penelitian ini menggunakan uji normalitas, uji homogenitas dan uji hipotesis dengan pengolahan data menggunakan program statistical product for social science (SPSS) 25. Hasil penelitian ini ditemukan nilai T hitung sebesar  $50,98 > T$  tabel 2,101 maka  $H_0$  ditolak dan  $H_a$  diterima, sehingga dapat diambil kesimpulan bahwa terdapat perbedaan peningkatan *life skills* antara remaja yang diberikan program *life skills* dengan remaja yang tidak diberikan program *life skills*. Hal ini menegaskan bahwa program *life skills* pada olahraga hoki remaja sangat efektif untuk diterapkan. Dengan demikian Hipotesis teruji dan dapat diterima.

Kata kunci : *Life skills*, Olahraga remaja, *Positive youth Development* (PYD)

## ABSTRACT

### Development of Life Skills through Hockey for Positive Youth Development (PYD)

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*This study aims to analyze the improvement of life skills between adolescents who are given a life skills program and adolescents who are not given a life skills program in youth hockey sports. The population in this study were 20 people. The sample in this study used saturated sampling, which involved the entire population. The instrument used is the Life Skills Scale for Sport (LSSS) questionnaire. The data analysis of this study used normality test, homogeneity test and hypothesis testing with data processing using statistical product for social science (SPSS) 25 program. The results of this study found that the calculated  $T$  value was  $50.98 > T$  table  $2.101$  then  $H_0$  was rejected and  $H_a$  was accepted, so that it can be concluded that there are differences in the improvement of life skills between adolescents who are given life skills programs and adolescents who are not given life skills programs. This confirms that the life skills program in youth hockey is very effective to implement. Thus the hypothesis is tested and can be accepted.*

*Keywords: Life Skills, Youth Sport, Hockey, Positive Youth Development*

## DAFTAR ISI

LEMBAR PENGESAHAN .....	i
LEMBAR KEASLIAN .....	ii
KATA PENGANTAR.....	Error! Bookmark not defined.
UCAPAN TERIMAKASIH .....	iv
ABSTRAK .....	5
ABSTRACT .....	6
DAFTAR ISI.....	7
DAFTAR TABEL .....	11
DAFTAR GAMBAR.....	xiii
DAFTAR LAMPIRAN .....	xiv
BAB I.....	1
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.
1.4.1 Manfaat Teoritis .....	Error! Bookmark not defined.
1.4.2 Manfaat Praktis .....	Error! Bookmark not defined.
1.5. Struktur Organisasi Skripsi .....	Error! Bookmark not defined.
BAB II .....	Error! Bookmark not defined.
2.1 Kecakapan Hidup atau <i>Life Skills</i> .....	Error! Bookmark not defined.
2.1.1 Penetapan tujuan ( <i>Goal Setting</i> ).....	Error! Bookmark not defined.
2.1.2 Kecakapan Emosional ( <i>Emotional Skills</i> ) .....	Error! Bookmark not defined.

2.1.3	<b>Manajemen Waktu (<i>Time Management</i>)</b> .....	Error! Bookmark not defined.
2.1.4	<b>Kepemimpinan (<i>Leadership</i>)</b> .....	Error! Bookmark not defined.
2.1.5	<b>Kerjasama Tim (<i>Teamwork</i>)</b> .....	Error! Bookmark not defined.
2.1.6	<b>Kecakapan Sosial (<i>Social Skills</i>)</b> .....	Error! Bookmark not defined.
2.1.7	<b>Komunikasi Interpersonal (<i>Interpersonal Communication</i>)</b>	Error! Bookmark not defined.
2.1.8	<b>Pemecahan masalah dan Pengambilan Keputusan ( <i>Problem Solving &amp; Decision Making</i> )</b> .....	Error! Bookmark not defined.
2.2	<b>Landasan Teori</b> .....	Error! Bookmark not defined.
2.2.1	<b>Teori Perkembangan Anak dan Remaja (<i>Child and Adolescent Development Theory</i>)</b> .....	Error! Bookmark not defined.
2.2.2	<b>Teori Pembelajaran Sosial (<i>Social Learning Theory</i>)</b> ....	Error! Bookmark not defined.
2.2.3	<b>Teori Masalah-Perilaku (<i>Problem-Behavior Theory</i>)</b> ....	Error! Bookmark not defined.
2.2.4	<b>Teori Pengaruh Sosial (<i>Social Influence Theory</i>)</b> .....	Error! Bookmark not defined.
2.2.5	<b>Pemecahan Masalah Kognitif (<i>Cognitive Problem Solving</i>)</b>	Error! Bookmark not defined.
2.2.6	<b>Kecerdasan Ganda : Termasuk Kecerdasan Emosional (<i>Multiple Intelligences : Including Emotional Intelligence</i>)</b> .....	Error! Bookmark not defined.
2.2.7	<b>Teori Ketahanan dan Risiko (<i>Resilience and Risk Theory</i>)</b>	Error! Bookmark not defined.
2.2.8	<b>Teori Psikologi Konstruktivis (<i>Constructivist Psychology Theory</i>)</b> .....	Error! Bookmark not defined.
2.3	<b>Strategi Pengajaran <i>Life Skills</i></b> .....	28



2.3.1	Pendekatan Implisit .....	28
2.3.2	Pendekatan Eksplisit.....	28
2.4	Olahraga Hoki .....	Error! Bookmark not defined.
2.5	Positive Youth Development (PYD).....	Error! Bookmark not defined.
2.6	Program <i>Life Skills</i> dalam Olahraga Hoki Remaja.....	Error! Bookmark not defined.
2.7	Pendidikan Jasmani .....	Error! Bookmark not defined.
2.8	Penelitian Relevan .....	Error! Bookmark not defined.
2.9	Kerangka Pemikiran.....	Error! Bookmark not defined.
2.10	Hipotesis penelitian .....	Error! Bookmark not defined.
<b>BAB III.....</b>		Error! Bookmark not defined.
3.1	Desain Penelitian .....	Error! Bookmark not defined.
3.2	Populasi dan Sampel .....	Error! Bookmark not defined.
3.3	Instrumen Penelitian.....	Error! Bookmark not defined.
3.4	Prosedur Penelitian .....	Error! Bookmark not defined.
3.4.1	Tahap Pesiapan.....	Error! Bookmark not defined.
3.4.2	Tahap Pelaksanaan .....	Error! Bookmark not defined.
3.4.3	Tahap Pelaporan .....	Error! Bookmark not defined.
3.5	Analisis Data .....	Error! Bookmark not defined.
3.5.1	Uji Normalitas .....	Error! Bookmark not defined.
3.5.2	Uji Homogenitas .....	Error! Bookmark not defined.
3.6	Uji Hipotesis.....	Error! Bookmark not defined.
3.6.1	Independent Sample t-Test .....	Error! Bookmark not defined.
<b>BAB IV.....</b>		Error! Bookmark not defined.
4.1	Deskripsi Data Hasil Penelitian .....	Error! Bookmark not defined.9
4.2	Uji Prasyarat Analisis .....	Error! Bookmark not defined.

4.2.1 Uji Normalitas Data.....	Error! Bookmark not defined.
4.2.2 Pengujian Homogenitas .....	Error! Bookmark not defined.
4.3 Pengujian Hipotesis.....	Error! Bookmark not defined.
4.3.1 Uji Independent Sampel t-Test.....	Error! Bookmark not defined.
BAB V .....	Error! Bookmark not defined.
5.1 Kesimpulan .....	Error! Bookmark not defined.
5.2 Implikasi.....	Error! Bookmark not defined.
5.3 Rekomendasi.....	Error! Bookmark not defined.
DAFTAR PUSTAKA.....	13
LAMPIRAN.....	Error! Bookmark not defined.

## DAFTAR TABEL

Tabel 2.1 Implikasi Teori dalam Pengembangan <i>Life Skills</i> .....	24
Tabel 3.1 Desain Penelitian Eksperimen.....	39
Tabel 3.2 Indikator Instrumen <i>Life Skills</i> .....	41
Tabel 3.3 Rancangan Program Latihan .....	45
Tabel 3.4 Dasar pengambilan Keputusan Uji Normalitas .....	46
Tabel 3.5 Dasar pengambilan Keputusan Uji Homogenitas .....	47
Tabel 3.6 Dasar pengambilan keputusan uji t.....	47
Tabel 4.1 Demografi Sampel Penelitian .....	48
Tabel 4.2 Deskripsi Hasil Penelitian.....	49
Tabel 4.3 Nilai <i>Pretest, Post-test, N Gain</i> komponen <i>Life Skills</i> .....	50
Tabel 4.3 Uji Normalitas Data <i>Life Skills</i> .....	51
Tabel 4.4 Uji Homogenitas .....	52
Tabel 4.5 Data Deskripsi.....	53

## DAFTAR GAMBAR

<b>Gambar 2.1 <i>Life skills framework</i></b> .....	<b>12</b>
<b>Gambar 2.2 Model Konseptual Latihan Kerjasama Tim</b> .....	<b>16</b>
<b>Gambar 4.1 Diagram Pie Chart Body Mass Index Sampel Penelitian</b> .....	<b>49</b>

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