

**Pengembangan Kecakapan Hidup (*Life skills*) Melalui Aktivitas Olahraga di  
Dalam Masyarakat**

**Tesis**

Diajukan untuk Memperoleh Gelar Magister Pendidikan

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**PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) MELALUI AKTIVITAS OLARAGA DI DALAM  
MASYARAKAT**

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**PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) MELALUI  
AKTIVITAS OLAHRAGA DI DALAM MASYARAKAT**

Oleh :

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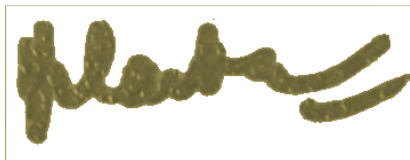
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# PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) MELALUI AKTIVITAS OLAHRAGA DI DALAM MASYARAKAT

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengembangan kecakapan hidup (*life skills*) melalui aktivitas olahraga pada permainan sepakbola. Penelitian dilaksanakan dengan menggunakan metode eksperimen, dengan desain penelitian yaitu *Pre-test and Post-test Control Group Design*. Populasi pada penelitian ini di klub sepakbola Akademi Persib Kota Bandung yang berjumlah 28 orang. Sampel penelitian adalah anak kelompok usia 14-17 di Akademi Persib dengan jumlah sampel 28 orang. Teknik *sampling* yang digunakan adalah *total sampling*. Instrumen yang digunakan adalah *LSSS (Life Skills Scale for Sport)*. Berdasarkan hasil penelitian yang diperoleh; (1) hasil uji *paired samples t-test* menunjukkan bahwa terdapat peningkatan yang signifikan terhadap pengembangan komponen *life skills* pada kelompok sampel yang diberikan program latihan sepakbola terintegrasi *life skills* (kelompok eksperimen), (2) hasil uji *paired samples t-test* menunjukkan bahwa terdapat peningkatan terhadap pengembangan komponen *life skills* pada kelompok sampel yang diberikan program latihan sepakbola non-integrasi *life skills* (kelompok *control*), (3) kedua kelompok tersebut dibandingkan dengan menggunakan uji statistik *independent samples t-test*, dari nilai rata-rata *gaint score* kelompok eksperimen dan kelompok *control* dapat disimpulkan perbandingan kedua kelompok ini bahwa kelompok eksperimen lebih efektif dan signifikan perkembangan komponen *life skills* nya dibandingkan kelompok *control*, dan (4) komponen *life skills* pada kelompok eksperimen yang menunjukkan perkembangan secara signifikan yaitu *problem solving and decision making* dan *goal setting*, dan kelompok *control* yaitu *team work* dan *emotional skills*.

Kata Kunci: *Life skills*, Pelatihan Sepak Bola, Aktivitas Olahraga

## **DEVELOPMENT OF LIFE SKILLS THROUGH SPORTS ACTIVITIES IN THE COMMUNITY**

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### **ABSTRACT**

*This study aims to determine the development of life skills (life skills) through sports activities in football games. The research was carried out using an experimental method, with a research design namely Pre-test and Post-test Control Group Design. The population in this study at the Persib Academy football club in Bandung, which amounted to 28 people. The research sample was children in the age group of 14-17 at Akademi Persib with a total sample of 28 people. The sampling technique used is total sampling. The instrument used is LSSS (Life Skills Scale for Sport). Based on the research results obtained; (1) the results of the paired samples t-test showed that there was a significant increase in the development of the life skills component in the sample group given the life skills integrated soccer training program (experimental group), (2) the results of the paired samples t-test showed that there were improvement in the development of life skills components in the sample group given the non-integrated life skills soccer training program (control group), (3) the two groups were compared using the independent samples t-test statistical test, from the average gain score of the experimental group and the control group, it can be concluded that the comparison of the two groups shows that the experimental group is more effective and has a significant development of life skills component than the control group, and (4) the life skills component of the experimental group shows significant development, namely problem solving and decision making and goal setting, and the control group is team work and emotional skills.*

*Keywords : Life skills, Soccer Training, Sports Activities*

## DAFTAR ISI

LEMBAR HAK CIPTA .....	2
PERNYATAAN.....	<b>Error! Bookmark not defined.</b>
KATA PENGANTAR .....	<b>Error! Bookmark not defined.</b>
UCAPAN TERIMAKASIH.....	<b>Error! Bookmark not defined.</b>
ABSTRAK .....	4
<i>ABSTRACT</i> .....	5
DAFTAR ISI.....	6
DAFTAR TABEL.....	9
DAFTAR GAMBAR .....	10
<b>BAB I PENDAHULUAN .....</b>	<b>Error! Bookmark not defined.</b>
1.1 Latar Belakang Masalah .....	<b>Error! Bookmark not defined.</b>
1.2 Rumusan Masalah.....	<b>Error! Bookmark not defined.</b>
1.3 Tujuan Penelitian.....	<b>Error! Bookmark not defined.</b>
1.4 Manfaat Penelitian.....	<b>Error! Bookmark not defined.</b>
1.5 Batasan Masalah .....	<b>Error! Bookmark not defined.</b>
1.6 Struktur Organisasi Tesis.....	<b>Error! Bookmark not defined.</b>
<b>BAB II KAJIAN PUSTAKA .....</b>	<b>Error! Bookmark not defined.</b>
2.1 Kecakapan Hidup ( <i>Life skills</i> ) .....	<b>Error! Bookmark not defined.</b>
2.1.1 Kerjasama Tim ( <i>Teamwork</i> ).....	<b>Error! Bookmark not defined.</b>
2.1.2 Penetapan Tujuan ( <i>Goal Setting</i> ) .....	<b>Error! Bookmark not defined.</b>
2.1.3 Manajemen Waktu ( <i>Time Manajemen</i> ).....	<b>Error! Bookmark not defined.</b>
2.1.4 Kepemimpinan ( <i>Leadership</i> ).....	<b>Error! Bookmark not defined.</b>

2.1.5	Kecakapan Sosial ( <i>Social Skills</i> ).....	<b>Error! Bookmark not defined.</b>
2.1.6	Kecakapan Emosional ( <i>Emotional Skills</i> ).....	<b>Error! Bookmark not defined.</b>
2.1.7	Komunikasi Interpersonal ( <i>Interpersonal Communication</i> ).....	<b>Error! Bookmark not defined.</b>
2.1.8	Pemecahan Masalah dan Pengambilan keputusan ( <i>Problem Solving &amp; Decision Making</i> ) .....	<b>Error! Bookmark not defined.</b>
2.2	Aktivitas Olahraga .....	<b>Error! Bookmark not defined.</b>
2.3	Pengembangan Kecakapan Hidup ( <i>Life skills</i> ) melalui Aktivitas Olahraga .....	<b>Error! Bookmark not defined.</b>
2.4	Filosofi Pembinaan Sepakbola Indonesia (FILANESIA)..	<b>Error! Bookmark not defined.</b>
2.5	Penelitian yang Relevan .....	<b>Error! Bookmark not defined.</b>
2.6	Kerangka Berfikir .....	<b>Error! Bookmark not defined.</b>
2.7	Hipotesis Penelitian .....	<b>Error! Bookmark not defined.</b>
<b>BAB III METODE PENELITIAN .....</b>		<b>Error! Bookmark not defined.</b>
3.1	Metode Penelitian .....	<b>Error! Bookmark not defined.</b>
3.2	Desain Penelitian .....	<b>Error! Bookmark not defined.</b>
3.3	Populasi dan Sampel.....	<b>Error! Bookmark not defined.</b>
3.3.1	Populasi .....	<b>Error! Bookmark not defined.</b>
3.3.2	Sampel.....	<b>Error! Bookmark not defined.</b>
3.4	Definisi Operasional .....	<b>Error! Bookmark not defined.</b>
3.5	Instrumen Penelitian .....	<b>Error! Bookmark not defined.</b>
3.6	Uji Validitas.....	<b>Error! Bookmark not defined.</b>
3.7	Uji Reliabilitas .....	<b>Error! Bookmark not defined.</b>
3.8	Prosedur Penelitian .....	<b>Error! Bookmark not defined.</b>
3.9	Tempat dan Waktu Penelitian.....	<b>Error! Bookmark not defined.</b>

Dadi Hikmatulah, 2021

**PENGEMBANGAN KECAKAPAN HIDUP (LIFE SKILLS) MELALUI AKTIVITAS OLAHRAGA DI DALAM MASYARAKAT**

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3.10 Analisis Data.....	<b>Error! Bookmark not defined.</b>
<b>BAB IV HASIL PENELITIAN DAN PEMBAHASAN.. Error! Bookmark not defined.</b>	
4.1 Hasil Penelitian.....	<b>Error! Bookmark not defined.</b>
4.2 Uji Asumsi.....	<b>Error! Bookmark not defined.</b>
4.2.1 Uji Normalitas Data .....	<b>Error! Bookmark not defined.</b>
4.2.2 Uji Homogenitas Data.....	<b>Error! Bookmark not defined.</b>
4.3 Uji Hipotesis .....	<b>Error! Bookmark not defined.</b>
4.3.1 Hipotesis 1.....	<b>Error! Bookmark not defined.</b>
4.3.1.1 Uji <i>paired Sampel t-test</i> pada Kelompok Eksperimen ....	<b>Error! Bookmark not defined.</b>
4.3.2 Hipotesis 2.....	<b>Error! Bookmark not defined.</b>
4.3.2.1 Uji <i>Paired Sampel t-test</i> pada Kelompok <i>Control</i> .....	<b>Error! Bookmark not defined.</b>
4.3.3 Hipotesis 3 .....	<b>Error! Bookmark not defined.</b>
4.3.3.1 <i>Independent Samples T -Test</i> ...	<b>Error! Bookmark not defined.</b>
4.3.4 Hipotesis 4 .....	55
4.3.4.1 Komponen <i>Life Skills</i> yang Mengalami Perkembangan Paling Signifikan.....	55
4.4 Pembahasan Hasil Penelitian.....	<b>Error! Bookmark not defined.</b>
4.5 Penelitian Sebelumnya.....	62
<b>BAB V KESIMPULAN, IMPLIKASI DAN SARAN ..... Error! Bookmark not defined.</b>	
5.1 Kesimpulan.....	<b>Error! Bookmark not defined.</b>
5.2 Implikasi.....	65
5.3 Saran .....	<b>Error! Bookmark not defined.</b>



DAFTAR LAMPIRAN.....**Error! Bookmark not defined.**

## DAFTAR TABEL

Tabel 3. 1 Operasional Variabel.....**Error! Bookmark not defined.**

Tabel 3. 2 Jadwal Kegiatan Kelompok Eksperimen dan Kelompok *Control* **Error!  
Bookmark not defined.**

Tabel 3. 3 Jadwal, Waktu, dan Hari Program Pembelajaran **Error! Bookmark not  
defined.**

Tabel 3. 4 Dasar Pengambilan Keputusan Uji Normalitas .. **Error! Bookmark not  
defined.**

Tabel 3. 5 Dasar Pengambilan Keputusan Uji Normalitas .. **Error! Bookmark not  
defined.**

Tabel 4. 1 Kelompok Eksperimen dan Kelompok *Control*.. **Error! Bookmark not  
defined.**

Tabel 4. 2 Deskripsi Statistik *pre-test* ..... **Error! Bookmark not defined.**

Tabel 4. 3 Deskripsi Statistik *post-test* ..... **Error! Bookmark not defined.**

Tabel 4. 4 Uji Normalitas *Pre test & Post test* ..... **Error! Bookmark not defined.**

Tabel 4. 5 Hasil Uji Homogenitas Tim Sepakbola Kelompok Eksperimen .. **Error!  
Bookmark not defined.**

Tabel 4. 6 Hasil Uji Homogenitas Tim Sepakbola Kelompok *Control* ..... **Error!  
Bookmark not defined.**

Tabel 4. 7 Hasil analisis *Paired samples t-test* ..... **Error! Bookmark not defined.**

Tabel 4. 8 Hasil analisis *Paired samples t test* ..... **Error! Bookmark not defined.**

Tabel 4. 9 *Group Statistics* ..... **Error! Bookmark not defined.**

Dadi Hikmatulah, 2021

**PENGEMBANGAN KECAKAPAN HIDUP (LIFE SKILLS) MELALUI AKTIVITAS OLAHRAGA DI DALAM  
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[Tabel 4. 10 \*Independent Samples T -Test\* .....](#)**Error! Bookmark not defined.**  
[Tabel 4. 11 Rata-Rata Tiap Komponen \*Life Skills\*.](#)**Error! Bookmark not defined.**

## DAFTAR GAMBAR

[Gambar 2.2 \*Life skills\* Framework .....](#)**Error! Bookmark not defined.**  
[Gambar 3.1 \*Pre-test and Post-test Control Group\* Desain ..](#) **Error! Bookmark not defined.**  
[Gambar 3.2 Reliabilitas Angket \*LSSS\*.....](#)**Error! Bookmark not defined.**  
[Gambar 3.3 Langkah-langkah Penelitian.....](#)**Error! Bookmark not defined.**  
[Gambar 4.1 Diagram Rata-rata \*Pre-test & Post-test\* kelompok eksperimen.](#) **Error! Bookmark not defined.**  
[Gambar 4.2 Diagram rata-rata \*Pre-test & Post-test\* Kelompok \*Control\* .....](#) **Error! Bookmark not defined.**  
[Gambar 4.3 Diagram Rata-rata Gain Score Kelompok Eksperimen & Kelompok \*Control\* .....](#)**Error! Bookmark not defined.**  
[Gambar 4.4 Diagram Rata-rata Masing-masing Komponen \*Life Skills Pre-Test\* Eksperimen .....](#)**Error! Bookmark not defined.**  
[Gambar 4.5 Diagram Rata-rata Masing-masing Komponen \*Life Skills Post-Test\* Eksperimen .....](#)**Error! Bookmark not defined.**

Dadi Hikmatulah, 2021

PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) MELALUI AKTIVITAS OLAHRAGA DI DALAM MASYARAKAT

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[Gambar 4.6 Diagram Rata-rata Masing-masing Komponen \*Life Skills Pre-Test\* Kelompok \*Control\* .....](#)**Error! Bookmark not defined.**  
[Gambar 4.7 Diagram Rata-rata Masing-masing Komponen \*Life Skills Post-Test\* Kelompok \*Control\* .....](#)**Error! Bookmark not defined.**

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- Dadi Hikmatulah, 2021  
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**PENGEMBANGAN KECAKAPAN HIDUP (LIFE SKILLS) MELALUI AKTIVITAS OLAHRAGA DI DALAM MASYARAKAT**

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