

**PENGEMBANGAN KECAKAPAN HIDUP (*LIFE SKILLS*) DI USIA REMAJA
MELALUI PENDIDIKAN JASMANI DAN OLAHRAGA SEKOLAH**

TESIS

Diajukan Untuk Memenuhi Sebagian Dari Syarat Memperoleh Gelar Magister
Pendidikan Departemen Pendidikan Olahraga



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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Magister Program Studi Pendidikan Olahraga Pascasarjana

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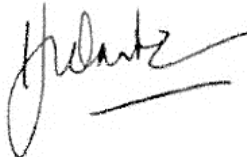
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ABSTRAK

Kecakapan hidup merupakan aspek yang penting bagi seseorang untuk menjalani kehidupannya dimasyarakat, kecakapan hidup diartikan sebagai keterampilan yang memungkinkan individu untuk mengatasi suatu perbedaan lingkungan seperti sekolah, rumah dan di lingkungan mereka yang lain (Gould & Carson, 2008). Tujuan dari penelitian ini adalah untuk mengetahui Pengaruh, Unsur-Unsur, dan Komponen *life skills* pada pendidikan jasmani dan olahraga sekolah. Metode penelitian menggunakan deskriptif yang berupa *systematic literature review* dengan menggunakan referensi jurnal internasional dan nasional yang dipublikasi diantaranya di *Taylorandfrancis, Sciendirect, Springerlink, Elsevier dan Google Scholar*. Hasil penelusuran didapatkan 16 jurnal Final Paper to bereview. Hasil penelitian ini menunjukkan bahwa Pengaruh *life skills* terbesar dalam pendidikan jasmani dan olahraga sekolah yaitu terletak dari seberapa besar partisipasi remaja dalam latihan latihan terstruktur dalam bidang olahraga sesuai dengan minat dalam melatih fisik dan psikis mereka. Unsur-unsur *life skills* dalam pendidikan jasmani dan olahraga sekolah adalah unsur fisiologis dan psikologis, dukungan orang tua, dukungan pelatih, pelatihan terstruktur dan pelatihan strategi. Komponen *life skills yang paling* dominan dalam pendidikan jasmani dan olahraga sekolah yaitu kecakapan personal, kecakapan sosial, dan kecakapan akademik.

Kata kunci: kecakapan hidup, keterampilan, pendidikan jasmani

LIFE SKILLS DEVELOPMENT IN YOUTH THROUGH PHYSICAL EDUCATION AND SCHOOL SPORTS

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ABSTRACT

Life skills are an important aspect for a person to live his life in society, life skills are defined as skills that enable individuals to overcome environmental differences such as school, home and in their other environments (Gould & Carson, 2008). The purpose of this study was to determine the effect, elements, and components of life skills on physical education and school sports. The research method is descriptive in the form of a systematic literature review using references to international and national journals published including in Taylorandfrancis, Sciendirect, Springerlink, Elsevier and Google Scholar. The search results obtained 16 Final Paper journals to be reviewed. The results of this study indicate that the greatest influence on life skills in physical education and school sports lies in how much youth participation in structured training exercises in the field of sports is in accordance with their interest in physical and psychological training. The elements of life skills in physical education and school sports are physiological and psychological elements, parental support, coach support, structured training and strategy training. The most dominant components of life skills in physical education and school sports are personal skills, social skills, and academic skills.

Keywords: life skills, skills, physical education

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