

**PENGEMBANGAN *LIFE SKILLS* MELALUI OLAHRAGA TAEKWONDO  
SKRIPSI**

Diajukan untuk memenuhi sebagian dari syarat untuk memperoleh gelar sarjana pendidikan pada Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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## ABSTRAK

**Yuri Yuliawati (1600181) Pengembangan *Life Skills* Melalui Olahraga Taekwondo. Skripsi ini diinstrum oleh Pembimbing I Pof. Dr. H. Amung Ma'mun, M.Pd. Pembimbing II Dr. Sucipto, M.Kes. AIFO. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Pendidikan Olahraga dan Kesehatan, Universitas Pendidikan Indonesia, 2022.**

Tujuan dalam penelitian ini yaitu ingin mengetahui pengembangan *life skills* melalui olahraga taekwondo. Pada penelitian ini menggunakan metode penelitian eksperimen. Populasi pada penelitian ini yaitu atlet puslatcab taekwondo Kota Tangerang. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling*, sampai akhirnya didapatkan sampel dalam penelitian ini berjumlah 20 orang siswa. Dalam penelitian ini desain yang digunakan *pretest – posttest one group design*. Instrumen penelitian yang digunakan dalam penelitian ini adalah melalui *test LSSS (Life Skills Scale of Sport)*. Analisis pada penelitian ini menggunakan bantuan software SPSS (Statistical Product and Service Solution) versi 25.0 IBM for window. Uji hipotesis pada penelitian ini menggunakan uji *paired sample test*. Dengan nilai sig (0,02) < (0,05) pada kelompok eksperimen dan nilai sig (0,201) < (0,05) pada kelompok kontrol. Maka dapat disimpulkan bahwa terdapat pengaruh pada kelompok eksperimen yang terintegrasi *life skills* terhadap pengembangan keterampilan kecakapan hidup (*life skills*)

**Kata Kunci:** *life skills*, taekwondo.

## ABSTRACT

**Yuri Yuliawati (1600181) *Development Of Life Skills Through Taekwondo Sports. This thesis is supervised by Advisor I Pof. Dr. H. Amung Ma'mun, M.Pd. Supervisor II Dr. Sucipto, M.Kes. AIFO. Health and Recreation Physical Education Study Program, Faculty of Sports and Health Education, University of Education Indonesia, 2022.***

*The purpose of this research is to know the development of life skills through taekwondo. In this study using experimental research methods. The population in this study were athletes from the taekwondo center for taekwondo in Tangerang City. The sampling technique in this study used a purposive sampling technique, until finally the sample in this study was 20 students. In this study, the design used was pretest – posttest one group design. The research instrument used in this study was through the LSSS (Life Skills Scale of Sport) test. The analysis in this study uses the SPSS (Statistical Product and Service Solution) software version 25.0 IBM for window. Hypothesis testing in this study used the paired sample test. With a value of sig (0.02) < (0.05) in the experimental group and a value of sig (0.201) < (0.05) in the control group. So it can be concluded that there is an influence in the experimental group that integrates life skills on the development of life skills.*

**Keywords:** *life skills, taekwondo.*

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