

**PENGEMBANGAN MODEL PELATIHAN PENCAK SILAT TAPAK SUCI
BERBASIS *SPORT FOR DEVELOPMENT AND PEACE* UNTUK
MENINGKATKAN KECAKAPAN HIDUP DALAM RANGKA
*POSITIF YOUTH DEVELOPMENT***

DISERTASI

diajukan untuk memenuhi sebagian syarat untuk memperoleh
gelar Doktor Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLARHAGA
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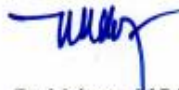
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ABSTRAK

Pencak silat tapak suci merupakan bagian dari organisasi otonom perserikatan Muhammadiyah dengan berasaskan aqidah dan akhlak yang bersumber dari Al-Quran dan As-Sunah dalam menjalankan kegiatannya. Permasalahan yang ada berdasarkan hasil pengamatan proses latihan pencak silat tapak suci putera Muhammadiyah Kuningan pada tingkat dasar dalam integrasi nilai-nilai keislaman dan budi pekerti dalam proses latihan masih dilakukan secara terselubung dan belum terstruktur dengan model yang baik. Tujuan penelitian ini untuk mengembangkan model pelatihan pencak silat tapak suci berbasis *sport for development and peace* (SDP) tentang kecakapan hidup dalam rangka *positif youth development*, dan untuk mengetahui efektivitas yang dihasilkan dari model yang dikembangkan. Metode penelitian yang digunakan adalah penelitian dan pengembangan (R&D) dengan pendekatan *mix methods* (kualitatif dan kuantitatif) melalui prosedur ADDIE yang terdiri dari lima langkah pengembangan meliputi; *analysis, design, development, implementation, evaluation*. Sampel penelitian berjumlah 56 orang yang dibagi menjadi dua kelompok, 28 orang kelompok pengembangan model dan 28 orang kelompok kontrol. Instrumen yang digunakan adalah angket kecakapan hidup. Temuan hasil penelitian menunjukkan bahwa model yang dikembangkan valid, praktis, dan efektif. Uji kelayakan (validitas) oleh ahli materi menghasilkan skor rata-rata (4,0), dan praktisi menghasilkan skor rata-rata (3,9) sehingga berada dalam kategori valid. Uji kepraktisan model oleh responden dari uji coba skala kecil, besar, dan uji coba lapangan menghasilkan skor rata-rata (3,4) berada dalam kategori praktis. Uji efektivitas diperoleh dari uji beda kelompok pengembangan model dengan kelompok kontrol selisih rata-rata (20,6) lebih besar kelompok pengembangan model. Disimpulkan bahwa pengembangan model SDP berbasis pendidikan nilai (religius, jujur, disiplin, mandiri, percaya diri, kerja keras, dan *respect*) dengan *intentionally structuring* efektif memberikan kontribusi terhadap kecakapan hidup, pengembangan model SDP layak untuk digunakan, dan efektif membentuk kecakapan hidup intrapersonal (pengendalian emosi, penetapan tujuan, pemecahan masalah dan membuat keputusan) dan kecakapan hidup interpersonal (kepemimpinan dan *respect*).

Kata Kunci: Pencak silat; tapak suci; *sport for development and peace*; pendidikan nilai; kecakapan hidup

DEVELOPMENT A TRAINING MODEL OF PENCAK SILAT TAPAK SUCI BASED ON SPORT FOR DEVELOPMENT AND PEACE FOR LIFE SKILLS TOWARD POSITIF YOUTH DEVELOPMENT

ABSTRACT

Pencak Silat Tapak Suci is part of the autonomous organization of the Muhammadiyah Association based on aqidah and morals sourced from the Al-Quran and As-Sunnah in carrying out its activities. The problems that exist based on the results of the observation of the pencak silat training process for the sons of Muhammadiyah Kuningan at the basic level in the integration of Islamic values and character in the training process are still carried out in a covert manner and have not been structured with a good model. The purpose of this research is to develop a model of pencak silat training in Tapak Suci in the perspective of sport for development and peace (SDP) regarding life skills in the context of positive youth development, and to determine the effectiveness of the developed model. The research method used is research and development (R&D) with a mix methods approach (qualitative and quantitative) through the ADDIE procedure which consists of five development steps including; analysis, design, development, implementation, evaluation. The research sample amounted to 56 people who were divided into two groups, 28 people in the model development group and 28 people in the control group. The instrument used is a life skills questionnaire. The findings of the research show that the developed model is valid, practical, and effective. The feasibility test (validity) by the material expert resulted in an average score (4.0), and the practitioner produced an average score (3.9) so that it was in the valid category. The practicality test of the model by respondents from small, large, and field trials resulted in an average score of (3.4) in the practical category. The effectiveness test was obtained from the different test of the model development group with the control group the average difference (20.6) was greater than the model development group. It is concluded that the development of the SDP model based on values education (religious, honest, disciplined, independent, self-confident, hard working, and respect) by intentionally structuring effectively contributes to life skills, the development of the SDP model is feasible to use, and effectively forms intrapersonal life skills (emotional control, goal setting, problem solving and decision making) and interpersonal life skills (leadership and respect)

Keywords: Pencak silat; tapak suci; sports for development and peace; value education; life skills

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