

**INTEGRASI *LIFE SKILLS* KE DALAM PROGRAM LATIHAN
SEPAKBOLA DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

TESIS

Diajukan Untuk Memenuhi Sebagian Dari Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga Sekolah Pascasarjana



Disusun Oleh :

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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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INTEGRASI *LIFE SKILLS* KE DALAM PROGRAM LATIHAN SEPAKBOLA DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT*

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Tomi Efendi

UPI Bandung, 2022

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Magister Pendidikan pada Sekolah Pascasarjana UPI

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Agustus 2022

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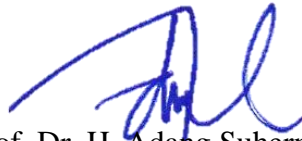
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LEMBAR PERNYATAAN

Saya menyatakan bahwa tesis yang berjudul “**Integrasi *Life Skills* ke Dalam Program Latihan Sepakbola Dalam Rangka *Positive Youth Development* ”**. Beserta seluruh isinya sepenuhnya karya saya sendiri dan tidak melakukan penjiplakan atau pengutipan dengan cara yang tidak sesuai etika keilmuan yang berlaku dalam masyarakat.

Atas pernyataan ini, saya siap menanggung resiko ataupun sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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KATA PENGANTAR



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Tesis ini ditulis dengan sebaik-baiknya, namun penulis menyadari sepenuhnya bahwa tesis ini belum begitu sempurna. Sehingga, penulis mengharapkan saran dan kritik yang membangun untuk penulis agar tesis ini menjadi suatu karya ilmiah yang berguna bagi khalayak umum dan sesuai dengan maksud dan tujuan penyusunannya. Penulis pun berharap tesis ini dapat memberikan pengetahuan yang baru bagi para pembaca serta dapat dipahami dengan mudah.

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Tomi Efendi

Integrasi *Life Skills* ke dalam Program Latihan Sepakbola dalam Rangka *Positive Youth Development*

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ABSTRAK

Tujuan penelitian ini ialah untuk mengetahui perbedaan pengaruh antara latihan Sepakbola yang terintegrasi *life skills* dengan nonintegrasi *life skills* terhadap perkembangan *life skills* dalam rangka *Positive Youth Development*, untuk mengetahui komponen *life skills* mana saja yang mengalami peningkatan serta untuk mengetahui performa bermain pada masing-masing kelompok. Menggunakan Model *Quasi-Experimental Design*. Kuesioner LSSS merupakan instrumen yang digunakan dalam pengumpulan data. Teknik pengambilan sampling ialah *purposive sampling*. 30 remaja berusia 14-15 tahun yang dibagi menjadi dua kelompok, yaitu: Pelatihan Sepakbola yang diberikan integrasi *life skills* terdiri dari 15 remaja; Pelatihan Sepakbola yang tidak diberikan integrasi *life skills* terdiri dari 15 remaja. Hasil penelitian menunjukkan bahwa terdapat perbedaan pengaruh antara pelatihan Sepakbola yang terintegrasi *life skills* dengan nonintegrasi *life skills* terhadap perkembangan *life skills* dalam rangka *Positive Youth Development*. Pelatihan Sepakbola terintegrasi *life skills* lebih baik daripada nonintegrasi *life skills*. Komponen *life skills* yang mengalami peningkatan paling tinggi pada kelompok terintegrasi *life skills* adalah kerjasama tim, komunikasi interpersonal dan kecakapan sosial. Sedangkan komponen *life skills* yang mengalami peningkatan pada kelompok nonintegrasi *life skills* adalah kerjasama tim. Performa bermain dari kedua kelompok tidak berbeda secara signifikan. Pelatihan Sepakbola dengan integrasi *Life Skill* secara tersruktur dan disengaja tidak hanya meningkatkan kemampuan bermain bola saja akan tetapi kecakapan hidup juga akan terbentuk dengan sendirinya. Pelatih diharapkan agar mengubah paradigma sistem pelatihan Sepakbola dengan memasukkan kecakapan hidup ke dalam program latihan olahraga khususnya Sepakbola. Sehingga dengan cara tersebut akan meningkatkan psikososial kemudian akan terwujudnya *Positive Youth Development*

Kata kunci : *Life skills*, Olahraga Remaja, Sepakbola, Performa Permainan, Pengembangan Pemuda Positif.

Integrating Life Skills in Soccer Training Program for Positive Youth Development

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ABSTRAK

The purpose of this study to determine the difference in the effect between soccer practice is integrated with life skills and non-integration of life skills with the development of life skills in the context of Positive Youth Development, to determine which components of life skills have highest increased and to determine the game performance of each group. Using Quasi-Experimental Design Model. The LSSS questionnaire is an instrument used in data collection. The sampling technique is purposive sampling. 30 teenagers aged 14-15 years who were divided into two groups, namely: soccer training provided with integration of life skills consisting of 15 teenagers; The soccer training that was not given the integration of life skills consisted of 15 teenagers. The results showed that there was a difference in the effect of soccer training that was integrated with life skills and non-integrated life skills on the development of life skills in the context of Positive Youth Development. Life skills integrated soccer training is better than non-integrated life skills. The components of life skills that highest increase in the integrated group of life skills were teamwork, interpersonal and social communication. Meanwhile, the component of life skills that has increased in the non-integrated group of life skills is teamwork. The game performance of the two groups was not significantly different. Soccer training with the integration of Life Skills in a structured and deliberate manner will not only improve the ability to play ball, but life skills will also be formed by itself. Soccer coaches are expected to change the paradigm of the soccer training system by participating in sports training programs, especially soccer. So that in this way it will improve psychosocial and then positive youth development will be realized

Keywords: Life skills, Youth Sports, Football, Game performance, Positive Youth Development.

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