

**ANALISIS PENERAPAN PROGRAM *INTENTIONALLY STRUCTURED*  
UNTUK PENINGKATAN *LIFE SKILLS* MELALUI AKTIVITAS LUAR  
SEKOLAH (*OUT OF SCHOOL ACTIVITIES*) DALAM RANGKA  
*POSITIVE YOUTH DEVELOPMENT***

**Tesis**

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



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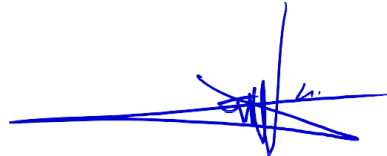
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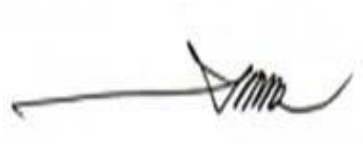
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ANALISIS PENERAPAN PROGRAM *INTENTIONALLY STRUCTURED* UNTUK PENINGKATAN *LIFE SKILLS* MELALUI AKTIVITAS LUAR SEKOLAH (*OUT OF SCHOOL ACTIVITIES*) DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT*

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## ABSTRACT

Life skills are one of the components in forming Positive Youth Development. The purpose of this research is to find out intentionally structured programs that are widely used to improve life skills through out-of-school activities, to find out about out-of-school programs used to improve life skills which are included in intentionally structured programs and to find out the results of intentionally structured programs on improving life skills through Out Of School Activities, the research method in this study used Systematic literature review which is a literature review method that identifies, assesses, and interprets all findings on a research topic, to answer predetermined research questions (Kitchenham et al.2007). In this study, researchers used 30 Final Paper journals to review from 210 journals taken from 4 databases, namely Taylor & Francis, Google Scholar, Science Direct, and Sage. The results showed that participation in structured out-of-school activity programs was intentional in its application. can produce quality programs where this can contribute to youth development in a positive direction. This shows that the Intentionally structured program that is implemented in out-of-school activities in its implementation can influence positive youth development, this can be seen from the increase in the elements the 5C elements in (PYD) namely Competence, Confidence, Connection, Character and Caring Or Compassion.

*Keywords: Intentionally structured Program, Out Of School Activities, Positive Youth Development*

## ABSTRAK

*Life skills* merupakan salah satu komponen dalam rangka membentuk *Positive Youth Development*. Tujuan dari penelitian adalah untuk mengetahui Intentionally structured program yang banyak digunakan untuk meningkatkan life skills melalui *Out Of School Activities*, untuk mengetahui Program luar sekolah yang digunakan dalam peningkatan life skills yang termasuk dalam intentionally structured program Dan untuk mengetahui Hasil intentionally structured program terhadap peningkatan life skills melalui *Out Of School Activities*, Metode penelitian pada penelitian ini menggunakan *Systematic literature review* yang merupakan metode *literature review* yang mengidentifikasi, menilai, dan menginterpretasi seluruh temuan-temuan pada suatu topik penelitian, untuk menjawab pertanyaan penelitian (*research question*) yang telah ditetapkan sebelumnya (Kitchenham et al. 2007). dalam penelitian ini peneliti menggunakan 30 jurnal *Final Paper to bereview* dari 210 jurnal yang diambil dari 4 database yaitu Taylor & Francis, Google Scholar, Science Direct, dan Sage, Hasil penelitian menunjukkan bahwa partisipasi dalam program aktivitas luar sekolah yang terstruktur di sengaja dalam penerapannya dapat menghasilkan program yang berkualitas dimana hal ini dapat berkontribusi bagi pengembangan pemuda kearah yang positif hal ini menunjukkan bahwa bahwa Program Intentionally structured yang di terapkan dalam aktivitas luar sekolah dalam pelaksanaannya dapat berpengaruh terhadap pengembangan pemuda positif, hal ini dapat terlihat dari meningkatnya unsur-unsur 5C dalam (PYD) yaitu *Competence, Confidence, Connection, Character dan Caring Or Compassion*.

Kata Kunci: Intentionally structured Program, Aktivitas Luar Sekolah, Pengembangan Pemuda Positif

## DAFTAR ISI

LEMBAR HAK CIPTA	
LEMBAR PENGESAHAN	
LEMBAR PERNYATAAN	
KATA PENGANTAR .....	i
UCAPAN TERIMA KASIH.....	ii
ABSTRAK .....	iv
ABSTRACT.....	v
DAFTAR ISI.....	vi
DAFTAR TABEL.....	viii
DAFTAR GAMBAR .....	ix
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang .....	1
1.2 Rumusan Masalah .....	8
1.3 Tujuan Penelitian .....	8
1.4 Manfaat Penelitian .....	8
1.5 Batasan Penelitian .....	9
1.6 Struktur Organisasi Tesis .....	9
BAB II KAJIAN PUSTAKA .....	11
2.1 Kecakapan Hidup ( <i>Life Skills</i> ) .....	11
2.1.1 Kerjasama Tim ( <i>Teamwork</i> ) .....	14
2.1.2 Penetapan Tujuan ( <i>Goal Setting</i> ) .....	15
2.1.3 Manajemen Waktu ( <i>Time Manajemen</i> ) .....	15
2.1.4 Kepemimpinan ( <i>Leadership</i> ) .....	16
2.1.5 Kecakapan Sosial ( <i>Sosial Skills</i> ).....	16
2.1.6 Kecakapan Emosional ( <i>Emotional Skills</i> ).....	17
2.1.7 Komunikasi Interpersonal ( <i>Interpersonal Communication</i> ).....	17
2.1.8 Pemecahan Masalah ( <i>Problem Solving</i> ) .....	18

2.2 <i>Positive Youth Development</i> (PYD).....	19
2.2.1 Pengertian <i>Positive Youth Development</i> .....	19
2.2.2 Manfaat <i>Positive Youth Development</i> .....	25
2.3 Pendidikan Jasmani.....	27
2.4 Aktivitas Olahraga .....	27
2.5 Aktivitas Luar Sekolah.....	30
2.6 <i>Intentionally Structured</i> .....	33
2.7 <i>Systematic Literature Review</i> .....	34
2.8 Kerangka Berpikir.....	41
<b>BAB III METODE PENELITIAN</b> .....	<b>43</b>
3.1 Metode Penelitian .....	43
3.2 Desain Penelitian .....	43
3.3 Tahapan Penelusuran Journal.....	44
3.4 Jenis Data .....	47
3.5 Instrumen Penelitian .....	47
3.6 Analisis Data.....	48
3.7 Etika Penelitian .....	47
<b>BAB IV TEMUAN DAN PEMBAHASAN</b> .....	<b>58</b>
4.1 Penelusuran Journal .....	58
4.2 Analisis Data.....	59
4.3 Pembahasan.....	126
<b>BAB V KESIMPULAN, IMPLIKASI DAN REKOMENDASI</b> .....	<b>137</b>
5.1 Kesimpulan .....	137
5.2 Implikasi dan Rekomendasi .....	138
<b>DAFTAR PUSTAKA</b> .....	<b>140</b>
<b>LAMPIRAN</b> .....	<b>148</b>

## DAFTAR TABEL

Tabel 3.6 <i>Literatur Review Jurnal</i> .....	48
Tabel 4.2 <i>Final Paper to bereview</i> .....	59



## DAFTAR GAMBAR

Gambar 2.1 <i>Life Skills Framework</i>	13
Gambar 2.3 Elemen Kunci Pendidikan Jasmani	28
Gambar 3.3 Penelusuran Journal	43
Gambar 4.1 Penelusuran Journal	54

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