

**PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA
RUGBY**

SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana
Pendidikan pada Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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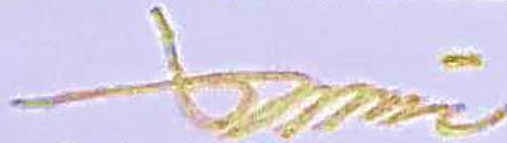
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PERNYATAAN KEASLIAN

Dengan ini saya menyatakan bahwa skripsi dengan judul "Pengembangan Kecakapan Hidup Melalui Olahraga Rugby" ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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PENGEMBANGAN KECAKAPAN HIDUP MELALUI OLAHRAGA RUGBY

Siti Mustika Nurrohmah, Amung Ma'mun, Carsiwan

Kecakapan hidup merupakan kemampuan individu dalam menghadapi tantangan serta tuntutan dalam kehidupan sehari-hari. Dengan kecakapan hidup yang baik maka individu mampu menghadapi kondisi lingkungan yang berbeda. Tujuan penelitian ini adalah untuk mengetahui pengembangan *life skills* pada kelompok yang diberikan program integrasi *life skills* secara sengaja dan terstruktur pada olahraga rugby, serta untuk mengetahui komponen *life skills* manakah yang memiliki peningkatan paling tinggi dalam pengembangan program *life skills* pada kelompok eksperimen. Penelitian ini menggunakan metode eksperimen dengan desain pada penelitian ini menggunakan *pretest-posttest control group design*. Sampel pada penelitian ini yaitu Atlet Rugby Kabupaten Cirebon sebanyak 28 orang. Instrumen yang digunakan pada penelitian yaitu LSSS (*Life Skills Scale for Sport*) yang telah diadopsi. Hasil pada penelitian ini diperoleh dengan cara menganalisis data menggunakan *software* SPSS dan menunjukkan bahwa terdapat pengaruh program integrasi *life skills* pada kelompok eksperimen dan kelompok kontrol serta terdapat perbedaan peningkatan *life skills* yang signifikan antara kelompok eksperimen dan kelompok kontrol, pada kelompok eksperimen memiliki nilai peningkatan sebesar 49.2 sedangkan pada kelompok kontrol memiliki nilai peningkatan sebesar 18.5. Pada penelitian ini komponen *life skills* kerjasama tim memiliki peningkatan paling tinggi pada kelompok eksperimen sedangkan komunikasi interpersonal memiliki peningkatan paling rendah pada kelompok eksperimen.

Kata Kunci: *Kecakapan Hidup, Rugby*

ABSTRACT

Siti Mustika Nurrohmah (1900392). Life Skills Development Through Rugby. Paper, Health and Recreation Physical Education Study Program, Department of Sports Education, Faculty of Sports and Health Education, Indonesian University of Education, Bandung 2023.

LIFE SKILLS DEVELOPMENT THROUGH RUGBY

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Life skills are individual abilities in dealing with challenges and demands in everyday life. With good life skills, individuals are able to deal with different environmental conditions. The purpose of this study was to determine the development of life skills in the group that was given a deliberate and structured life skills integration program in rugby, and to find out which life skills components had the highest increase in the development of life skills programs in the experimental group. This study used an experimental method with a design in this study using a pretest-posttest control group design. The sample in this study were 28 people from Cirebon Regency Rugby Athletes. The instrument used in this research is the adopted LSSS (Life Skills Scale for Sport). The results in this study were obtained by analyzing data using SPSS software and showing that there was an influence of the life skills integration program in the experimental group and the control group and there was a significant difference in life skills improvement between the experimental group and the control group, the experimental group had an increase value of 49.2 while the control group had an increased value of 18.5. In this study, the teamwork life skills component had the highest increase in the experimental group, while interpersonal communication had the lowest increase in the experimental group.

Keywords: Life Skills, Rugby

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