

**PENGEMBANGAN *SELF-CONTROL* MELALUI
OLAHRAGA PENCAK SILAT**

TESIS

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



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ABSTRAK

Sri Riziki Putri Wiguna (2023). Pengembangan *Self-Control* Melalui Olahraga Pencak Silat. Tesis. Pembimbing I: Prof. Dr. H. Amung Ma'mun, M.Pd. dan Pembimbing II: Prof. Dr. Hj. Tite Juliantine, M.Pd.

Self-control menjadi sikap mental yang utama dan pertama di dalam bela diri. *Self-control* mengacu pada kapasitas untuk mengubah tanggapan sendiri, terutama untuk mengarahkan mereka sesuai dengan standar seperti cita-cita, nilai-nilai, moral dan harapan sosial serta untuk mendukung mengejar tujuan jangka panjang. *Self-Control* memiliki lima faktor yaitu, kedisiplinan, pengendalian tindakan impulsif, kebiasaan hidup sehat, etos kerja dan keandalan diri. Tujuan penelitian adalah untuk merumuskan program *self-control* yang efektif melalui olahraga pencak silat pada peserta didik. Metode penelitian yang digunakan adalah kuasi-eksperimen dengan desain penelitian *nonequivalent pretest-posttest control group*. Populasi dalam penelitian adalah peserta didik SMA Negeri 3 Cirebon Tahun Ajaran 2022/2023. Sampel sebanyak 20 peserta didik ditentukan dengan teknik *purposive random sampling*. Instrumen dalam penelitian ini mengukur tingkat *self-control* yang diadopsi dari instrumen *self-control scale* (SCS). Program *self-control* peserta didik yang diintegrasikan melalui olahraga pencak silat memiliki nilai signifikansi yang lebih tinggi. Maka penelitian menunjukkan bahwa program latihan terintegrasi nilai *self-control* dapat dikembangkan melalui olahraga pencak silat.

Kata Kunci: Pengembangan, *Self-Control*, Olahraga, Pencak Silat.

ABSTRACT

Sri Riziki Putri Wiguna (2023). Development of Self-Control Through The Sport Of Pencak Silat. Thesis. Supervisor I: Prof. Dr. H. Amung Ma'mun, M.Pd. and Supervisor II: Prof. Dr. Hj. Tite Juliantine, M.Pd.

Self-control is the main and first mental attitude in martial arts. Self-control refers to the ability to change one's own responses, especially to direct them according to standards such as ideals, values, morals and social expectations and to support the achievement of long-term goals. Self-Control has five factors, namely, general capacity for self-discipline, deliberate/nonimpulsive action, healthy habits, work ethics and reliability. The aim of the research is to formulate an effective self-control program through the sport of pencak silat for students. The research method used was quasi-experimental with a nonequivalent pretest-posttest control group research design. The population in the study were students of SMA Negeri 3 Cirebon for the 2022/2023 Academic Year. A sample of 20 students was determined by purposive random sampling technique. The instrument in this study measures the level of self-control adopted from the self-control scale (SCS) instrument. Student self-control programs that are integrated through the sport of pencak silat have a higher significance value. So the research shows that an integrated training program for the value of self-control can be developed through the sport of pencak silat.

Keywords: Development, Self-Control, Sports, Pencak Silat.

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
DAFTAR LAMPIRAN	x
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian	6
1.3 Tujuan Penelitian	6
1.4 Manfaat/Signifikansi Penelitian	7
1.5 Struktur Organisasi Tesis	8
BAB II KAJIAN PUSTAKA	9
2.1 Definisi Pengembangan	9
2.2 Definisi <i>Self-Control</i>	13
2.3 Olahraga (<i>Sport</i>)	25
2.4 Definisi Pencak Silat	32
2.5 Penelitian Terdahulu	51
2.6 Kerangka Berpikir	55
2.7 Hipotesis	58

BAB III METODE PENELITIAN	59
3.1 Metode Penelitian	59
3.2 Desain Penelitian	59
3.3 Partisipan	60
3.4 Populasi dan Sampel	61
3.5 Instrumen Penelitian	62
3.6 Pedoman Skoring.....	65
3.7 Prosedur Penelitian	66
3.8 Analisis Data	70
BAB IV TEMUAN DAN PEMBAHASAN	72
4.1 Temuan Hasil Penelitian	72
4.2 Analisis Deskriptif Data	72
4.3 Uji Prasayarat Analisis	74
4.4 Uji Hipotesis	77
BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI	84
5.1 Kesimpulan	84
5.2 Implikasi	84
5.3 Rekomendasi	85
DAFTAR PUSTAKA	86
LAMPIRAN	
RIWAYAT HIDUP	

DAFTAR TABEL

Tabel 3.1 Desain Penelitian.....	60
Tabel 3.2 Sampel Penelitian	62
Tabel 3.3 Skala Pengendalian Diri	63
Tabel 3.4 Faktor Skala Pengendalian Diri	65
Tabel 3.5 Pedoman Skoring	66
Tabel 3.6 Jadwal Penelitian	68
Tabel 4.1 Perolehan Rata-Rata, <i>Std Deviation</i> dan <i>Variance</i>	72
Tabel 4.2 Pengujian Normalitas <i>Self-Control</i>	75
Tabel 4.3 Pengujian Homogenitas <i>Self-Control</i>	76
Tabel 4.4 Uji t (<i>Paired Sampel t test</i>) <i>Self-Control</i>	77

DAFTAR GAMBAR

Gambar 2.1 Rangkaian Jurus Kategori Tunggal	39
Gambar 3.1 Prosedur Penelitian.....	66
Gambar 4.1 Diagram nilai rata-rata <i>Self-Control</i>	73

DAFTAR LAMPIRAN

- Lampiran 1 : Surat Keputusan Penunjukan Dosen Pembimbing
- Lampiran 2 : Surat Izin Penelitian
- Lampiran 3 : Surat Keterangan Telah Melaksanakan Penelitian
- Lampiran 4 : Program Penelitian
- Lampiran 5 : Kuisisioner SCS *Self-Control Scale* (Tangney, 2004)
- Lampiran 6 : Data Hasil Penelitian Menggunakan Kuisisioner SCS
Self-Control Scale (Tangney, 2004) 36 Butir Pertanyaan
- Lampiran 7 : Uji Normalitas
- Lampiran 8 : Uji Homogenitas
- Lampiran 9 : Uji Hipotesis *Paired Sample T-Test*
- Lampiran 10 : Dokumentasi Penelitian
- Lampiran 11 : Riwayat Hidup

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