

**PENERAPAN PROGRAM LATIHAN *YOUTH BASKETBALL GAMES*
PADA ATLET REMAJA DI CLUB BOLABASKET XGC *ELITE*
BANDUNG DALAM RANGKA *POSITIVE YOUTH DEVELOPMENT***

TESIS

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Oleh:

Fikra Azahra

2106473

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LEMBAR HAK CIPTA

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Fikra Azahra

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LEMBAR PENGESAHAN

FIKRA AZAHRA

2106473

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Disetujui dan disahkan oleh pembimbing

Pembimbing I



Prof. Dr. H. Amung Ma'mun, M.Pd.
NIP. 196001191986031002

Pembimbing II



Dr. Nuryadi, M.Pd.
NIP. 197101171998021001

Mengetahui

Ketua Program Studi Pendidikan Olahraga
Sekolah Pascasarjana



Prof. Dr. H. Amung Ma'mun, M.Pd.
NIP. 196001191986031002

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Fikra Azahra ¹, Amung Ma'mun ², & Nuyadi ³

Universitas Pendidikan Indonesia, Bandung, Jawa Barat, Indonesia

ABSTRAK

Penelitian ini memiliki tujuan apakah terdapat perbedaan pengaruh program latihan *youth basketball games* terhadap konsep *Positive Youth Development* (PYD) dan keterampilan pemahaman bermain bolabasket pada atlet remaja di klub bolabasket XGC *Elite* Bandung dalam rangka *Positive Youth Development*. Metode penelitian yang digunakan adalah eksperimen, dengan desain penelitian *Pretest – Posttest Control Group Design*. Populasi pada penelitian ini yaitu 50 orang atlet remaja pada klub bolabasket XGC *Elite* Bandung dan sampel yang digunakan 24 orang atlet yang dibagi menjadi 2 kelompok berbeda. Instrumen yang digunakan adalah *Positive Youth Development Inventory* (PYDI) dan *Game Performance Assesment Instrument* (GPAI) kemudian dianalisis dengan uji t statistik. Hasil dari penelitian ini adalah terdapat nilai konsep PYD dengan signifikansi 2,977 lebih besar dari 2,074 $t(2,997 > 2,074)$ yang berarti terdapat perbedaan yang signifikan program *youth basketball games* terhadap peningkatan PYD dan nilai keterampilan pemahaman bermain dengan signifikansi 1,155 yang lebih kecil dari 2,074 $t(1,155 < 2,074)$ yang artinya tidak terdapat perbedaan yang signifikan program *youth basketball games*. Dari hasil penelitian ini dapat disimpulkan bahwa program *youth basketball games* memiliki pengaruh untuk meningkatkan konsep PYD dengan adanya pengaruh perbedaan setiap kelompok yang terintegrasi dan non integrasi pada atlet remaja pada klub bolabasket XGC *Elite* Bandung. sedangkan, untuk keterampilan pemahaman bermain bolabasket juga memiliki peningkatan dengan tidak adanya pengaruh perbedaan setiap kelompok pada atlet remaja pada klub bolabasket XGC *Elite* Bandung.

Kata Kunci: *Youth Basketball Games*, *Positive youth Development*, Keterampilan Pemahaman bermain bolabasket, XGC *Elite* Bandung.

**IMPLEMENTATION OF THE YOUTH BASKETBALL GAMES PROGRAM
TO YOUTH ATHLETES IN XGC ELITE BANDUNG BOLABASKET CLUB
IN THE CONTEXT OF POSITIVE YOUTH DEVELOPMENT**

Fikra Azahra ¹, Amung Ma'mun ², & Nuyadi ³

Universitas Pendidikan Indonesia, Bandung, Jawa Barat, Indonesia

ABSTRACT

This research aims to determine whether there are differences in the influence of the youth basketball games training program on the concept of Positive Youth Development (PYD) and basketball playing comprehension skills among adolescent athletes in the XGC Elite Bandung basketball club in the context of Positive Youth Development. The research method used was an experiment, with a Pretest-Posttest Control Group Design. The population in this study consisted of 50 adolescent athletes in the XGC Elite Bandung basketball club, and the sample used was 24 adolescent athletes divided into two different groups. The instruments used were the Positive Youth Development Inventory (PYDI) and the Game Performance Assessment Instrument (GPAI), which were then analyzed using the t-test. The results of this study showed that there was a PYD concept score with a significance of 2.977, which is greater than 2.074 $t(2.977 > 2.074)$, indicating a significant difference in the youth basketball games program's effect on the improvement of PYD. However, the score for the basketball playing comprehension skills had a significance of 1.155, which is smaller than 2.074 $t(1.155 < 2.074)$, indicating no significant difference in the youth basketball games program. From the results of this study, it can be concluded that the youth basketball games program has an influence on improving the concept of PYD, with a significant difference between the integrated and non-integrated groups of adolescent athletes in the XGC Elite Bandung basketball club. On the other hand, the basketball playing comprehension skills also improved, but there was no significant difference between the groups of adolescent athletes in the XGC Elite Bandung basketball club.

Keywords: Youth Basketball Games, Positive Youth Development, Basketball Playing Comprehension Skills, XGC Elite Bandung.

DAFTAR ISI

LEMBAR HAK CIPTA	i
LEMBAR PERNYATAAN	iii
KATA PENGANTAR	iv
UCAPAN TERIMKASIH.....	v
ABSTRAK.....	vii
ABSTRACT.....	viii
DAFTAR ISI.....	ix
DAFTAR TABEL.....	xi
DAFTAR GAMBAR	xii
BAB I.....	1
PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian	7
1.3 Tujuan Penelitian	7
1.4 Manfaat Penelitian	7
BAB II.....	9
KAJIAN PUSTAKA.....	9
2.1 <i>Positive Youth Development (PYD)</i>	9
2.1.1 Perkembangan yang Dominan pada PYD.....	10
2.2 <i>Youth Basketball Games</i>	12
2.3 Konsep Dasar Metode Latihan.....	14
2.4 Konsep Metode Pemahaman bermain.....	15
2.5 Penelitian Relevan.....	19
2.6 Kerangka Berpikir.....	22
2.7 Hipotesis.....	24
BAB III	25
METODE PENELITIAN.....	25
3.1 Metode Penelitian.....	25
3.2 Definisi Operasional.....	25
3.3 Desain Penelitian.....	26
3.4 Populasi dan Sampel	28
3.5 Instrumen Penelitian.....	29

3.5.1	Pengembangan Instrumen Inventori <i>Positive Youth Development (PYDI)</i> 29	
3.5.2	Instrumen Pemahaman Bermain dalam Permainan Bolabasket.....	36
3.6	Prosedur Penelitian.....	41
3.7	Program Penelitian.....	42
3.8	Analisis Data.....	48
BAB IV	50
TEMUAN DAN PEMBAHASAN	50
4.1	Deskripsi Data.....	50
4.2	Uji Prasyarat.....	51
4.2.1	Uji Normalitas.....	51
4.2.2	Uji Homogenitas.....	52
4.3	Pengujian Hipotesis.....	52
4.3.1	Uji <i>Paired Sample T-test</i>	53
4.4	Pembahasan.....	57
4.4.1	Perbedaan pengaruh antara program latihan <i>youth basketball games</i> terintegrasi dengan nonterintegrasi konsep PYD terhadap peningkatan PYD pada atlet remaja di klub bolabasket XGC <i>Elite Bandung</i> dalam rangka <i>Positive Youth Development</i>	57
4.4.2	Perbedaan pengaruh antara program latihan <i>youth basketball games</i> terintegrasi dengan nonterintegrasi terhadap peningkatan keterampilan pemahaman bermain bolabasket pada atlet remaja di klub bolabasket XGC <i>Elite Bandung</i> dalam rangka <i>Positive Youth Development</i>	59
BAB V	63
KESIMPULAN DAN SARAN	63
5.1	Kesimpulan.....	63
5.2	Impilkasi.....	63
5.3	Rekomendasi.....	64
DAFTAR PUSTAKA	66
LAMPIRAN	75

DAFTAR TABEL

Tabel 3. 1 Kisi-kisi Inventori Positive Youth Development (PYDI).....	30
Tabel 3. 2 Pola skor alternative Model Summated Ratings (Likert) Dalam Inventori Positive Youth Development (PYDI).....	30
Tabel 3. 3 Hasil Penimbangan Instrumen	31
Tabel 3. 4 Hasil Penimbangan Instrumen (lanjutan).....	32
Tabel 3. 5 Hasil Penimbangan Instrumen (lanjutan).....	33
Tabel 3. 6 Hasil Uji Validitas Instrumen	34
Tabel 3. 7 (lanjutan) Hasil Uji Validitas Instrumen.....	35
Tabel 3. 8 Kriteria Hasil Uji Reliabilitas Instrumen	36
Tabel 3. 9 Penilaian Penampilan Bermain GPAI.....	37
Tabel 3. 10 Skill execution (Keterampilan).....	37
Tabel 3. 11 Decision Making (Pengambilan Keputusan)	38
Tabel 3. 12 Support (Dukungan).....	38
Tabel 3. 13 Guard or Mark (menjaga/menandai).....	39
Tabel 3. 14 Empat Penilaian Penampilan Bermain.....	40
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development	43
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development (lanjutan).....	44
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development (lanjutan).....	45
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development (lanjutan).....	46
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development (lanjutan).....	47
Tabel 3. 15 Jadwal Program latihan youth basketball games terintegrasi Positive Youth Development (lanjutan).....	48
Tabel 4. 1 Hasil deskripsi data atlet bolabasket remaja pada klub XGC <i>Elite</i> Bandung bolabasket	50
Tabel 4. 2 Hasil Uji Normalitas Kedua Kelompok Penelitian.....	51
Tabel 4. 3 Hasil Uji Homogenitas Variabel Positive Youth Development dan Keterampilan pemahaman Bermain Bolabasket Kedua Kelompok Penelitian....	52
Tabel 4. 4 Hasil Output Paired Samples T-Tes.....	53

DAFTAR GAMBAR

Gambar 2. 1 <i>A Tactical Approach to Game Teaching</i>	19
Gambar 2. 2 Konsep Kerangka Berpikir	22
Gambar 3. 1 Desain Penelitian Eksperimen.....	28
Gambar 3. 2 Prosedur penelitian.....	42

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