

LIFE SKILLS DEVELOPMENT IN YOUTH THROUGH PHYSICAL EDUCATION AND SCHOOL SPORTS

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Abstract

Life skills related to certain jobs are vocational skills that are useful for independence in life (Iswari, 2007). Life skills are an important aspect for a person to live his life in society, life skills are defined as skills that enable individuals to overcome environmental differences such as school, home and in their other environments (Gould & Carson, 2008). The purpose of this study was to determine the effect, elements, and components of life skills on physical education and school sports. The research method is descriptive in the form of a systematic literature review using references to international and national journals published including in Taylorandfrancis, Sciendirect, Springerlink, Elsevier and Google Scholar. The search results obtained 16 Final Paper journals to be reviewed. The results of this study indicate that the greatest influence on life skills in physical education and school sports lies in how much youth participation in structured training exercises in the field of sports is in accordance with their interest in physical and psychological training. The elements of life skills in physical education and school sports are physiological and psychological elements, parental support, coach support, structured training and strategy training. The most dominant components of life skills in physical education and school sports are personal skills, social skills, and academic skills.

Keyword: lifeskills, leadership, self-control, skills, independence

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Introduction

Currently, the issue of life skills through formal education has become an actual topic to be discussed for various very rational reasons, such as the increasing number of basic education graduates who do not continue to secondary school, high school graduates who do not continue to university (Central Bureau of Statistics 2007). The achievement of the education system may be seen from the capacity of graduates to use the results of education for a living. therefore, a very good training gadget must be capable of offer provisions for graduates to provide existence abilities to students. because of this, the Ministry of countrywide training need to similarly refine the curriculum so that it may offer lifestyles capabilities to students

because as a minimum 70% of college students want competencies schooling that may be used for lifestyles. that is due to the entire college students who attend faculty from primary to high school, most effective approximately 30% are sooner or later capable of retain their training to college (Handayani 2009).

In recent years, there may be a developing subject about the future of modern-day kids. There may be a developing subject about the future of modern-day kids. The issues stem from an increase in adolescent hassle behaviors (delinquency, drug use), coupled with changing social forces which include both operating parents, single parents, extended young people unsupervised at domestic by myself (Fraser-thomas et al. 2007). Regardless, for adolescents to steer a success and healthful lives, they want to expand various life skills (Mossman and Cronin 2018)

In general, life skills have been widely described as capabilities needed to cope with the needs and challenges of normal life (WHO 1999). Life skills are an important aspect for a person to live his life in society. Danish and his colleagues in Gould & Carson (2008) define life skills as abilities that allow people to cope with environmental differences which include college, home and of their different environments. According to L. Cronin et al., (2019) life skills include teamwork, leadership, decision making and social skills that can be used in education, work and other social relationships. Recently, Cronin & Allen said that there are 8 components of life skills that have been efficaciously developed, specifically: teamwork, purpose putting, time management, emotional skills, communication, social competencies, management, and problem solving and selection making (Cronin & Allen, 2017).

Life skills are an essential thing in improving psychosocial improvement that can be carried out whilst sorting out sports activities and physical activity programs (Gould & Carson, 2008). However, in the current physical activity program, it is rare that social, psychological, moral values, and character components are structured and integrated. The process of coaching, training, and learning sports and physical activity, both in the context of education, recreation, and achievement, is often handiest involved with components of the sport itself, together with movement abilities, overall performance, achievements, and so on, even as in other desires it's far frequently no longer touched at the procedure. such as developing numerous social values, which includes life skills (Ferguson & Shapiro, 2016). Previous studies has proven that such life skills are advanced through extracurricular sports which include music, drama, and sports activities (Larson 2000).

Sport is a famous vehicle for promoting tremendous teens improvement (PYD), because it has a long way-attaining enchantment, with millions of younger humans engaging in carrying activities on a ordinary basis (Lerner et al. 2005). sport may be used as a vehicle to facilitate life skills gaining knowledge of (Danish et al. 2004). The sports activities literature usually defines existence skills as capabilities that allow individuals to achieve special environments wherein they live, together with faculty, domestic and of their surroundings (Allen and Rhind 2018). setting the proper sports context and facilitating a positive climate are key to encouraging the development and switch of existence talents at a young age (Bean



et al. 2018). Many sports activities-based totally adolescents development applications promote the acquisition of life skills (e.g., leadership, self-control) with the final intention of facilitating effective effects within the social and educational environment of adolescent contributors. Researchers name this “lifestyles competencies switch” (i.e., the concept that bodily abilities, behavioral, and cognitive getting to know that young people study in recreation may be applied in non-carrying environments to promote wholesome development and to generate children participation in recreation (Jacobs and Wright 2017).

Methods

The kind of research used in this have a look at is a literature observe (Literature evaluate). Literature evaluation is to offer a framework associated with new findings and former findings which will become aware of symptoms of whether or not or now not there may be progress from the effects of a take a look at via complete research and interpretation of the literature related to a specific subject matter which identifies research questions through searching and analyzing relevant literature. the use of a scientific technique (Randolph 2009). The method used within the literature assessment is through a systematic technique to investigate statistics in a simplified technique. The articles used are targeted on original empirical research articles or research articles that comprise results from real observations or experiments wherein there are abstracts, introductions, techniques, outcomes, and discussions (Sumartiningsih and Prasetyo 2019).

Procedur

Research is a scientific activity to obtain correct knowledge about a problem which is carried out by following the stages of scientific research. In addition, research basically must have a concept so that research results can be trusted and accurate because it has been carefully planned. There are four stages in the method used in this research Taylor (2013), including: (1) Organize, (2) Shynthesize, (3) Identify, (4) Formulate.

Data Analysis

Data analysis is a simplification of statistics into a shape that is simple to recognize, study and interpret. Fraenkel et al., (2012) what is supposed through statistics analysis is as follows: “data analysis is an interest after statistics from all respondents or other statistics sources are collected. activities in data analysis are grouping statistics based totally on variables and kinds of respondents, tabulating data based on variables from all respondents, providing data for each studied, appearing calculations to answer the trouble method, and appearing calculations to check hypotheses which have been proposed.

Analysis of the data used on this take a look at is annotated bibliography analysis (annotated bibliography). Annotation approach a easy conclusion from an editorial, book, journal, or a few other written source, even as a bibliography is described as a listing of sources on a topic.

There are four things that must be considered in a bibliographic annotation analysis. Those four things are:

1. Referenced source identity
2. Qualifications and goals of the author
3. Simple conclusions about the content of the writing
4. The importance of referenced sources in answering the problems that have been formulated.

Result

Based totally on the consequences of information analysis, the researcher acquired statistics that sport can provide an academic context for acquiring life skills however highlighted that interaction with key social agents (friends, parents and coaches) is an essential thing of how people learn life abilities through their involvement in sports activities (Holt., 2008). Aspect of parental support for the coach's trust can also help adolescents more easily develop life skills through sports education (Camiré et al., 2009). In addition, a pedagogical strategy program is also needed to transfer values so that through training in the program students can develop life skills well and independently (Koh et al., 2014). programs implemented for youth or athletes should be standard written procedures, which are strictly followed. Athletes who take part in such programs can enhance their sports activities abilities, while on the identical time, inclusion of training (Papacharisis et al., 2007).

On the other hand, in value transfer in order to achieve good leadership and independence through life skills the concept that the physical, behavioral, and cognitive skills that teens study in sports may be carried out in non-wearing settings to sell wholesome improvement (Jenn M. Jacobs, 2017). Deliberately structured programs scored higher on applications great and tremendous teens development effects than unintended based packages, with intentional sports activities scoring extensively higher on numerous measures of advantageous software quality and kids development (Forneris, 2016). A educate has a strategy designed to practice lifestyles capabilities and train student-athletes approximately the transferability of talents they research in sports (Camiré et al., 2012). enhancements in cognitive and social lifestyles abilities have been said extra regularly than upgrades in emotional life talents. sports applications have the capability to make a distinction in developing the existence talents of vulnerable kids communities (Hermens et al., 2017).

Sports-specific programs also need to be integrated into school programs to improve student skills, such as integrating the existence capabilities curriculum into two countrywide packages for younger golfers: (a) golf in schools and (b) destiny hyperlinks discover ways to Play (Kendelle et al., 2016). Life skills in colleges, the maximum important element is how teachers and bodily educators can educate lifestyles competencies in their lessons, and the way transfer of existence abilities can improve the college experience for college students throughout the college surroundings (Allen et al., 2018). Allen also said that college-primarily based life skills programs of a comparable nature should don't forget growing participant

autonomy throughout the program development stage to maximize the non-public value and relevance positioned on lifestyles competencies. Cronin et al., (2020) said that the pleasure of 3 fundamental psychological desires of students has several fantastic outcomes on the development of college students' life skills in physical education. thus, a climate that meets the basic mental needs of college students will assist expand their life competencies in bodily education. Examples of life talents encompass management, interpersonal communication, trouble fixing and decision making, and teamwork. Similar with Goudas et al., (2006) school physical education is a very appropriate context for coaching life skills for numerous motives: First, life skills and physical talents are discovered inside the equal way, via demonstration and practice. Second, many of the talents discovered in sports activities may be transferred to other areas of life skills. Third, Sports is an interest that spreads for the duration of our society and most of the students are aware of it.

Physical education (PE) specially has been touted as a subject that could beautify the improvement of life skills and psychological properly-being of college students, sports teachers ought to combine self sustaining supportive conduct into their teaching (eg offering selections in activities and encouraging college students to ask questions) as it it's miles related to the development of multiple life talents and their psychological properly-being (LD Cronin et al., 2018). (L. Cronin et al., 2019) found out that instructors' perceived assist for autonomy became definitely associated with the pride of college students' fundamental desires and the improvement of existence skills in bodily education. faculty physical education can benefit from the capability of game for coaching life skills because it's far an area in which recreation and physical interest are served to almost all kids. presently, there are a small range of children sports activities packages that simultaneously educate life and sports activities competencies and consciousness on private, social, and wearing development (Goudas & Giannoudis, 2008).

Discussion/ Conclusion

Based totally at the consequences of the research and discussion, the researchers concluded from the outcomes of this examine as follows:

1. The biggest influence of life skills in physical education and school sports is how much youth participate in structured exercises in sports according to their interest in physical and psychological training.
2. The elements of developing life skills in learning physical education and school sports are 1) Physiological and Psychological: in it there are physical and sports activities that aim to achieve educational goals which include cognitive, psychomotor, and affective aspects. 2) Parental Support: The role of parents as mentors who pay attention to children's needs. 3) Trainer Support: teacher leadership in the learning process Physical Education, Sports and Health have an important role in achieving learning objectives. 4) Structured Training: The most important elements in a series of efforts to develop the quality of human resources are

education and training. 5) Training strategy: a definition and value transfer strategy is then presented, with a focus on the experiences of life skills transfer student athletes.

3. The most influential components of life skills in learning physical education and school sports are Personal Skills, Social Skills, and Academic Skills.

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