

## Development Life Skills Sport in Indonesia: A Systematic Literature Review

Rizki Burstiando<sup>1\*</sup>, Amung Ma'mun<sup>1</sup>, Komarudin Komarudin<sup>1</sup>, Yudy Hendrayana<sup>1</sup>

<sup>1</sup> *Doctoral Program of Sports Education, School Postgraduates Studies, Universitas Pendidikan Indonesia, Bandung, Indonesia*

\*email corresponding author: [rizkiburst@upi.edu](mailto:rizkiburst@upi.edu)\*

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### Abstract

In recent years, sport has been seen not only as a means of health, achievement, and industry. More than that sport is considered as a means of developing the whole person. Developing life skills through sports has recently emerged as a study that has been extensively studied in various countries. In Indonesia, studies regarding the development of life skills through sports are still few. This study aims to scientifically reveal the study of life skills through sports in Indonesia through a systematic literature review. Article searches are limited to publications in sports journals in Indonesia over the past 10 years. A total of 18 articles have been found for analysis. The results of the study found 18 articles for further study. The focus of life skills research in Indonesia is more towards life skills improvement programs carried out through coaches for athletes or physical education teachers on school students. It is hoped that further research can expand the focus of studies related to the development of life skills in sports with various research methods to develop improvement programs, measurements, and concepts of life skills in sports.

**Keywords:** Sports life skills, sports development, sports psychology

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## 1. INTRODUCTION

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. The typical characteristic of adolescents is that they have a great sense of curiosity, like adventure and challenges, and tend to be brave enough to take risks in their actions without prior careful consideration. If the decisions taken in dealing with conflict are not appropriate, they will fall into risky behavior and may have to suffer short-term and long-term consequences in various physical and psychosocial health problems (Kemenkes RI, 2018). Research on the Global School-based Student Health Survey conducted on middle and high

school students stated that 38.03% of male students experienced excessive worry and this figure was higher for female students, namely 46.14%, it turned out that 57.73% of male students experienced emotional disorders and the figure was also higher for female students, namely 66.82% experienced emotional disorders (loneliness, excessive worry or suicidal thoughts) (PUSLITBANG Upaya Kesehatan Masyarakat, 2015). It seems that this condition is a serious problem for adolescent development not only at the global level but also in Indonesia. Adolescents are the nation's next generation, the figures above show how important it is for us to pay more attention to the development not only of the physical, but cognitive, psychological, and social in adolescents.

There is a need for intervention to improve good life skills to be able to overcome various life changes that are detrimental to adolescents (Gould et al., 2012; World Health Organization., 2020). Promoting positive behavior in free time among adolescents through various activities such as arts, crafts, cooking, sports, music, dance, and theater as well as various activities related to health and nutrition with the involvement of the community and parents can provide direct benefits to adolescents (World Health Organization, 2017). Physical activity is considered to not only improve fitness but also improve mental health (Chaeroni et al., 2021). Sport is one of the best means to develop life skills which include physical, intellectual, emotional, and social development (life skills) (Hemphill et al., 2019). Although it can be said that there are many activities that can be used to facilitate the development of life skills in adolescents, it seems that sport has better value than other activities. (Johnston et al., 2013) highlight that the components of life skills that can be developed through sport, the most frequently cited are teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, as well as problem-solving and decision making. (Cronin & Allen, 2017) succeeded in developing a life skills instrument in sports that contains eight components, namely; teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, as well as problem-solving and decision-making. The Life Skills Scale for Sport (LSSS) instrument is used for youth sports participants with a range of 11-21 years. The purpose of developing and validating the LSSS is to provide a much-needed measure to comprehensively assess the eight components of life skills to be developed by young people through sport (Cronin & Allen, 2017).

Research related to the development of life skills has been widely carried out abroad since the emergence of the life skills measurement instrument in sports (LSSS) (Cronin & Allen, 2017), but in Indonesia, the trend of research on life skills in sports is still not widely carried out by researchers. For example, Research on the use of sport as a tool for psychosocial development is scarce, and the results can sometimes be contradictory (Moreau et al., 2012). meanwhile (Muhlisin et al., 2021) states that research related to sports policy in Indonesia is still very minimal, while the average policy related to sports in Indonesia still leads to sports achievements that focus on developing the sport itself. Therefore, this research aims to describe scientifically related to life skills research in sports in Indonesia which can later be used as a basis for researchers and sports observers in Indonesia to start studying and developing further related to life skills in sports.

## 2. METHOD

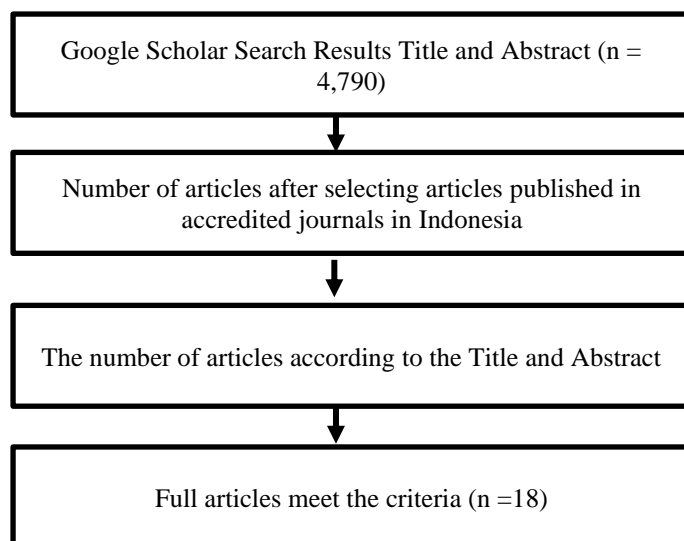
This research uses a systematic literature review to reveal studies related to the

development of life skills through sports in Indonesia. The search technique uses Google Scholar using the keywords: "life skill sport", "life skill sport in Indonesia", "sports life skills", "Indonesian sport life skills' and 'sports life skill'. An article search using these keywords was carried out with a vulnerability 10 years ago and was limited to research articles published in indexed journals in Indonesia (SINTA/ Science and Technology Index). The research criteria include 1. Based on the variables studied, 2. Based on the research design, 3. The population is in Indonesia, 4. Published in the last 10 years.

Based on a Google Scholar search according to the predetermined search criteria, 4790 articles were found. Then it was filtered and got the results of 18 articles were acceptable for review in this study. Some articles cannot be retrieved due to several reasons, such as only articles stored in repositories, and published in international journals/seminars.

### Figure 1

Literature Review Diagram for Sports Life Skills in Indonesia



## 3. RESULTS

### 3.1 Productivity of life skills in sport research

Research related to life skills in sports can be said to be still very minimal, after eliminating articles that did not meet the criteria, there were 18 studies published in accredited journals in Indonesia. Of the 18 articles that can be seen in Table 1 when viewed from the method, there are 4 studies using the literature study method, 3 studies using surveys, 1 study using R & D, 1 study using causal-comparative, and 9 studies using experiments.

**Table 1**

## Matrix Articles

Author	Title	Population	Method	Result
Burhaein et al., 2018 (Burhaein et al., 2018)	Dimensions of Life Skills Based on the Unified Sports Soccer Program in Physical Education for Mental Disability	mentally retarded student	Literature review	Based on expert research, it is known that the unified sports soccer program has a positive impact on behavior, friendship activity, adjective, inclusive of social factors, adaptive program, and individual development in mentally retarded children
Cahyani, 2020 (Cahyani, 2020)	Integrating Life Skills into Pencak Silat Training Program for Positive Youth Development Yurin	Pencak Silat athletes and non-athletes aged 15-21 years	Experiment Design	The research was conducted on 3 groups 1) pencak silat athletes who received a life skills integration program, 2) pencak silat athletes who received a program without life skills integration, and 3) non-athletes or not active in sports training. The results show that the first group is better than the second group and the second group is better than the third group in improving their life skills.
Anira et al., 2021 (Anira et al., 2021)	Integrating Life Skills through Physical Activities Programs	college student	Quasi Experiment	Physical activities that integrate life skills have a better impact on developing life skills than activities that do not integrate life skills
Risma et al., 2021 (Risma, 2021)	Life Skills of Galuh University Physical Education Study Program Students	college student	cross-sectional survey	Based on student life skills scores, the highest are emotional skills, leadership, teamwork, goal setting, social skills, and interpersonal communication.  (interpersonal communication),  problem solving & decision making (problem solving & and decision making) and time management (time management)
Agustin & Oktriani, 2021 (Agustin & Oktriani, 2021)	Development of Life Skill Through School Sport Activities	Senior High School Student	R&D Borg and Gall	develop life skills that can help students in everyday life, be able to have life skills to maintain positive relationships both individually and with other people, and be able to overcome any problems that arise well and effectively. through sports activities

Yusup et al., 2021 (Yusup et al., 2021)	The Influence of Life Skills, Discipline, and Motivation on Physical Education Learning Outcomes During the Covid-19 Pandemic	Junior High School Student	Quasi Experiment	research shows that there is a significant increase in life skills, discipline, and motivation in each experimental group. The component that has the highest increase in life skills with a teamwork component
Juhrodin & Laksana, 2022 (Juhrodin & Laksana, 2022)	Lifeskill Development and Building Youth Leadership Through Sports	Article	Literature review	Developing life skills through sport is an area of considerable interest in sports psychology. More understanding is needed about when and under what conditions life skills can be developed and why life skills do not develop in these settings
Tafaqur, 2022 (Tafaqur, 2022)	Life Skill Integration in Football Training Program for Football School Students Muhamad	Students aged 12-13 years	Quasi Experiment	Students who do soccer training that integrates life skills have more significant developments in their life skills than the group of students who practice regular soccer,
Hamidi, 2022 (Hamidi, 2022)	Effects of Life Skill Integration Program in Golf on Social Competence of Male Sport Science Students in Indonesia	college student	Quasi Experiment	The group that received life skills intervention in the golf program made more significant improvements than the group that did not integrate life skills
Syuhada, 2022 (Syuhada, 2022)	Life Skills Development through Baseball for Childen Fiky	Student 10-13 years	Quasi Experiment	Baseball training that integrates life skills in children is more significant in improving life skills than that which is not integrated
Budiana & Gumilang, 2023 (Budiana & Gumilang, 2023)	Application of Srl-Based Stem Approach Towards the Development of Life Skills and Basic Physical Education Movements in	Grade 6 elementary school students	Quasi Experiment	SRL (self-regulated learning) based STEM learning approach has an effect on the development of life skills and physical education basic movements in elementary schools.

Elementary  
Schools

Yulianto et al., 2023 (Yulianto et al., 2023)	Analysis of Intentionally Structured Programs to Improve Life Skills Through Out-of-School Activities	Article	systematic literature review	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 5C elements in (PYD) namely Competence, Confidence, Connection, Character, and Caring or Compassion.
Wahidah et al., 2023 (Wahidah et al., 2023)	Analysis of Life Skills Levels in a Gender Perspective at the Bandung City Badminton Club	Badminton Athlete	Quasi Experiment	The level of life skills for male athletes is the same as for female athletes
Muharam et al., 2023 (Fauzan Muharam et al., 2023)	The Influence of The Personal and Social Responsibility Teaching Model (TPSR) and The Cooperative Model On Life Proficiency In Physical, Sport And Health Education	Junior High School Student	comparative experimental method, comparative research	The results showed that there were differences between the two types of learning models TPSR (Teaching of Personal and Social Responsibility) and Cooperative Learning models. Analysis showed that both types of models had an effect on life skills, but the Cooperative learning model showed better results than TPSR.
Wijayanti et al., 2023 (Wijayanti et al., 2023)	The Influence of Extracurricular Sports Programs on the Development of Life Skills During the Covid-19 Pandemic At Ta'mirul Islam Elementary School Prima	Elementary Student	descriptive-comparative causal (expose facto)	The research results show (1) students who take part in extracurricular sports obtain the highest life skills; (2) there is a difference in the value of life skills between the group of students who take part in sports extracurriculars and the group of students who take part in non-sport extracurriculars; (3) there is a difference in the value of life skills between the group of students who take part in extracurricular sports and the group of students who do not take part in extracurricular sports; (4) There is a difference in the value of life skills between the group of students who take part in non-sports extracurriculars and the group of students who do not take part in any extracurricular

activities. Conclusion Schools can take advantage of Sports extracurriculars to transfer life skills to students to develop all their potential in living everyday life.

Kurniawan et al., 2023 (Kurniawan et al., 2023)	Promoting Positive Youth Development Through Outdoor Physical Activity as An Alternative To Growing Life Skills; Narrative Literature Reviewer	Article	Literature review	relation to outdoor physical activity as an alternative to fostering life skills through positive youth development programs that structured and unstructured outdoor recreational experiences can foster self-concept and enhance the development of motor skills and academic achievement as well as bring about competence and increased self-efficacy.
Octova et al., 2023 (Octova et al., 2023)	Early Childhood Life Skills Education at Lely Kindergarten, Medan Tembung District, Medan City	Early Childhood Students	qualitative descriptive	implementing life skills education that enables children to become responsible, independent individuals and able to socialize well
Rasydiq et al., 2023 (Rasydiq et al., 2023)	Integration of Life Skills Programs Through Sports Taekwondo in the Context of Positive Youth Development	Taekwondo athlete	true experiment	there is a significant effect on improving life skills in taekwondo athletes integrated into the program with the highest improvement in the 5 components of life skills, including goal setting, social skills, leadership, problem-solving and decision making, and teamwork

### 3.2. Life Skills in Sport Research Focus

Even though this article is taken from 10 years ago, it turns out that research related to life skills in sports began to be carried out in 2018 using a literature review method conducted on students with intellectual disabilities discussing the role of the unified sports soccer program which has an impact on life skills. Then in 2019 there was no research related to life skills, only in 2020 experimental research emerged regarding life skills carried out on pencak silat athletes which focused on program integration to improve life skills. In 2021, research will focus more on programs to improve life skills, carried out on various populations such as students (Anira et al., 2021; Risma, 2021) student (Agustin & Oktriani, 2021; Yusup et al., 2021). In 2022 research will still be more directed towards programs to improve life skills with the school and student population. In 2023 research related to life skills appears more than in previous years and quite a variety of research focuses are more balanced between life skills improvement programs and life skills measurement the study population consists of athletes and school students. In detail, we can see the focus of research on life skills in sports in Table 2.

**Table 2**

## Life Skills in Sport Research Focus

Research Focus	Total	Research population	Total
Sports Life Skills Concept	4	Student (TK-SMA)	8
Measurement of Life Skills Level	4	College	3
Life Skills Development Program	10	Athlete	3

There are 4 literature reviews that only use articles for data collection\*

#### 4. DISCUSSIONS

If based on the time span of data collection, research studies related to life skills in sports have indeed increased every year, but what needs to be underlined here is that studies related to life skills in sports in Indonesia seem to have only appeared recently this year, even though sport itself is not limited only to a matter of maintaining health and performance, but also how later in the sport can give the potential to develop life skills that are useful for the future because according to (Gould & Carson, 2008) sport is the best means to develop life skills compared to other leisure time activities.

If we look at the focus of research related to life skills in sports, it is dominated by life skills improvement programs in sports. The average program is given by sports coaches to athletes or physical education teachers to their students aimed at improving life skills. Research related to the concept and various forms of measurement of life skills is balanced in number. Research related to programs to improve life skills through sports has indeed been more widely studied in Indonesia than the focus of other studies when seen from the results of this review, and all state that sports programs that integrate life skills can improve the life skills of athletes. However, according to (Hermens et al., 2017) sports programs have the potential to make a difference in the development of life skills for young people who are socially vulnerable. This conclusion needs to be treated with caution, as this study faces many challenges in reducing the risk of bias. Several alternative research strategies are suggested for future research in this field.

In the population that is often used in life skills research, the subjects are mostly school students from early childhood to high school, while students and athletes are still less researched. On average, these subjects are given programs that are channeled through coaches or physical education teachers, even though we know that sport is a special social context that provides many opportunities for interpersonal interaction. The social networks built during athletes' participation in sporting activities, combined with the fairly intensive nature of the involvement, play an important role in athletes' enjoyment of sports (Coutinho et al., 2021). In particular, social agents who interact directly in such experiences such as parents, peers, and coaches, may have significant implications in athletes' sport participation, personal development, and performance. (Côté et al., 2007; Nascimento Junior et al., 2021). Furthermore (Mossman et al., 2021) stated that parents,



coaches, and peers have a relationship in developing athletes' life skills. There is still no research involving parents and peers so it is necessary to expand the research variables in the future.

## 5. CONCLUSIONS

This research study informs us that research related to life skills in sports has not been widely researched in Indonesia. This research is limited to reviewing articles in indexed journals in Indonesia, future research can be examined further in articles published in other reputable international journals. Research related to life skills in sports has just appeared in indexed journals at Indonesia in 2018 and focuses more on sports life skills improvement programs for school students than athletes and university students.

These programs are all carried out through the role of coaches or teachers of physical education in schools. In fact, apart from trainers, the role of parents and peers has a very big role in developing life skills. The results of this study indicate that research on life skills in sports needs to be expanded and further developed, especially the research focus in the form of variables, populations, and research methods so that the results can be sharper and provide insight to the community, especially sports activists so that they change the stigma that sports are limited to maintaining health and achievement. just. On the other hand, sports can be used as a means of developing the whole person, especially developing life skills that are useful for young people to navigate life in the future.

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### Conflict of Interest

All authors declare that this research doesn't have a conflict of interest.

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