

Comparative Study of Life Skills in Middle and High School Students Organizing Special Sports Class Services Between Athlete-Non-Athlete Status, Sport Branch, Organizing District, and Gender"

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ABSTRACT

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Athletes' achievements are the result of a training and development process that is carried out in stages, continuously, and increases progressively. Young athletes are a stage that someone who has high motivation goes through to become a professional athlete, but there is one important thing that can be taken advantage of in the interaction of sports training, namely life skills. Coaching athletes from a young age has been carried out by providing special services through special school sports classes, however the concept of developing sports achievements, life skills and academic achievements which should go hand in hand is not yet optimal. This research aims to compare life skills between athletes and non-athletes, between athletes of different sports and gender. The method used is a comparative study with data collection techniques using observation sheets by trainers and teachers involved in coaching. The research population was junior and senior high school students providing special sports class services in DIY. Data analysis using the t test with the help of SPSS 25 shows that regular students who do not have athlete status have differences with those who have athlete status (special class services for athletes). Athletes have lower life skills abilities than non-athletes. Female athletes have better life skills than male athletes. Training service managers should use the results of this research to make improvements to the training process and services provided so that athletes' life skills are better able to face the challenges of life after serving as athletes.

Kata kunci : lifeskill, student, atlet

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