

SPORTS LEARNING INTEGRATED WITH LIFE SKILL DEVELOPMENT IN ORDER TO INCREASE SPORT PARTICIPATION

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Abstract

Education as a means to prepare young people to be able to live in a society with social welfare. Sports education does not only teach students how sports can be done, but can provide values for living health physically, mentally, and socially. This article aims at how sports learning can have a real impact on students for their preparation as adults by focusing on sports learning to improve life skills and participation in sports in the community. Sports learning that is integrated with life skills can have an impact on students so they can actively interact in the community or outside the school environment without supervision from the teacher. This integration with life skills provides students with intrapersonal and interpersonal maturity. So that this integration can provide lifelong benefits to students and provide a stimulus to continue to actively exercise.

Keyword:

Sport learning, Sport participation, Life skill

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Introduction

The need for a good quality of life, having physical fitness, being physically and mentally healthy is the basis for a person to carry out his daily routine/habits by doing a variety of physical activities to make it a life skill (Nuzzo, 2020). Physical education and PE teachers are an important part of education as they work to improve education. Physical education teachers help students stay mentally healthy, raise the bar for healthy living options, and develop their personality from childhood to adulthood. (Ali et al., 2021).

Participation in organized sports can bring many benefits to the with physical, mental health and development of children and teenagers. In addition to the positive physical and psychosocial impacts of sports participation on adolescents, the following positive academic performance has also been identified: & BeLue, 2021).

Participation can offset concerns about risk of related injuries in any sport. parents affect their children physical activity through encouragement and promotion (Hibshman et al., 2022).

Factors that influence participation in sports are crucial in encouraging children physically active and well developed an active lifestyle (De Meester et al., 2020).

Life Skills in Physical Education

Life skills are defined as "skills for success in a variety of Environment individuals Life at school, home and community" (Newman, 2020). Plato states that the value of sports as a means of There is self-development long been recognized (Gould & Carson, 2008). A structured and deliberately designed Physical education program to teach life skills is better suited to promote positive outcomes in Youth Development than a structured and unintended Physical education program. This study uses sports game programs and physical activity to develop a component of life skills, or leadership (Bean & Forneris, 2016).

Physical Education in Increasing Sports Participation

According to the National High Federation (NFHS), in 2017, about 7.9 million high school students (56%) in the United States played multiple sports, and over time, their participation in sports increased, leading to sports in junior high school. Reported that there is a tendency for participation to increase. It has been steadily increasing over the last 25 years (Ransom & Ransom, 2018). The importance of adolescent sports participation is important for adults, as there is evidence that participation in adolescent sports has decreased in both boys and girls due to the inverse relationship between adolescent physical activity and depression. It may indicate a health risk. .. (Haynes et al., 2021).

Life Skills and Sports Participation as Living Capital in Society

Participation in sports is recognized in many countries as an important means of promoting health and well-being (Mansfield & Pigin, 2016). Over 70% of Canadian high school students participate in -sponsored sporting events to enhance learning experience of young people, contribute to self-development and provide many psychological and social benefits. (Desroches, Poulin & Denault, 2022).

For example, in the United Kingdom, the Government's current Strategy (New strategies for active countries identify five outcomes achieved through "regular" and "meaningful" participation in community sports. Masu (HM Government, 2015). That is: a) Physical health. b) Mental health; c) Individual development; d) Social and community development (Lee & Potrac, 2021). To maximize the benefits of promoting participation in youth sports, researchers deliberately use life skills, interpersonal skills (That is, more internal skills like focus) or interpersonal skills (ie, useful skills). We have developed a variety of sports-based programs aimed at teaching. skill). In social interactions such as teamwork); this framework has Two important life skills (concentration and athletic ability) and six related life skills (Patience, goal setting, emotional control, honesty, team). It's a combination of work and respect (Kendelle & Camiré, 2017).

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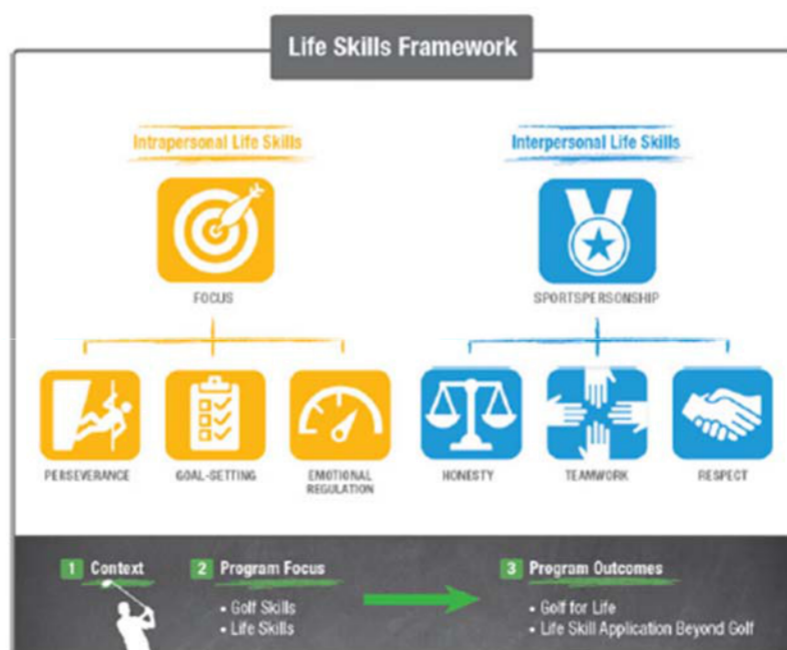


Figure 1. Links to Golf Life Skills Framework at School and Future

Play Learning Source: Kendellen & Camiré, (2017).

Sporting events can affect society, culture, nature, environment, politics, tourism, economy, and many countries want to host sporting events (Gokce & Bozyigit, 2020).

Methods

This article is a literature review that contains literature or literature review that discusses sports learning with integrated life skills so that it can increase participation in sports outside of school. therefore the method used by the author is descriptive qualitative analysis by conducting a literature study with the aim of being able to describe the problem, or concept that is the focus of research by studying secondary data the form of Magazines, scientific articles, news, electronic and digital sources, and various other related sources. In the discussion of the article.

Result and discussion

According to the National Higher Federation (NFHS), in 2017, about 7.9 million high school students (56%) in the United States played multiple sports, and over time, their participation in sports increased, leading to sports in junior high school. Reported that there is a tendency for participation to increase. It has been steadily increasing over the last 25 years (Ransom & Ransom, 2018).

To maximize the benefits of promoting participation in youth sports, researchers are categorized as life skills, within an individual (ie, more internal skills such as focus) or interpersonal (useful skills). Various sports-based programs have been developed

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with the intention of teaching life skills (skills). In social interactions such as teamwork); this framework has The two life skills (focus and sportsmanship) and six related life skills (patience, goal setting, emotional regulation, honesty,). It's a combination of teamwork and respect (Kendelle & Camiré, 2017).

Therefore, participation can offset concerns about inherent risk of injury in In any sport. Parents influence children's physical activity through encouragement and promotion (Hibshman et al., 2022).

Conclusion

From the results of a literature study, it can be concluded that sports learning with integrated life skills is very important to increase sports participation outside school. Therefore, the author here can answer and conclude the questions from the problems studied. There is an increase in sports participation from children to adults. In addition, people become healthy because of increased sports participation. So it is necessary to integrate sports learning which is integrated into life skills to prepare students for the future. So that awareness of the importance of sports can maintain student participation in sports until they are adults.

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