



The Relationship Between Life Skills And The Achievements Of Jambi Porprov Athletes In 2023

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Abstract

This study aims to determine the relationship between life skills and athlete achievement in athletics in the 2023 Jambi Provincial Sports Week (Porprov). Life skills in this context include aspects such as teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, and problem solving. This study is motivated by the importance of the affective aspect in supporting athlete performance, which has so far received less attention than cognitive and psychomotor aspects. The purpose of this study is to analyze the relationship between life skills, which include aspects of working time, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, and problem solving, on the achievement of athletes in athletics at the 2023 Jambi Provincial Sports Week (Porprov) and provide scientific understanding, especially life skills, in athlete achievement. This type of research uses quantitative with a correlational approach, in the form of a population questionnaire in this study were all athletic athletes who performed at the 2023 Jambi Porprov event. The sample size was 52 people, 30 of whom were male and 22 female. Based on the results of the study that has been conducted regarding the relationship between life skills and the achievements of Jambi Porprov athletes in 2023, it can be concluded that there is no significant relationship between life skills and the achievements of athletes, athletics in Jambi Porprov in 2023. Although most athletes have good life skills in aspects such as time management, interpersonal communication, and leadership, this does not directly correlate with the achievement of sports achievements. Thus, the alternative hypothesis (H_a) is rejected and the null hypothesis (H_0) is accepted. However, of all the subdimensions, only emotional skills have a significance value of 0.044 (<0.05), which means that there is a significant but negative relationship between the ability to manage emotions and achievement. From the results of the study, it can be concluded that there is no significant relationship between life skills and the achievements of athletes, athletics in Jambi Porprov in 2023.

Keywords: Life Skills, Athlete Achievement, Jambi Porprov Athletics 2023

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INTRODUCTION

Life Skills are the ability to behave adaptively and positively that enable people to effectively deal with the demands and challenges of life known as life skills. Athlete performance does not only depend on physical and technical skills, but must have life skills. Many athletes face many problems in the increasingly competitive world of sports, such as

time management, teamwork, quick decision-making, and mental pressure. If an athlete does not have enough life skills, they can have difficulty coping with pressure, maintaining motivation, and achieving their best performance.

Transfer of athlete life skills through sports learning can be done through athletic sports which can hone life skills. Life skills are defined as the ability to communicate and adapt with other people and their environment, including the ability to make decisions, solve problems, think critically, think creatively, communicate effectively, build relationships, self-awareness, empathy, overcome emotions, and overcome stress (Kuswanto et al., 2023).

World Health Organization (WHO) says that life skills are a person's ability to solve everyday needs and problems in a positive and adaptive way. Different opinions about the definition of life skills, life skills are abilities that are possessed and needed by everyone to live independently in the modern community world (Akhadiyah et al, 2019). Life Skills are one way to prepare life skills to have attitudes and life skills as a basis for their future lives through active, creative and fun activities. (Akhir et al., 2020).

Based on several opinions above, it can be concluded that life skills are education that provides the ability, skills, and business opportunities to someone to be willing, able, capable, and brave to face and live life's problems without feeling pressured and actively and creatively seek and find solutions to these problems so that they are finally able to overcome them and live life.

METHOD

According to Azalina et al., (2023) stated that "Sports comes from two syllables, namely olah and raga. Olah and raga have the meaning of making the body mature", sports are also human activities aimed at carrying out the mission of his life and his ideals, national political, social, economic, cultural and so on ideals. Sports are physical activities carried out to improve physical abilities and skills, and maintain body health. Sports can be done individually or in teams, and can be competitive or relaxed.

Athletics is the oldest sport in the world, the basic movements contained in athletics have existed along with the development of human civilization on the surface of the earth. Unconsciously, these movements have been carried out by humans, starting from simple movements to very complex movements. Athletics is also known as the mother of all sports or better known as the "Mother of Sport" because in athletics there are various movements that can be found in other sports such as running, walking, jumping, pushing and throwing (Purbangkara1 et al, 2021).

Athletics has been known since ancient times, until now it is very popular and has experienced rapid development in terms of types of games, equipment, theories and techniques. Starting from the upper class to the common people, they like a number of sports according to their hobbies and abilities. Can It is said that exercising is part of human life and living. Athletics is one of the oldest sports that has been done by humans since ancient times until now. In fact, it can be said since there have been humans on this earth. In English, the numbers in athletic competitions such as race walking, running, throwing and jumping are called track and field, which means a race that is carried out on the track and in the field. Athletics comes from the word *athlon* which means to compete. Athletics is a physical activity or physical exercise, containing movements (Sukirno, 2011:17).

Based on the results of observations at the 2023 Jambi Porprov event, that athletes are already skilled in athletics, but according to researchers, there are still shortcomings in terms of affectivity where athletes lack time discipline, there are still athletes who are less disciplined, athletes still do not balance their time between training, competition, education, and personal life. So researchers are interested in this problem, where as we know that in the athletic training process there are 3 aspects that are applied, namely cognitive, psychomotor and affective. There has been research conducted on the psychomotor and cognitive aspects, but very little research on the affective aspect.

The research method used is quantitative research that refers to correlational research. Correlational research is research that is intended to determine whether or not there is a relationship between two or more variables in a study of a group of subjects, (Sugiyono, 2012).

Data analysis used to determine whether there is a relationship between life skills and the achievements of Jambi Porprov athletes in 2023. According to Imam Gozhali (2018), the probability of the Kolmogorov Smirnov test to be used as a basis for decision making is: 1. If the Sig Value > 0.05 then the distribution is normal 2. If the Sig Value < 0.05 then the distribution is not normal

i Pearson Product Moment correlation (r) determines the level of closeness of the relationship between variables expressed by the correlation coefficient (r). The decision-making process is based on the following principles: H_0 : there is no significant relationship between life skills and achievement ($P\text{-value} > 0.05$) H_a : there is a significant relationship between life skills and achievement ($P\text{-value} < 0.05$).

RESULTS AND DISCUSSION

RESULTS

The results of the study discuss data descriptions, analysis requirements, normality and correlation tests, research to determine the results and answer the hypothesis. The results of the relationship between life skills and the achievements of Jambi Porprov athletes in 2023. Can be seen in the table below.

The data collection process was carried out through direct distribution of questionnaires aimed at Jambi Porprov 2023 athletic athletes. Below is a histogram table of the results of distributing questionnaires with a Likert scale to Jambi Porprov 2023 athletic athletes. The results of the Life Skills Scale for Sport (LSSS) include eight elements of life skills, namely teamwork, goal setting, time management, emotional skills, interpersonal skills, social skills, leadership, problem solving (Cronin & Allen, 2017). Normality test is conducted to determine whether the data distribution is significant or normal. Kolmogorov-Smirnov normality test is used for test data. The results of Kolmogorov-Smirnov normality test can be seen here

Tabel 1. Kolmogorov-Smirnov Normality Test Data

N	Sig (2-tailed)	Ket.
52	0.200	Normal

One-Sample k=Kolmogorov-Smirnov

Before conducting a correlation analysis between the relationship between life skills and the achievements of Jambi Porprov athletes in 2023, a statistical assumption test was first carried out, one of which was the normality test. This test aims to determine whether the data from each variable is normally distributed, which is a prerequisite for using parametric statistical analysis. The normality test was carried out using the Kolmogorov-Smirnov (K-S) method with a sample size of 52 respondents. Based on the test results, a significance value (Sig. 2-tailed) of 0.200 was obtained.

According to Ghozali (2016), if the significance value (p-value) is greater than $\alpha = 0.05$, then the data can be said to be normally distributed. In this case, the value of $0.200 > 0.05$, so it can be concluded that the data used in this study is normally distributed.

Table 2. Correlation Test Result Data

Life Skills – SubLife Skills	Korelasi dengan Prestasi	Pearson Correlation
Life Skills	0.149	-0.203
Team Work	0.459	-0.105
Goal Setting	0.287	-0.150
Time Management	0.820	-0.032
Emotinal skills	0,044	-0.280
Interpersonal communication	0.191	-0.184
Sosial skills	0.770	-0.042
Leadership	0.176	-0.091
Problemsolving	0.739	-0.047

Correlation with achievement life skills - sublife skills korelasi dengan prestasi life skills 0.149 pearson correlation team work -0.203 0.459 goal setting -0.105 0.287 time management -0.150 0.820 emotinal skills 0.032 0,044 0.191 -0.280 interpersonal communication -0.184 sosial skills 0.770 leadership -0.042 0.176 problemsolving -0.191

The results of this study indicate that there is no significant relationship between life skills and athlete achievement. The results of the interpretation by looking at Sig. (2-tailed) = 0.149 are <0.05 , so there is no significant correlation (H_a is rejected). This means that there is no relationship between life skills and the achievements of Jambi Porprov athletes in 2023.

This indicates that in the context of this study, other factors may be more dominant in influencing achievement, such as training intensity, coach support, or other non-cognitive mental factors. Therefore, further research is needed with a different approach. Based on the significance value (Sig. 2-tailed), there is no significant relationship between overall life skills or its sub-variables with athlete achievement, because all significance values are greater than 0.05 ($p > 0.05$), except for the Emotional Skills sub-variable which has a Sig. value of 0.044 (<0.05).

Discussion

This study aims to determine whether there is a significant relationship between life skills and the achievements of athletic athletes in the 2023 Jambi Porprov event. The initial target respondents were 80 after conducting the study, only 52 respondents were obtained, of which 30 were male and 22 were female. In this study, researchers will only use athletes who excelled in the 2023 Jambi Porprov event. Due to the difficulty of reaching all athletes, and because not all of them are willing to be respondents. The reason for only 52 respondents being obtained was because there was no confirmation from the respondents, and some respondents could not be reached or could not be contacted.

e instrument used in this study was the Life Skills Scale for Sport (LSSS) which includes eight subdimensions: teamwork, goal setting, time management, emotional skills, interpersonal communication, social skills, leadership, and problem solving. The validity and reliability study of the Life Skills Scale for Sport (LSSS) was conducted by (Düz, 2018), in (Gumilar et al., 2023) stating that the validity of the instrument is 0.92 and the reliability value ($r = 0.82$), which means that the instrument has been declared valid and reliable.

Based on the results of the Pearson correlation test, the significance value between overall life skills and achievement is 0.149, which is greater than the significance level of 0.05. This indicates that there is no significant relationship between general life skills and athlete achievement. Thus, the alternative hypothesis (H_a) is rejected and the null hypothesis (H_0) is accepted. However, of all subdimensions, only emotional skills have a significance value of 0.044 (<0.05), which means there is a significant but negative relationship between the ability to manage emotions and achievement. This may indicate that better emotional management skills do not always correlate with achievement, or perhaps athletes who are more emotional tend to be more competitive in certain situations.

CONCLUSION

These results confirm that life skills may not be the only determinant of athlete achievement. Other factors such as training intensity, competition experience, coach and family support, and physical readiness and technical strategy may play a more dominant role in determining achievement in athletics, that achievement in sports is highly dependent on technical and physical skills that are specific to each sport. Although life skills such as time management and communication can help athletes in certain aspects, the technical skills needed to compete at a high level are often more determinant of achievement. Therefore, life skills do not always contribute directly to the final result. explained that although life skills are important, there are many other factors that contribute to athlete achievement, (Fletcher & Sarkar, 2012) Social involvement and support from peers and coaches of the. Based on the results of the research that has been conducted on the relationship between life skills and the achievements of Jambi Porprov 2023 athletic athletes, it can be concluded that:

There is no significant relationship between life skills and the achievements of athletes, Jambi Porprov 2023 athletics. Although most athletes have good life skills in aspects such as time management, interpersonal communication, and leadership, this does not correlate directly with the achievement of sports achievements.

Life skills do not always contribute directly to the achievements of athletes despite their important role in supporting the personal and social development of athletes. Life skills remain

an important competency, especially in supporting mental readiness, adaptability, and character building of athletes, although they do not have a direct impact on competitive achievements.

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