

## The Benefits Of A Sports Training Program Integrated With Life Skills For Young Athletes: Systematic Review Literature

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### Abstract

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This research aims to review literature that focuses research on long-term training programs for athletes by integrating the values and life skills needed now and in the future. Using the search term "integration of life skills in sports training programs", two databases (Scopus and Google Scholar) were selected to select journal articles. To achieve the measurement objectives, the collected literature was examined using the Critical Appraisal table, then a comparison of the measurement results was carried out. Sports training programs that integrate life skills are discussed in 15 pieces of literature. The results of several journals reveal several important things, including that athletes who take part in training that integrates life skills values have much better differences in behavior, skills and mental condition compared to athletes who take part in training that only focuses on physical training. and technique only. Apart from that, life skills programs implemented in the school environment also have a significant impact on self-improvement in social and emotional aspects. Apart from having an impact on the psychological aspect, improvements also have an impact on students' academic fields. Apart from the fact that sport helps participants develop the ability to work together with other people, sport is also considered important. A forum that is conducive to the development of life skills, values and character that can be beneficial for an individual's personal growth, such as interpersonal and intrapersonal competencies, which will become important in a person's life and therefore need to be applied and developed further in life. In order to create humans who have physical qualities and qualities in the spiritual aspect and excel in academic and non-academic fields.

**Keywords:** Life Skills, Sports Training, Psychological, athlete

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## **INTRODUCTION**

Sport cannot be separated from the activities of today's society, both as a determinant of success and as a need to maintain physical health. Facing the era of globalization and rapid developments, quality human resources are really needed, namely people who have a lot of achievements, both academic and non-academic achievements. Sport will give people strength, make their body and soul healthy, and help develop a healthy personality so that they are able to face the challenges and changes of increasingly competitive times in all fields.

Indonesia's sporting achievements are currently developing very rapidly. Where President Joko Widodo has issued Presidential Decree number 86 of 2021 concerning the Grand Design of National Sports (DBON) through the Ministry of Youth and Sports targeting Indonesian sports to be ranked in the top 5 in the world by 2045. This proves that the government pays great attention to sports development, so it is necessary to carry out continuous development in every level of society. The development of sport has now come so far, especially its contribution to development, both from the health, economic, psychological and social welfare aspects. Likewise, measures of success have shifted from instantaneous things such as winnings to long-term things such as physical and psychological well-being (Malm, C. et al., 2019). Bulqini, A et.,al. (2021) emphasizes that improvement efforts need to be continuously carried out in order to obtain the maximum benefits from sports activities.

Mitchell, S. et al., (2020) sports can be a fun activity that helps children learn various skills, such as throwing, kicking, running, and how to jump. However, what if sport could teach us more than just physical skills, but sport provides experience which can then be used as preparation for the future. Children all over the world are involved in various types of organized sports, either at school or in their communities. This makes sport an important context to help prepare children for life in the future (Holt, N. L et al., 2012).

Recently, sports activities have increasingly become an arena for developing various competencies outside of sports goals that relate to skills and performance. Life skills, social capital, critical thinking, and values are domains that are now the focus of researchers to prove that sports activities are an arena for developing these domains (Guidotti, F. et al., 2023). Apart from that, amidst the recent threat of erosion of national values, we have to face various existing moments and ways of life. As part of national development, the sports sector has a strategic role in realizing the positive values it contains to be transformed into national life to strengthen the Republic of Indonesia Candra, O., Prasetyo, T. (2023:194). Sport has been proposed as an ideal environment for developing life skills, because during sport there is very intense social interaction and sport is one of the most popular activities for the younger generation (Merkel, D. L. 2013).

Life skills components are skills that can practically equip a person to overcome various life problems (Dede, C. 2010). These skills relate to aspects of knowledge, attitudes which include physical and mental aspects, as well as skills related to the development of character or behavior in life (National Research Council, 2012). Scientists see these skills as behavioral, cognitive, interpersonal, intrapersonal

competencies that can be learned, developed and perfected (Prajapati, R., Sharma, B., & Sharma, D. 2017).

There are several reasons why life skills programs can be integrated into sports programs. As explained (Danish, S. J et al., 2013). Firstly there are similarities between performance excellence in sport and personal excellence in life and real similarities between the mental skills required for successful performance in sport and in non-sport areas (Purwanto, S., & Susanto, E. 2018). Second, many of the skills learned in sport are transferable to other life domains. These skills include the ability to perform under pressure, to solve problems, to meet deadlines and challenges, to set goals, to communicate, to handle success and failure, to work with teams and within systems, and to accept feedback and benefit from it. (Mylsidayu, A. 2022). Thirdly, most young people are acquainted with sports because it is an activity that is widespread throughout our society. Fourth, sport is a context that emphasizes training and performance such as school and work. Fifth, sports skills and life skills are learned in the same way, through demonstration, modeling and practice (Danish, S. J. 2002). Sixth, sport is an important factor in developing self-esteem and perceptions of adolescent competence (Fox, K. R., & Magnus, L. 2014). Moreover, sport can provide success and satisfaction. Goal achievement as a goal in sport is generally tangible and short term. Thus, sport can instill in individuals the value of success in setting and achieving goals (Danish, Forneris, Hodge, & Heke, 2004).

Based on the description above, it can be said that sport is the right place to integrate life skills. Because sport has a direct impact on fitness and health apart from providing experience from the learning process involved, sport also contains noble values that significantly change a person's quality at all levels, including physical growth, motor development, cognitive abilities, emotional states, social behavior, and moral. It is therefore important to design exercise programs to "integrate life skills" (i.e., the idea that the physical, behavioral, and cognitive skills that youth learn in sport can be applied in non-sport settings to promote healthy development). In the end, it has a direct impact on improving the achievements and life skills of teenagers and athletes involved in taking part in the training carried out.

## **METHODS**

A scientific study that focuses on one subject is this research (literature review). A literature review will provide a broad picture of how a particular topic developed. A researcher can identify theories or methods, develop theories or methods, and discover gaps between theories and their application to a particular field of study through the use of literature reviews (Rowley & Slack, 2004); (Alcelik et al., 2012). Carrying out a literature review is the same as carrying out activities: 1) collecting data/information, 2) evaluating data, theories, information or research results, and 3) analyzing published research results.

Articles or others related to research questions that have been prepared previously. A literature review is a research design that collects data sources related to a topic (Lester et al., 2017). Secondary data is used to complete the information for this research. Data that has been modified without direct observation by the researcher is called secondary data. Instead, data is collected from previous research

findings. Books and articles regarding the integration of life skills in sports training programs are intended to use primary scientific reports as secondary data sources. This research tool utilizes technology in particular (Scopus and Google Scholar). The documentation method was used in this research to collect data. The documentation method is a way of collecting data by reading literature to obtain data related to the problem formulation (Arikunto, 2010). To provide answers to the problems posed, data was collected from various literature and combined into one document. Research articles that meet the requirements are then collected, and a journal summary is created by including the name of the researcher, year of journal publication, research design, objectives, instruments (such as measuring tools), and a summary of the findings. The research journal summary is entered into a table and arranged alphabetically based on the journal, year of publication, and other criteria according to the format described above. Read and carefully consider the full text and abstract of the journal to provide further analysis. The journal summary is then analyzed for the content contained in the research objectives and research results/findings. The analysis method used is journal content analysis.

## **RESULTS AND DISCUSSION**

### **Results**

Literature analysis was carried out to understand how sports training programs that integrate life skills values help improve sports skills which have an impact on achievement and also life skills for teenagers and athletes involved in taking part in the training. The critical assessment table is used to analyze the collected literature to meet the measurement objectives, then compare the measurement results. The review process is carried out on selected scientific articles based on keywords in (Scopus and Google Scholar) such as the integration of life skills in sports training programs, then the articles are analyzed using critical assessment to see the essence of the journal. The critical analysis table for 15 journals can be seen below.

Table 1. Journal Critical Analysis

<b>No</b>	<b>Journal Author (Year) and Title</b>	<b>Core journal</b>	<b>Study Results</b>
1	Isna Daniyati Nursasih et al., (2019) Integrating Life Skills into Sport Club Activity	This research aims to determine the effect of life skills development programs in sports clubs by integrating life skills components into sports programs	After data analysis, the results were obtained that integration in sports clubs made a big contribution to improving life skills. Activities in sports clubs make a tremendous contribution to the development of life skills.
2	Hasby Rasydiq, Yadi Sunaryadi, Yusuf Hidayat (2023)	This research aims to determine the effect of a life skills program	The results of the research show that there is a significant influence on improving life skills

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	Integration of Life Skills Programs through Taekwondo Sports in the Context of Positive Youth Development.	through taekwondo sports on results, improvements and differences in life skills abilities.	in taekwondo athletes who are integrated into the life skills program. It was concluded that the integration of life skills programs through the sport of taekwondo can help improve a person's life skills significantly.
3	Muhammad Satria, Yunyun Yudiana, Burhan Hambali, Oom Rohmah (2023) Analysis of Life Skills Dimensions in Badminton Sports Coaching.	This research aims to analyze the dimensions of life skills in badminton coaching in various badminton clubs	In conclusion, the level of life skills in athletes in the Bandung City environment is in two categories, namely medium and high, with the highest average being in the social skills dimension, there is also a high significant influence and correlation/relationship in the total with the eight life dimensions skills.
4	Haerul Ikhsan (2019) Integrating Life Skills in Basketball Training for Positive Youth Development	The aim of this research is to see the effect of integrating life skills in basketball training program for positive youth development	It can be concluded that by integrating life skills components into sports training programs in a structured and deliberate manner, life skills can be significantly improved for positive youth development.
5	Christina Theokas, Steven Danish, Ken Hodge, Ihirangi Heke (2008) Enhancing Life Skills Through Sport For Children And Youth	This research aims to improve life skills through sports for children and adolescents	These data indicate that sports are the primary recreational activity for youth in the United States. Therefore, there is great potential for sport to contribute to children's growth and development.
6	Hayden, L. A., Whitley, M. A., Cook, A. L., Dumais, A., Silva, M., & Scherer, A. (2015) An Exploration Of Life Skill Development Through Sport In Three International High Schools	The positive relationship between youth sports participation and life skills development is widely recognized by various researchers. However, there is little research exploring the role of life skills development through school-based sport participation,	The results showed that: (1) participants used sport as a means of social, emotional, and academic self-improvement, and (2) sport helped participants develop the ability to work with others. Most participants identified how they used life skills in the sport environment and the deliberate strategies they used to transfer those life skills to other domains, while only a few participants

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		particularly in an international setting. Bearing these considerations in mind, this study examines the life skills developed through sports participation in three international secondary schools.	indicated that their coaches used deliberate strategies to facilitate the transfer of life skills from the sport environment to other domains other.
7	Martin I. Jones, & David Lavallee (2009) Exploring Perceived Life Skills Development And Participation In Sport	The aim of this study was to explore how perceived life skills are developed.	The findings reveal an integration of processes, which results in positive developments. Dispositions (hard work and self-awareness) facilitate the learning of life skills. Experiential learning is described as a method in which participants learn new life skills.
8	Danish, S. J., Forneris, T., & Wallace, I. (2013). Sport-Based Life Skills Programming in the Schools	This paper will focus on the role of sport in facilitating positive youth development.	Research shows that sport is an important factor in the development of adolescents' self-esteem, identity and feelings of competence. Using sport to increase the competence of the younger generation who have positive life skills.
9	Steven J. Danish, Vassilios Papacharisis & Marios Goudas (2005) The Effectiveness of Teaching a Life Skills Program in a Sport Context	This study tested the effectiveness of a life skills program for adolescents participating in sports clubs.	Research results show that when life skills training is applied appropriately in sports practice, then. The life skills learned do not come at the expense of learning sports skills. On the other hand, young athletes can improve their performance by applying the life skills taught.
10	Koon Teck Koh, Martin Camiré (2005) Strategies for the Development of Life Skills and Values through Sport Programmes:	The aim of this research is to conduct a review that explores potential approaches to embed life skills and values learning in sports participation,	The results of the review carried out can be stated that there are many benefits associated with participation in sports, especially in school sports programs. more than half of the young athletes surveyed

	Review and Recommendations	and and improve the effectiveness of structured life skills and values-based training programs to achieve the desired developmental benefits of sports participation	stated that they had acquired these character traits in the sports they participated in. It is true, sport has been considered an important thing. a platform that is conducive to the development of life skills, values and character that can benefit an individual's personal growth such as interpersonal and intrapersonal competencies, which are important later in one's life
11	Jennifer M Jacobs, Michael Lawson, Victoria Nicole Ivy, K. Andrew R. Richards (2017) Enhancing the Transfer of Life Skills from Sport-based Youth Development Programs to School, Family, and Community Settings	The goal of this research is to transfer lessons learned in a sports environment to other areas of their lives, including family, community, and school	The results of the research carried out can be concluded that the transfer of skills and competencies is best facilitated when the social environment includes the adolescent social system and has the same values and expectations for the desired behavior. So that participants, in this case students, can apply life skills values in their social life.
12	Okseon Lee, Mirim Park, Kyunghwan Jang, & Yongnam Park (2017) Life Lessons After Classes: Investigating The Influence Of An Afterschool Sport Program On Adolescents' Life Skills Development	The purpose of this study was to investigate the influence of after-school sports programs on the development of life skills in adolescents and to identify which program characteristics have an influence on their acquisition of life skills.	This study suggests that sports-based after-school programs can be an important context for the development of life skills such as playing well, relating well, coping well, and dreaming well in the lives of adolescents. Additionally, the report provides information on program characteristics such as having clear goals and building consensus with stakeholders, establishing a firm but flexible program structure, and the use of specific and intentional strategies for life skills development.
13	Julie Vang Knudsen, Lise Maria Elkrog-	The purpose of this research is to present	From the research conducted, it was found that teachers

- Hansen, Lars Breum Christiansen (2020) *Life Skills Through School Sport: A Participatory Teacher Development Program* the program and teachers' experiences with explicit teaching approaches and the development program itself. This research design is based on participatory action research and consists of four stages in which teachers are involved in designing, planning, implementing and evaluating life skills courses for their students
- 14 Charlotte Williams, Rich Neil, Brendan Cropley, Tim Woodman, & Ross Roberts (2022) *A Systematic Review Of Sport-Based Life Skills Programs For Young People: The Quality Of Design And Evaluation Methods* This research aims to: (a) assess the quality of design and evaluation methods for sports-based life skills programs; and (b) identify characteristics associated with the quality of sport-based life skills programs. From research conducted by reviewing 15 articles, there were three life skills programs of medium-high quality, 11 programs of medium quality, and one program of low quality. We present characteristics (regarding quality) of intervention designs and methods, conclude with recommendations for designing quality sport-based life skills programs, and provide guidelines for researchers to evaluate sport-based life skills programs
- 15 Coskuner, Zeki, Büyükçelebi, Hakan, Kurak, Kemal, Açak, & Mahmut (2021) *Examining the Impact of Sports on Secondary Education Students' Life Skills* This study aims to investigate how participation in sports activities during secondary education affects a person's life skills. The research findings show that there are differences in the life skills of the sample groups according to the variables discussed. As a result, it was concluded that the age, gender, class, sport, and playing status of middle school students in school teams provided significant differences.
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## **Discussion**

Based on the review above, the objectives and results of the research were developed and divided into 2 groups, including the following: group (1) discussed the benefits of life skills development programs in sports clubs by integrating life skills components into training programs, group (2) development of life skills within the scope of school. In the first group, there are 5 articles that discuss the influence of life skills development programs in sports clubs by integrating life skills components into training programs. The first article aims to maximize participation in the sport by applying the principles of life skills content in the club training program. With the aim of not only creating outstanding athletes, but also developing athletes with character and life skills. The research results show (a) The importance of life skills being integrated into sports training programs. Because the 8 components of life skills; teamwork, goal setting, time management, emotional skills, communication, social skills, leadership, problem solving and decision making. Contains values that can maximize knowledge and skills when doing something in order to develop one's potential, (b) by integrating life skills components into sports training programs in a structured and deliberate manner, it will be possible to improve life skills significantly and ultimately have an impact on changing attitudes, positive behavior towards a quality life, (c) as a provision to anticipate failure in life as an athlete, such as early retirement due to injury, life after an active and productive period, and when situations and conditions of competition become increasingly tight.

The second article aims to determine the role of life skills development through school-based sports participation. There are 3 articles that discuss the development of life skills within the scope of school. The research results show that (1) there is self-improvement in social and emotional aspects. Apart from having an impact on the psychological aspect, the increase also has an impact on students' academic areas, (2) sport helps participants develop the ability to work with other people, (3) sport has been considered important. a platform that is conducive to the development of life skills, values and character that can benefit an individual's personal growth such as interpersonal and intrapersonal competencies, which are important later in one's life. At this time, sports activities are increasingly becoming an arena for developing various competencies outside of sports goals that are related to skills and performance, especially achievements. Sport has been proposed as an ideal environment for developing life skills, because sport clearly has meaning for participants because it provides opportunities for interpersonal interaction and the development of very intense social bonds. Through participation in sports can promote positive values in one's experience and development. So it can be explained that apart from improving or developing physical skills and having an impact on achievement, they also develop life skills which are of course very useful for them in their social life experiences. However, of course when life skills training is applied appropriately in sports practice.

The first article aims to determine the benefits of integrating life skills in training programs at sports clubs before and after integration is provided, and the research results show that there are great benefits to improving life skills in athletes and can significantly improve life skills for positive youth development. The second

article aims to determine the role of life skills development through school-based sports participation. and the results of the research show that there is self-improvement in social and emotional aspects. Apart from having an impact on psychological aspects, improvements also have an impact on students' academic fields.

The purpose of this article is to determine the benefits of integrating life skills in training programs at sports clubs and the role of developing life skills through school-based sports participation. Apart from that, this article is a reference for coaches and teachers in designing relevant training and learning programs according to the current and future needs of athletes and students. In this research there are national and international articles that are relevant to discussing life skills and sports. This article review is based on five categories, namely (i) Author and year, (ii) Research objectives, and (iii) Research results. The discussion of this article is divided into two groups, namely discussing the benefits of life skills development programs in sports clubs by integrating life skills components into training programs, and developing life skills within the scope of schools. From the explanation above, it can be seen that there are benefits from integrating life skills in training programs at sports clubs and also at school.

## **CONCLUSIONS**

The results of several journals reveal several important things, including that athletes who take part in training that integrates life skills values have differences in behavior, skills and mental conditions that are much better than athletes who take part in training that only focuses on physical, training and technique alone. Apart from that, the life skills program implemented in the school environment also has a significant impact on self-improvement in social and emotional aspects. Apart from having an impact on psychological aspects, improvements also have an impact on students' academic fields. Besides that sport helps participants develop the ability to work with other people, sport has been considered important. a platform that is conducive to the development of life skills, values and character that can be beneficial for individual personal growth such as interpersonal and intrapersonal competencies, which are important later in a person's life so they need to be applied and developed further in sports practices in order to realize human beings who are qualified in physical and psychological aspects and also excel in academic and non-academic fields.

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