



## ANALYSIS OF INTENTIONAL APPLICATION OF STRUCTURAL PROGRAMS FOR LIFE SKILLS THROUGH PHYSICAL EDUCATION AND SPORTS ACTIVITIES IN THE FRAMEWORK OF POSITIVE YOUTH DEVELOPMENT

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### Abstract

From some of the research found in articles on positive youth advancement, organized training and sports can produce quality programs to support positive youth improvement. This study aims to describe the results of research on an intentionally structured program to improve life skills through physical education and sports learning to develop positive youth. To cultivate positive youth. The information was obtained by examining 30 journal articles for consideration from 120 journal articles taken from 4 databases, namely Taylor and Francis, Google Scholar, Science Direct, and Sage, and with life skills, intentionally structured, positive youth development, physical education, and sports. The results of this study indicate that structured physical education and sports programs can produce quality programs. Where this can be concluded in line with widespread societal beliefs, mainly that structured programs are applied in physical education and sports in the community, their implementation can decisively affect youth's progress.

**Keyword:** *Life Skills, Positive Youth Development, Intentionally Structured Program, Physical Education, And Sports.*

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### 1. INTRODUCTION

One of the subjects that have a work to coordinate fundamental abilities learning in the schooling module is actual learning. One of the investigations directed by Maureen R. Weiss demonstrates that exercise can decidedly affect youth development and influence their fundamental abilities (Weiss et al., 2013). Through actual learning, the instructor should have the option to assist understudies with working on themselves, particularly further developing person and having the opportunity to relate well. Not just support in sports can advance positive development, yet individuals' encounters in practicing can be a critical part of positive development (Papacharisis, Goudas, and Danish 2005).

Sports activities are components that link development, education, skills, values, norms, and self-esteem (Batista et al., 2016). (Seow & Pan, 2014) detailed that "extracurricular exercises have turned into a critical part in understudies' school life, and many schools put huge energy assets in extracurricular exercises." Next, (Shamsudin et al., 2014) makes sense that "the extracurricular system

can be ordered into three exercises, specifically sports exercises, learning exercises, and social exercises." Sports exercises incorporate group exercises (i.e., joining a games group, for example, a soccer group) or individual exercises (for instance, a self-preservation club-like taekwondo or running a long-distance race)" (Shamsudin et al., 2014).

Gould & Carson (2010) makes sense that "right now youngsters are encountering a few difficulties in their lives, and to find lasting success as grown-ups in a profoundly serious and continually changing worldwide economy, they should master numerous abilities and further develop fundamental abilities." (Cronin & Allen, 2017) makes sense that such fundamental abilities are characterized as needs that might have arisen to encounter the requests and difficulties of daily existence. Basic abilities can likewise incorporate actual angles, for example, intelligent dieting designs, mentalities, objective setting, or mental viewpoints like self-talk.

The consideration of residents, particularly learning occupants, on the mentalities of youngsters at this age (e.g., wrongdoing, drug use) has provoked expanded reflection from specialists in the field of creating positive youth programs (Fraser-Thomas et al., 2005) This Positive Youth Development Program (from now on shortened as PYD) depends with the understanding that most extreme development in youth permits people to develop and adjust in a positive course, so they have adequate capability to lead, share fulfillment with residents, and have an understanding towards a more sound and useful life as an adolescent (Hamilton et al., 2004) Those who have a positive still up in the air to find success matured individuals and have a moderately better and meaningful life. The people who are fruitful in their childhood will want to contend with others as far as making money, take part in helpful social exercises, focus on and focusing on others, and successfully partake in friendly ties and social practices (Fraser-Thomas et al., 2005).

Even though the game has been demonstrated to work with the most common way of mastering fundamental abilities, even the experience acquired during the educational experience through sports is viewed as another entire ability (Jones et al., 2017).

Nonetheless, it isn't enough to work out; however, organized activity is implied. Field (Bean & Forneris, 2016) expressed that a games program that is deliberately organized to show fundamental abilities might be more reasonable for encouraging positive youth improvement results when contrasted with the program. Unexpected game. Even though there is an assessment that sports don't consequently prompt the improvement of fundamental abilities, this will possibly occur assuming it relates culture to players who are considered to have added to the advancement of their basic skills or, on the other hand, on the off chance that the mentor acts and acts in a specific unstructured manner (Danish & Nellen, 1997).

Concentrate on proof on youth sports projects can foster fundamental abilities by (Hardcastle et al., 2015) proposes that the projects are very fruitful in creating versatile ways of behaving and thinking processes remembering better contribution for preparing and embracing using time effectively and arranging abilities in settings outside sports like schoolwork and scholastic examinations. Research led by (Bean & Forneris, 2016) recommends that organized activity programs intended to instruct might be more qualified to support positive youthful formative results when contrasted with inadvertent activity. The learning structure should be purposely organized (Intentionally Structured) and is a way to work with the accomplishment of the objective by ordering the piece of the pointers to be accomplished with additional express objectives (Saïd & Evrard, 2001).

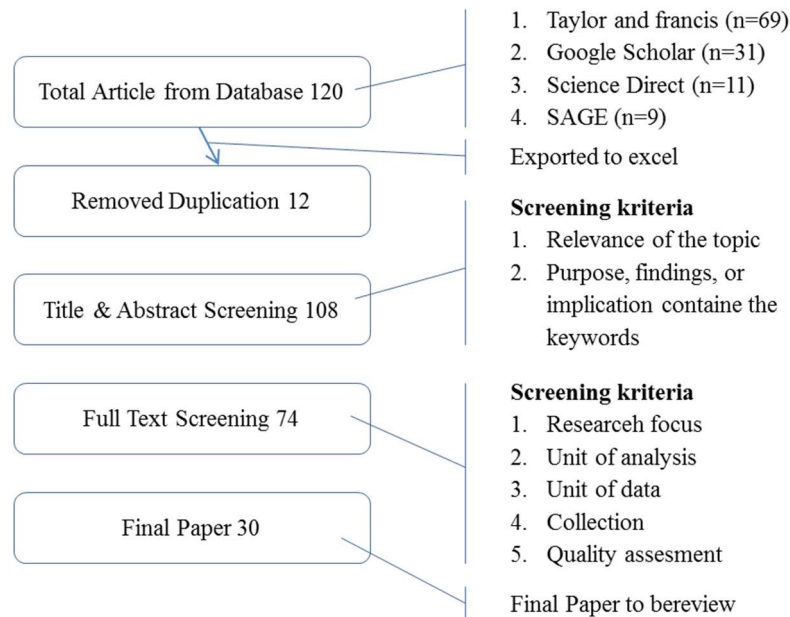
Given the clarification above, it tends to be perceived that an individual genuinely must have fundamental abilities. Having fundamental skills can keep up with positive connections between people. Also, these understudies are prepared to manage issues that come to them successfully. Consequently, analysts need to realize the effect of fundamental abilities by incorporating components of basic skills into actual instruction and sports. So scientists are keen on surveying the image of further developing fundamental skills through actual schooling learning regarding Positive Youth Development (PYD) with the idea of Intentionally Structured.

## **2. METHODS**

This study utilizes a writing survey technique. Writing survey is a writing survey technique that recognizes, evaluates, and deciphers crafted by research results and considerations created by scientists and specialists (Okoli & Schabram, 2010). furthermore, the creator in this study utilizes a plan, deliberate writing survey, which is a technique that permits the assessment and understanding of all exploration that can be gotten to pertinently to the examination question determined to break down the use of a purposefully organized program to further develop fundamental abilities through actual training and sports exercises with regards to positive youth. Improvement. By utilizing a precise writing survey in learning virtual schooling and sports,

### **Instrument**

A research instrument is a strategy used to gather information for research. The instrument in this examination is documentation. From the beginning of the word archive, documentation implies composed merchandise. In completing the documentation, specialists examine framed items like books, magazines, reports, guidelines, meeting minutes, journals, etc. (Winarno, 2018). Diary Search Based on the list items on Taylor and Francis, Google Scholar, Science Direct, and SAGE with the watchwords Intentionally organized and Positive Youth Development, specialists tracked down 120 diaries that match these catchphrases. A sum of 120 jo saw as per the pursuit watchwords were then screened, 12 journals were rejected because they had a similar title, no full-text articles were accessible, and 108 diaries were produced for Abstract screening. The outcomes were gotten upwards of 74 articles. A practicality evaluation of 74 full-text journals was done; 44 articles that were copied and didn't meet the consideration models were prohibited, so 30 full-text articles were explored.



*Picture 3.3 Prisma Flow Diagram*

### 3. RESULT

This study describes the results of research on an intentionally structured program to improve life skills through physical education and sports learning to develop positive youth. The data was obtained by analyzing 30 journals to be studied from 120 journals taken from 4 databases, namely Taylor and Francis, Google Scholar, Science Direct, and Sage, and with the keywords life skills, intentionally structured, positive youth development, physical education, and sports. The results of this study indicate that structured physical education and sports programs in their implementation can produce quality programs and can be concluded in line with widespread beliefs in society, mainly that structured programs are applied in physical education and sports in the community. Its implementation can firmly influence the development of positive youth.

### 4. DISCUSSION

The sports activities here are extracurricular and structured. Physical Education designed intentionally in its implementation is one way how the Physical Education and Sports program can contribute to improving life skills, namely to help form the competencies needed by youth, among others; proficiency in academic, social, emotional, self-identity, sensitive attitude towards self and others, character and have a sense of care and love for fellow human beings as in several journals analyzed by researchers and explain a result that in its application physical education can contribute on increasing positive youth by using the right Intentionally Structured program, as for the journals analyzed by researchers about the application of Intentionally Structured programs in sports activities and physical education, including the following:

Utilization of Intentionally Structured programs in actual training and sports exercises in the diary entitled: A Systematic Review of Life Skill Development Through Sports Programs Serving Socially Vulnerable Youth regions with low financial status (SES) to teenagers who get home consideration or non-private guiding or can likewise be called the people who face stresses in day to day existence, like pay destitution, unfortunate family the executives, bad quality lodging, and companions who take part in issue conduct. This has turned into the focal point of the fundamental abilities improvement

program as work to take care of social issues where an organized and deliberate program in sports and actual training is a method for creating youth in a positive bearing (Hermens et al., 2017).

A Family Thing: Positive Youth Development Outcomes of a Sport-Based Life Skills Program, according to the National Council on Youth Sports, it makes sense that a large number of youth in the United States who take part in actual training and sports programs every year are in everyday schedule of a school. Further exploration and assessment play explained the part of actual schooling and practice in sure youth improvement (PYD) by laying out that deliberate writing computer programs are vital to working with PYD result in both fundamental abilities (Hodge et al., 2017).

Examining the job of requirements supports the connection between program quality and formative results in youth sport, particularly how the nature of very much made and planned actual training and sports projects can add to supporting youth improvement in a positive heading. The point of this study was to have two targets: (a) to look at the pretended nature of organized programs in deliberate and necessities in psychosocial results in actual training and youth sports and (b) to research whether fundamental requirements support intervention the connection between program quality is organized in deliberate and psychosocial results, and the speculation of the review makes sense of that program quality organized in reason, and backing needs will freely add to psychosocial results, and that program quality will emphatically foresee psychosocial results and backing needs will intervene the relationship. This is between the nature of deliberately organized programs and psychosocial results in sure youth advancement in actual schooling and sports (Bean & Forneris, 2019).

Likewise, the Intentionally Structured program on actual training and sports exercises in a diary entitled Examining the Importance of Intentionally Structuring the Youth Sport Context to Facilitate Positive Youth Development Researchers contend that actual schooling and sports in its execution should be purposely organized or intended to educate abilities. Life in youth, where practically speaking that actual training and sports involving Intentionally Structured programs in North America in youngsters can foster individual skills or resources, including mental, social, profound, and scholarly characteristics required by youth to become human who are effective (Bean & Forneris, 2016) locally.

According to (Kendellen et al., 2017) with the title Integrating skills into Golf Canada's youth programs: Insights into thriving research to practice partnership research on the program of reinforcing the sport of Golf learning to teach life skills through golf. From the beginning of the lesson, explain what life skills will be discussed at the core of learning and how to program life skills at the end of the study.

Implementation of a values training program in physical education and sport: a follow-up study explains the growing body of research evidence showing that physical education and sports (PES) is an environment that, if properly structured, can promote positive youth development outcomes. So in recent years, many researchers working on physical education and sports (PES) have designed programs and interventions deliberately aimed at helping teachers and trainers teach life skills and values effectively and appropriately. Improve life skills in young people (Koh et al., 2016).

The journal analyzed above by the researcher shows that physical education and sports activities are a way for young people to improve life skills that lead to positive youth development. However, participation in physical education and sports does not automatically lead to character growth. Youth but rather a mechanism for growth in youth must be intentional, as is done by teachers or coaches in activities inside a school or outside school so that in its application, researchers can conclude that many studies use Intentionally Structured programs in physical education and sports with the aim of improvement of life skills.

Analyzed the action examples of youths in the mix with juvenile formative results and found that young people who just partook in sports had more sure results than the individuals who had practically no contribution in joint exercises except for more negative consequences contrasted with the people who took part in sports in addition to exercises. other. Comparative outcomes were found in (Forneris et al., 2015). To expand the formative advantages of youth sports cooperation, different games-based programs that intentionally focus on educating fundamental abilities have been created by analysts (Kendellen & Camiré, 2017).

In this literature, it can be concluded that an increase in sports activities and physical education by contributing to a future curriculum that a program intentionally made in learning can improve life skills.

The implementation of deliberately structured by Hermens, Super, Verkooijen, (Hermens et al., 2017) A Systematic Review of Life Skill Development Through Sports Programs Serving Socially Vulnerable Youth conduct a review of the sports activities that are programmed intentionally to get clear goals as expected. In this journal, sports programs are used as a medium for positive youth development because sports programs have the potential to make a difference in developing the life skills of socially vulnerable young people.

Then, at that point, the examination entitled A Family Thing: Positive Youth Development Outcomes of a Sport Based Life Skills Program by (Hodge et al., 2017), specifically how to apply it utilizing a fundamental abilities program through sports which were named the Super program, this Super Program. It is a fundamental abilities educational plan that has been observationally effective as an intercession program to advance positive youth improvement. This super program depends on the Going for the Goal program, which is a program determined to work on the physical, mental, and conduct capabilities that individuals necessities to adapt to the difficulties and requests of daily existence.

The execution of a deliberately organized diary entitled Examining the Importance of Intentionally Structuring the Youth Sport Context to Facilitate Positive Youth Development, which is applied to extracurricular projects where it shows the outcomes that young who take part in a blend of the two games and non-sport exercises, as well as sports-just exercises, are evaluated higher on some young formative resources contrasted with youth not engaged with extracurricular exercises (Bean & Forneris, 2016).

Examining the role of needs support in mediating the relationship between program quality and developmental outcomes in youth sports research conducted by (Bean & Forneris, 2019) observed that there is a need to foster preparation programs for educators that can be gotten to on the web and for nothing which will later assist in understanding how with making a conscious program is picking up, exploring on purposeful design uncovers that the consequences of the exploration show that intentionally organized programs score higher on program quality and positive juvenile improvement results than programs Unstructured projects, with deliberate games scores fundamentally higher than specific proportions of program quality and positive youth advancement than administration programs, many examinations utilizing the idea of intentionally organized this.

The implementation of an intentionally structured journal entitled Positive Youth Development Through Sport is to make the sports arena a domain to promote positive youth development where sports are considered capable of being the most instrumental forum and go hand in hand with positive youth development; one example of how the use of PYD through programs- Sports programs are

intentionally designed in a variety of different contexts, including talent development, coaching, leadership development, marginalized youth and responsibility training (Holt et al., 2019).

Physical activity and sports programs are not automatically able to shape and develop life skills to put the youth in a positive direction by the objectives of the PYD itself. However, in its implementation, it is still necessary to use programs specifically designed or structured to suit the community's needs. The life skills program aims to awaken adolescent developmental assets such as resilience, social, emotional, cognitive, moral competence, self-determination, spirituality, self-confidence, belief in the future, and engagement in pro-social activities to be optimistic in living life. And development These various kinds of assets can be trained through multiple institutions, such as families or local communities in their environment.

The primary point behind further developing fundamental abilities is the possibility that these skills and attitudes will benefit the youngsters who foster them. Or on the other hand, at times, creating fundamental abilities (for instance, figuring out how to work with different individuals) might be a positive result. These outcomes layout any fundamental command made by sports support prompts: various positive effects, going from upgrades in wellbeing and wellness propensities and school accomplishment to psychosocial and profound traits, like collaboration, authority, and idealism. While the fundamental abilities of writing, for the most part, center around creating qualities in youngsters, it is conceivable that the experience of the game, as well as the inability to foster fundamental abilities, may likewise prompt the reception of negative perspectives and ways of behaving (for example maladaptive pressure the board methodologies, failure to zero in on cycle and execution objectives, distinguishing proof of just with sports jobs).

Exceptionally adverse results might include actual injury, exhaustion, lower levels of moral working, and dropout (these outcomes are also examined in the model). The last part of the model spotlights moving the fundamental abilities created during the game's insight to the non-donning parts of life. The significance of this aspect is especially significant because exploration has shown that overall, the skills and fundamental abilities created in-game may not move to non-wearing settings.

## 5. CONCLUSION

The information was acquired by breaking down 30 diaries to be contemplated from 120 articles taken from 4 data sets, specifically Taylor and Francis, Google Scholar, Science Direct, and SAGE, and with the catchphrases fundamental abilities, deliberately organized, positive youth improvement, actual training, and sports. Given the consequences of the review, that bunch situated sports exercises are an exceptionally likely space for the advancement of fundamental abilities in teenagers, in particular the capacity of young people to control themselves to take care of issues without adding to issues, so there is a far-reaching faith in the public eye that cooperation in actual training and sports programs that are organized deliberately in their execution can create quality projects where this can add to the advancement of youth in a positive course and this exploration likewise has results that can be closed by the conviction that is broad in the public eye, to be specific that Intentionally organized programs that are carried out in actual schooling and sports in their execution can decidedly affect youth improvement.

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