

PERBANDINGAN KETERAMPILAN SOSIAL MAHASISWA  
BERDASARKAN PARTISIPASI DALAM UKM OLAHRAGA DAN NON  
UKM

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga  
Program Studi Ilmu Keolahragaan



oleh

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Perbandingan Keterampilan Sosial Mahasiswa Berdasarkan Partisipasi Dalam  
UKM Olahraga dan Non UKM

Oleh  
Nafil Alfaizar Adam

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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**ABSTRAK**  
**PERBANDINGAN KETERAMPILAN SOSIAL MAHASISWA**  
**BERDASARKAN PARTISIPASI DALAM UKM OLAHRAGA DAN NON**  
**UKM**

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Penelitian ini bertujuan untuk menguji apakah terdapat perbedaan keterampilan sosial mahasiswa Universitas Pendidikan Indonesia. Metode yang digunakan dalam penelitian ini yaitu deskriptif komparatif dengan desain penelitian kausal komparatif. Sampel dalam penelitian sebanyak 100 orang mahasiswa aktif Universitas Pendidikan Indonesia. Teknik pengambilan sampel menggunakan *Simple Random Sampling*. Instrumen yang digunakan adaptasi dari kuesioner *Social Skill Inventory (SSI)*. Analisis data menggunakan *Independent Samples t- test* untuk menguji perbedaan keterampilan sosial mahasiswa yang mengikuti UKM olahraga dan yang tidak mengikuti UKM. Hasil analisis data menunjukkan bahwa tidak terdapat perbedaan keterampilan sosial mahasiswa Universitas Pendidikan Indonesia yang mengikuti UKM olahraga dengan yang tidak mengikuti UKM ( $t = 0.113$ ,  $p = 0.911$ ). Dari hasil temuan rata-rata menunjukkan adanya perbedaan rata-rata keterampilan sosial mahasiswa. Rekomendasi dari penelitian ini masih perlunya penelitian lebih lanjut mengenai keterampilan sosial mahasiswa dengan metode yang berbeda.

**Kata Kunci:** Keterampilan Sosial, Mahasiswa, Unit Kegiatan Mahasiswa Olahraga

**ABSTRACT**  
**COMPARISON OF SOCIAL SKILLS OF STUDENTS BASED ON**  
**PARTICIPATION IN SPORTS AND ACTIVITIES OF NON UNIT STUDENTS**

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This study aims to examine whether there are differences in social skills of students of Universitas Pendidikan Indonesia. The method used in this research is comparative descriptive design with comparative causal research design. The sample in this study were 100 active students of the Universitas Pendidikan Indonesia. The sampling technique uses simple random sampling. The instrument used was an adaptation of the Social Skill Inventory (SSI) questionnaire. Data analysis used the Independent Samples t-test to examine differences in social skills of students who took part in sports UKM and those who did not. The results of the data analysis showed that there were no differences in the social skills of Indonesian Education University students who took part in sports UKM and those who did not attend UKM ( $t = 0.113$ ,  $p = 0.911$ ). From the findings of the average shows a difference in the average social skills of students. Recommendations from this study still need further research on social skills of students with different methods.

**Keywords:** Social Skills, Students, Sports Student Activity Units

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