

Life Skill Integration in Military Physical Development at Manuhua Airbase Biak Papua, Indonesia

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Abstract—At this time many sports activities other than to improve physical abilities, are also packaged to be able to increase the agility of life. Life agility is a skill to overcome life's problems. In relation to the military, a soldier is not only demanded to improve physically to support unit tasks, but also needs attention regarding attitudes and behaviour. The attitude of the soldier is a major appearance that is highly demanded in the military world, besides the behaviour of the soldier needs to reflect a soldier who is tough and ready to carry out his duties. For this reason, the attitude and behaviour of warriors is related to Life Skills. Therefore the researcher integrates life skills in military physical development at the Manuhua Airbase in Papua. The purpose of this study is to determine the effect of the life skills program on soldiers at Manuhua Air Base. The research method used is an experiment with a pre-test post-test research design. The experimental group was treated with the Life skills program while the control group was treated as usual. Researchers used 40 soldiers as samples. Researchers used a life skills scale instrument in the field of sports Life skills Scale for Sport (LSSS). The results of statistical calculations show that there is a significant effect. The physical development group charged with Life Skills has a higher development of Life Skills compared to the physical development group without being charged with Life Skills. Life skills component can be integrated into physical training programs influences soldiers to get positive experiences.

Keywords: *life skills, military, physical development*

I. INTRODUCTION

At this time many sports activities aside from increasing physical abilities, are also packaged to improve life skills. Life skills are a capacity to overcome life's problems. Components of life skills are skills that can practically equip a person to overcome various life problems. These skills relate to aspects of knowledge, attitudes that include physical and mental, as well as skills related to the development of character or life behaviour. They see these abilities as behavioural, cognitive, interpersonal, intrapersonal competencies that can be learned, developed and refined [1].

Air Force soldiers are known for emphasizing zero accident in carrying out operational tasks. This is related to aircraft

flight as the main tool of the Air Force's weapon system that needs to avoid the slightest mistake and to reach high safety. To realize this, of course, not only rely on physical abilities and health, but also supported by knowledge of attitude and mentality [2]. A soldier is not only required to improve physically in order to support unit duties, but also needs to be considered regarding attitudes and behaviour. The attitude of the soldier is a major appearance that is highly demanded in the military world, besides the behaviour of the soldier needs to reflect a soldier who is tough and ready to carry out the task [3].

Currently research is developing on the integration of life skills in sports. That through sports, in addition to getting physical benefits, it also gets other benefits if the training program is packaged with added life skills components [4]. Sports in general can provide experience of the success and satisfaction in the short term [5]. Thus, sport can instill in individuals the value of success in setting and achieving goals [6]. In addition, physical training can utilize the potential of sports for teaching life skills because this is the setting in which sports and physical activity are presented to almost all soldiers. Therefore, it has been proposed that the optimal way to obtain skills is to integrate physical coaching and life skills [7].

The development of research on life skills is currently not found in the military. Based on the gap that existed in previous research, therefore researchers examined the differences in life skills of soldiers who carry out physical training integrated with life skills programs and soldiers who carry out physical training without a life skills program.

II. METHOD OF THE STUDY

This research was conducted in two groups, namely the experimental group and the control group. The experimental group was treated with the Life skills program while the control group was treated as usual. The research design uses Pre-test Post-test Control Group Design [8].

The description of the Matching-Only Pre-test Post-test Control Group Design can be seen as follows:

M 1	O1	X	O2
M 2	O3	C	O4

Fig. 1. Study design.

"O" is an observation or measurement made during the pre-test and post-test. "X" is an Experiment group that carries out physical training that is integrated with the life skills program. "C" is a control group that carries out physical training. With this method it is expected to be able to find out the difference between groups of soldiers who are charged with life skills and control groups.

A. Participants

The population that was the subject of the study were the soldiers of the Manuhua Biak Air Force base. Researchers determine the sample by purposive means of 40 soldiers. 20 soldiers will participate in a physical training program that is integrated with life skills and 20 soldiers will take a physical training program without integration of life skills.

B. Instrument

In this study, measuring the development of Life skills of individuals who participate in sports clubs. Researchers used a life skills scale instrument in the field of sports Life skills Scale for Sport (LSSS) that had previously been developed [9]. The LSSS instrument consists of 47 items with a more complete closed statement type can be seen in the appendix. The measurement scale used is a Likert scale with a range of five-point scale, namely 1 (not at all) to (very much).

C. Research Procedure

In this study, the research steps that will be carried out are 1) the first step is to determine the population and research sample, 2) then do a pre-test to the sample, 3) provide treatment to the sample with an exercise program, 4) conduct a post-test to the sample, 5) Data processing and analysis, 6) Determine conclusions.

D. Data Analysis

The data collected were point instrument score, total number, average, standard deviation and sample code, then the data were further analysed using SPSS 16 with normality tests, homogeneity tests and hypothesis tests with paired t test and simple t test.

III. RESULTS AND DISCUSSION

In this study there were two groups of research samples consisting of group A, namely a group of soldiers who were charged with life skills and group B, namely groups of soldiers without being charged with life skills. Obtained data of each group before treatment (Pre-test) and after being given treatment (Post-test).

After the T test was carried out in the control group between pre-test and post-test it is known that the average value obtained by pre-test soldiers was higher than that of post-test soldiers in the non life skills group with the average value

obtained by post-test soldiers was 114.50 and the standard deviation values obtained is 4.57, and the p-value obtained from the paired t test results is 0.205, the number is greater than 0.05 so it can be concluded that there is no significant difference between the pre-test and post-test in the non life skills group (control).

After testing the difference in the experimental group between the pre-test and post-test, it is known that the average value obtained by the post-test soldiers is higher than that of the pre-test warriors in the life skills group with the average value obtained by post-test soldiers of 126.45 and the standard deviation values obtained is 1.19, and the p-value obtained from the Wilcoxon test results is 0,000, the number is smaller than 0.05 so it can be concluded that there are significant differences between pre-test and post-test in the life skills (experimental) group [10].

The average difference test between the control and experiment groups is known that the average value obtained by life skills soldiers is higher than non life skills soldiers with the average value obtained by life skills warriors is 126.45 and the standard deviation obtained is 1.19, and the p-value obtained from the results of the mann-whitney test is 0,000, the number is smaller than 0.05 so it can be concluded that there is a significant difference between the value of non-life skills and life skills, in other words, the applied life skills method has a significant effect on the value of the soldier [11].

IV. CONCLUSIONS

This study reveals some conclusions that can be taken, namely the Life skills component that can be integrated into the physical training program to influence soldiers to get positive experiences. Because sport is an ideal vehicle for inserting a Life skills program in it, soldiers learn and apply the Life skills component in the process of training and daily life through personal assignments. Soldiers realize that the impact of participating in sports activities is meeting many other people and they must be able to adapt both to other people and to the atmosphere of training. However, the most important thing is that these soldiers have positive experiences and participated in this research. How do they know Life Skills or the process of assessing sports is not merely an outcome, but there are some things that can be a process for self-development and can be successful as physical development. And make it possible to succeed as expected later.

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