

**PENGEMBANGAN MODEL PELATIHAN SEPAK BOLA TERINTEGRASI
TRI HITA KARANA DAN PERMAINAN TRADISIONAL UNTUK
MENINGKATKAN KONDISI FISIK DAN KARAKTER**

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ABSTRAK

Penelitian ini bertujuan untuk (1) mendeskripsikan rancang bangun model pelatihan sepak bola terintegrasi *Tri Hita Karana* (THK) dan permainan tradisional, (2) mendeskripsikan validitas model, (3) mendeskripsikan kepraktisan model, (4) membuktikan efektivitas model dalam meningkatkan kondisi fisik dan karakter. Penelitian dan pengembangan ini mengadopsi model *Borg and Gall*. Subyek uji skala kecil adalah 1 pelatih dan 20 pemain, skala besar 4 pelatih dan 40 pemain. Kuisioner dan *Yo-Yo Intermittent Recovery Test Level 1* digunakan sebagai instrumen pengumpulan data. Selanjutnya, data dianalisis menggunakan statistik deskriptif untuk mendeskripsikan validitas dan kepraktisan model, serta statistik MANOVA untuk menganalisis efektivitas model terhadap kondisi fisik dan karakter. Hasil penelitian ini adalah rancang bangun model pelatihan dengan mengintegrasikan THK dan permainan tradisional, lalu model dinyatakan sangat valid (91.48%), sangat praktis (92.89%), dan lebih efektif dalam meningkatkan kondisi fisik dan karakter secara simultan apabila dibandingkan menggunakan model pelatihan konvensional ($0.000 < 0.05$). *Novelty* penelitian ini mengintegrasikan nilai kearifan lokal Bali dalam model pelatihan sepak bola. Disarankan kepada pelatih untuk menggunakan model pelatihan sepak bola terintegrasi THK dan permainan tradisional dalam upaya meningkatkan kondisi fisik dan karakter pemain.

Kata-kata kunci: model pelatihan, sepak bola, THK, permainan tradisional, kondisi fisik, karakter

***DEVELOPMENT OF AN INTEGRATED SOCCER TRAINING MODEL
BETWEEN TRI HITA KARANA AND TRADITIONAL GAMES TO IMPROVE
PHYSICAL CONDITION AND CHARACTER***

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ABSTRACT

This study aims to (1) describe the design of an integrated soccer training model of Tri Hita Karana (THK) and traditional games, (2) describe the validity of the model, (3) describe the practicality of the model, (4) prove the effectiveness of the model in improving physical condition and character. This research and development adopted the Borg and Gall model. The small-scale test subjects were 1 coach and 20 players, and the large-scale 4 coaches and 40 players. Questionnaires and Yo-Yo Intermittent Recovery Test Level 1 were used as data collection instruments. Furthermore, the data were analyzed using descriptive statistics to describe the validity and practicality of the model, and MANOVA statistics to analyze the effectiveness of the model on physical condition and character. The results of this study are the design of a training model by integrating THK and traditional games, then the model is declared very valid (91.48%), very practical (92.89%), and more effective in improving physical condition and character simultaneously when compared to using conventional training models ($0.000 < 0.05$). The novelty of this study is integrating the values of Balinese local wisdom in the soccer training model. It is recommended that coaches use an integrated THK and traditional games football training model in an effort to improve the physical condition and character of players.

Keywords: training model, soccer, THK, traditional games, physical condition, character