



A Comparative Study of Life Skills in Sports and Non-Sports Student Based on Socio-Economic Background

Syarifatunnisa^{1*}, Amung Ma'mun¹, Nur Indri Rahayu² and Anira¹

¹Department of Sport Education, Faculty of Postgraduate, Universitas Pendidikan, Indonesia

²Department of Sport Science, Faculty of Sport Education and Health, Universitas Pendidikan, Indonesia

*Corresponding author, E-mail: syarifa@upi.edu

Abstract

This study aims to look at a comparison of life skills in sports and non-sports students in college based on socio-economic status. The population came from two groups of students, sports students (n = 57) from the Faculty of Sports and Health Education and non-sports students (n = 55) from the Faculty of Mathematics and Natural Sciences Education. Sampling was taken with the intake class technique. Sample in the age range of 19-21 years who were students at Universitas Pendidikan Indonesia. Life skills are collected using the adaptation of LSSS (Life Skills for Sports Scale) by Cronin & Allen (2017). LSSS have eight life skills components in it, *teamwork, goal setting, time management, emotional skills, communication, social skills, leadership, and problem solving and decision making*. Personal Inquiry Form was used to collect the socio-economic data from students. The research method used by causal comparative method with the Independent Sample T Test, Kruskal-Wallis Test, and One-way ANOVA. The results of this study show that there are significant differences between life skills sports and non-sports students (F = 0.138, p = 0.031), there are significant differences in life skills sports and non-sports students based on socio-economic status (*lower class, middle class, and upper class*) with a value of p = 0,000 for sports students and p = 0,028 for non-sports students. Study from Hayden, et.al (2015) and Jones & Lavallee (2009) shows the same thing that sports can make someone's life skills better.

Keywords: *Life skills, Socio-economic status, Sport, Social Development, College, Comparative study*