

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAAN PAYUNG NEGERI PEKANBARU**

Penelitian, Januari 2025

Irma Syafriani

Pengaruh Olahraga Bermain Kasti Terhadap Kepercayaan Diri Anak di Era Digital di SDN 6 Pekanbaru

35 Halaman + 7 Tabel + 2 Skema + 10 Lampiran

ABSTRAK

Permainan Bola kasti suatu permainan bola kecil di salah satu pendidikan jasmani olahraga, dimana permainan ini dimainkan berkelompok dan dapat menimbulkan keberanian pada anak. Kegiatan Olahraga Kasti disekolah yang diberikan guru pelajaran pendidikan jasmani olahraga dapat membantu pertumbuhan dan perkembangan pada siswa disekolah terutama dalam meningkatkan kepercayaan diri pada anak. Tujuan penelitian ini untuk mengetahui Pengaruh Olahraga Bermain Kasti dalam Meningkatkan Kepercayaan Diri Anak, mengidentifikasi karakteristik. Penelitian ini dilakukan di SDN 6 Pekanbaru dalam waktu seminggu. Jenis penelitian ini adalah penelitian Kuantitatif, dengan desain quasi experiment menggunakan *purposive sampling* dengan pendekatan *one group pre post test without control design*. Populasi dalam penelitian ini sebanyak 67 anak dan sampel dalam penelitian ini 20 responden anak. Instrumen penelitian menggunakan instrumen koesoner TROSCI (*Trait Robustness of Sport Confidence Inventory*) dengan Skala *likert*. Berdasarkan hasil analisis data menunjukkan bahwa dari 20 responden, didapatkan data bahwa (55%) dimana separangnya berjenis kelamin perempuan yang mengalami kurang percaya diri dengan jumlah seluruh responden yaitu 20 responden. Hasil penelitian menggunakan *uji t dependen (paired t-test)*, di dapatkan nilai value 0,000 0,05, maka dapat disimpulkan ada pengaruh dilakukan permainan bola kasti terhadap kepercayaan diri pada di era digital. Sehingga dapat disimpulkan H_0 ditolak, dan H_a diterima serta terdapat ada perbedaan yang signifikan antara tingkatan kepercayaan diri pada saat *pre-test* dan *post-test* permainan bola kasti.

Kata kunci: Permainan Bola Kasti, Kepercayaan Diri, Anak-Anak
Daftar Pustaka : 30 (2019-2024).

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Irma Syafriani

**The Influence of Playing Kasti on Children's Self-Confidence in the Digital
Era at SDN 6 Pekanbaru**

35 pages + 7 Tables + 2 Scheme

ABSTRACT

The ball game is a small ball game in one of the physical education sports, where this game is played in groups and can raise courage in children. Kasti sports activities at school provided by physical education teachers can help the growth and development of students at school, especially in increasing children's self-confidence. The aim of this research is to determine the effect of playing Kasti on increasing children's self-confidence, identifying characteristics. This research was conducted at SDN 6 Pekanbaru within a week. This type of research is quantitative research, with a quasi-experiment design using purposive sampling with a one group pre post test approach without control design. The population in this study was 67 children and the sample in this study was 20 child respondents. The research instrument used the TROSCI questionnaire (Trait Robustness of Sport Confidence Inventory) with a Likert scale. Based on the results of data analysis, it shows that from 20 respondents, data was obtained that (55%) of which half were women who experienced a lack of self-confidence with the total number of respondents being 20 respondents. The results of the research using the dependent t test (paired t-test), obtained a value of 0.000 - 0.05, so it can be concluded that there is an influence of playing baseball on self-confidence in the digital era. So it can be concluded that H_0 is rejected, and H_a is accepted and there is a significant difference between the level of self-confidence during the pre-test and post-test of the baseball game.

Keywords: Kasti Ball Game, Self-Confidence, Children

Bibliography: 30 (2019-2024).