

Tujuan penelitian tentang Pengaruh Pelaksanaan Program Pembinaan Jasmani Dalam Meningkatkan Fisik Prajurit Terhadap Ketahanan Prajurit (Studi tentang persepsi prajurit pada Dinas Personel Lanud Halim Perdanakusuma Jakarta) adalah mendeskripsikan pelaksanaan program pembinaan jasmani dalam meningkatkan fisik prajurit di Dinas Personel Lanud Halim Perdanakusuma dan mengkaji pengaruh program pembinaan jasmani terhadap ketahanan prajurit, berdasarkan persepsi prajurit.

Penelitian ini menggunakan gabungan antara metode kuantitatif menggunakan Skala Likert dan metode deskriptif kualitatif dimana peneliti menggunakan kuesioner/angket, wawancara dan observasi dalam proses pengambilan data. Data diambil melalui dua teknik yakni teknik sampling jenuh dan teknik sampling purposive (*purposive sampling*). Data yang didapat kemudian dianalisis dan diinterpretasikan untuk mendapatkan simpulan mengenai pengaruh pelaksanaan program pembinaan jasmani terhadap ketahanan prajurit dengan analisis deskriptif.

Program pembinaan jasmani yang dilaksanakan di Personel Lanud Halim Perdanakusuma memiliki beberapa aspek olahraga antara lain; Olahraga Militer, Olahraga Umum, Pembinaan Kesamaptaan Jasmani, Pembinaan Kemiliteran, Tes Kesamaptaan, Pertandingan Olahraga, dan Upacara. Sedangkan aspek ketahanan prajurit meliputi 3 kategori yaitu; Kepribadian Sehat, Kestabilan Emosi, dan Kepribadian Pancasila. Berdasarkan hasil dari skor yang didapat menurut Skala Likert serta hasil wawancara dan observasi, maka dapat disimpulkan bahwa pelaksanaan program pembinaan jasmani “berpengaruh” terhadap peningkatan fisik, stamina dan ketahanan prajurit, peningkatan fisik rata-rata 5,94 dari perbandingan nilai rata-rata tes kesamaptaan jasmani semester I yaitu 57,35 dan tes kesamaptaan jasmani semester II yaitu 63,29 dan secara perseorangan nilai tes kesamaptaan jasmani yang mengalami peningkatan 39 orang atau 76,47 persen dan nilai tes kesamaptaan jasmani yang mengalami penurunan 12 orang atau 23,52 persen Artinya seluruh aspek pembinaan jasmani, aspek ketahanan prajurit dan aspek pernyataan individu mendapat kategori berpengaruh.

Kata Kunci: program pembinaan jasmani, ketahanan prajurit, persepsi prajurit

ABSTRACT

The purpose of the research entitled “The Impact of Physical and Military Training in Improving the Soldier’s physic and Its implication towards Soldier’s Resilience (Study of Soldiers’ perception in Personnel Department of Halim Perdanakusuma Airport, Jakarta)” is to describe the implementation or execution of the physical training program in order to increase the soldier’s physical condition in Halim Perdanakusuma Airport and to find out the impacts of the program towards their reliance based on the soldier’s perception.

This research used the combination of quantitative method by Likert Scale and descriptive qualitative method where the researcher used questionnaire, interview and observation in collecting the data. The data collecting techniques are saturated sampling and purposive sampling technique. The data then were analyzed and interpreted to find out the conclusion about the impact of the physical training program towards soldier’s resilience with descriptive analysis.

The physical-training program that conducted by Personnel Department of Halim Perdanakusuma Airport has some sport aspects. They are military sport, general sport, physical-readiness training, military training, readiness test, sport game, and ceremony. The soldier’s resilience is divided into some aspects; healthy personality, emotion stability, and Pancasila personality. Based on the score gained by Likert scale and also supported by the result of interview and observation, it can be concluded that the program of physical training to the soldiers in Personnel Department gives “influence” or benefit toward the increasing of soldier’s physical condition, stamina and resilience. The increasing of physical condition is 5,94 (in average) compared to the average of physical test in semester I (57,35) and semester II (63,29). It means that all of the physical training aspects, the soldier’s resilience aspects, and individual statements are categorized as “influential”.

Keywords; physical-training program, soldier’s resilience, student’s perception