

ABSTRAK

YOSEPIN EMELIANI LUMBANGAOL. NIM 6222210008. Pengaruh Olahraga Terapi Integratif Berbasis Religi Terhadap Peningkatan Spritual Anak Di Lembaga Pembinaan Khusus Anak (LPKA) Kelas 1 Medan. (Pembimbing Nurhayati Simatupang). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2026

Penelitian ini bertujuan mengetahui pengaruh Program Olahraga Terapi Integratif Berbasis Religi Kristen Protestan terhadap peningkatan spiritualitas anak binaan di LPKA Kelas 1 Medan. Metode penelitian menggunakan eksperimen dengan desain one group pretest-posttest design. Sampel penelitian sebanyak 21 anak binaan beragama Kristen Protestan yang dipilih melalui purposive sampling. Instrumen penelitian berupa kuesioner spiritualitas yang terdiri dari 21 item pernyataan valid. Program intervensi dilaksanakan selama 16 kali pertemuan dengan durasi 60 menit per pertemuan yang mengintegrasikan aktivitas fisik dan nilai-nilai spiritual Kristen Protestan. Analisis data menggunakan statistik deskriptif dan uji Wilcoxon Signed Rank Test karena data tidak memenuhi asumsi normalitas. Hasil penelitian menunjukkan peningkatan rata-rata skor spiritualitas dari 13,24 (kategori sedang) pada pretest menjadi 20,38 (kategori sangat tinggi) pada posttest dengan peningkatan sebesar 53,96%. Uji hipotesis menggunakan Wilcoxon Signed Rank Test menghasilkan nilai Z sebesar -4,046 dengan signifikansi 0,000 ($p < 0,05$). Simpulan penelitian adalah program olahraga terapi integratif berbasis religi kristen protestan terbukti efektif meningkatkan spiritualitas anak binaan di LPKA kelas 1 medan secara signifikan.

Kata Kunci: Olahraga Terapi Integratif, Religi, Spiritualitas, Anak Binaan, LPKA



ABSTRACT

YOSEPIN EMELIANI LUMBANGAOL. NIM 6222210008. *The Influence of Religion-Based Integrative Sports Therapy on Children's Spiritual Improvement at the Class 1 Special Child Development Institute (LPKA) Medan. (Supervisor Nurhayati Simatupang). Thesis, Faculty of Sports Science (FIK), UNIMED Year 2026*

This research aims to determine the effect of the Protestant Christian Religion-Based Integrative Sports Therapy Program on increasing the spirituality of assisted children in LPKA Class 1 Medan. The research method uses an experiment with a one group pretest-posttest design. The research sample was 21 Protestant Christian children who were selected through purposive sampling. The research instrument is a spirituality questionnaire consisting of 21 valid statement items. The intervention program was implemented over 16 meetings with a duration of 60 minutes per meeting which integrated physical activity and Protestant Christian spiritual values. Data analysis used descriptive statistics and the Wilcoxon Signed Rank Test because the data did not meet the normality assumption. The research results showed an increase in the average spirituality score from 13.24 (medium category) in the pretest to 20.38 (very high category) in the posttest with an increase of 53.96%. Hypothesis testing using the Wilcoxon Signed Rank Test produces a Z value of -4.046 with a significance of 0.000 ($p < 0.05$). The conclusion of the research is that the integrative sports therapy program based on the Protestant Christian religion has been proven to be effective in significantly increasing the spirituality of assisted children in LPKA class 1 Medan.

Keywords: *integrative sports therapy, religion, spirituality, juvenile inmates, LPKA*

