

MEMBENTUK KEMATANGAN EMOSI REMAJA MELALUI PENDIDIKAN JASMANI DAN OLAAHRAAGA DI SEKOLAH

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Abstract

Teenagers are part of the society who have duties and responsibilities of their life, such as, follow the lesson in the school that called learning activities or school in common term. A failure occurs caused by unmaternity of the teenagers emotion. Unstable emotion caused by the difficulties to concentrate and affect to the learning achievement, meanwhile, the learning process is needed to absorb the materials learned for be raised again some times. Physical education, sport and health given because it have comprehensive goals include physical aspect, cognitive, affective, emotional, social and moral. Physical education is a process of interaction between students and the environment which managed through the systematic physical activity to perform whole human being, developing physical aspect, psychomotor, cognitive and affective. The maturity of emotion include: being realistic, accept ourselves and other what it is, well adjustment, be able to resolve an issues in objective ways, not depend on the others, concern with ethical values and morals, having empathy, sense of humor, have creativities and like a challenges. All aspects of emotional maturity can be formed through physical education, sport and health.

Keywords: Emotional maturity, Adolescents, Physical education, sport and health

PENDAHULUAN

Masa remaja merupakan masa transisi dari masa kanak-kanak ke masa dewasa, pada masa ini individu mengalami banyak perubahan, baik fisik maupun psikis. Hurlock (1990:206) menyatakan bahwa masa remaja awal berlangsung antara umur 13-16/17 tahun dan masa remaja akhir berlangsung antara umur 16/17 tahun - 18 tahun. Abu Ahmadi dan Munawar Sholeh (2005: 125) membagi masa remaja menjadi masa pueral (pra pubertas) berlangsung antara umur 12-14 tahun, masa pubertas berlangsung antara umur 14-18 tahun, dan masa adolesen berlangsung antara umur 18-21 tahun.

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