

Implementation of A Volleyball Training Program through A Positive Youth Development Approach

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ABSTRACT

Volleyball is a sport that contributes greatly to physical activity in society and has an important role in the positive growth of youth. Sport not only improves physical abilities but also builds the character of athletes. However, most sports training programs currently concentrate on achieving competitive results and neglect forming positive values. Character development through sport is the main focus of the Positive Youth Development (PYD) approach. With the 7Cs approach that includes competence, confidence, connection, character, caring, contribution, and creativity, it is hoped that training programs can create individuals who excel in technical aspects and have positive athlete character. This study aims to determine how the character of athletes in the volleyball sport of the ANP Garut Volleyball Club is influenced by the application of the volleyball training program with the Positive Youth Development (PYD) approach. The method used in this research is a quantitative method with a pseudo-experiment, namely the Non-Equivalent Control Group with a Pretest-Posttest approach. In this study, 20 volleyball athletes from the ANP Volleyball club in Garut Regency were selected as research samples. The research instrument used a PYD-based questionnaire consisting of 49 items. Athletes are given an instrument about positive youth development 7Cs as a measuring tool. Data analysis was carried out using statistical tests with spss version 28 to process data and determine differences in pretest and posttest results. The results showed that the volleyball training program through the Positive Youth Development program approach had a significant effect between the group that followed the PYD 7Cs-based training program and the group that was not given the PYD 7Cs program, where the experimental group showed a better improvement in the aspects of technical skills and character.

Keywords: Volleyball; Upper Passing; Lower Passing; Positive Youth Development (PYD)

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- A) Conception and design of the study;
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INTRODUCTION

Youth development in sports is an important concern for many countries, including Indonesia. Sport can influence a person's social and personal development (Hambali et al., 2022), one of which is providing adolescents with significant developmental experiences (de Almería España Escartí, 2010). Basically, PYD is a developmental concept that considers strengths, as children

and adolescents are believed to have the resources to develop themselves based on the problems they solve (Lerner et al., 2005). Therefore, the concept of PYD has been widely applied to examine the involvement of children and adolescents in various sports program activities. (Holt et al., 2017). The implementation of PYD in training programs can significantly influence the positive character traits of youth (Kochanek, 2019). Currently, most sports training programs concentrate on physical improvement and competitive performance. The development of positive values and character building is often neglected. However, this method is very important to address problems around the world, especially when many teenagers are involved in negative behaviors such as juvenile delinquency and lack of social concern. Volleyball is one sport that has great potential to help children's character growth. In addition to training physical skills, volleyball teaches values such as cooperation, discipline, commitment, and other values that support positive character-building (Juhrocin, 2023). However, as seen in the ANP Volleyball Club of Garut Regency based on observations, it was found that the limited development of sports programs designed to produce a positive impact on the development of the younger generation is still a major obstacle. Programs aimed at enhancing the 7Cs of PYD, such as competence, confidence, connection, character, caring, contribution, and creativity, are still lacking in their application. Furthermore, coaches do not integrate positive values into training sessions, resulting in often suboptimal outcomes in developing athletes' potential in the positive youth development aspects of the training program.

The 7Cs method can be used in volleyball training to balance the physical and non-physical development of participants. Therefore, volleyball training can be an effective tool for healthy personal development. The development of volleyball not only teaches technical sports skills but also serves as a means of moral education and personality development (Mochamad Syafei, 2024). Training programs form the foundation of an individual's success and achievements in engaging in sports activities. The program is a measured and planned application that uses fitness elements as test parameters (Ahdan et al., 2021). The volleyball training program based on the Positive Youth Development (PYD) approach and using basic volleyball techniques, underhand and overhand passing, offers an innovative approach to improving technical skills and fostering positive character in participants. This approach is intended to enhance participants' technical skills as well as support their character development (Juhrocin et al., 2023). Here are the main aspects implemented in the 7Cs-based program; (1) Competence, Training includes the development of technical skills such as passing, serving, blocking, and game strategies. The program is structured in stages to ensure mastery of basic to advanced techniques, (2) Self-Confidence, Participants are encouraged to boost their self-confidence through individual and team achievements. Small successes are appreciated to boost motivation (3) Social Connections, The importance of teamwork and positive relationships between participants, coaches, and the community is emphasized through activities such as group games and post-training discussions. (4) Karakter, termasuk nilai-nilai seperti sportivitas, tanggung jawab, dan integritas diajarkan. Participants are trained to respect the rules of the game and to be fair to both teammates and opponents, (5) Care, Participants are encouraged to show empathy towards fellow team members. Social activities outside of training, such as helping the local community, are also part of the program, and (6) Contribution, Participants are given an active role in the exercise, such as being a team captain or assisting the coach in devising strategies. This gives practical experience in making a real contribution, (7) Creativity, participants are encouraged to meet challenges with creativity, both in trying new techniques and in facing stronger opponents. Mental exercises such as match simulations are used to build this creativity.

This research is very important because it aims to examine the implementation of volleyball training programs at ANP Club Garut Regency through a positive youth development approach.

So that coaches can explore how the PYD approach can be applied in volleyball training to develop participants' positive values and improve their overall skills. Through this research, it is hoped that training programs can provide guidance for coaches and sports organizers to create programs that focus on technical skills and character building simultaneously. The implementation of the PYD approach in volleyball training programs allows for the balanced development of participants' physical and non-physical aspects, so that they become not only competitive athletes but also people with positive values. The utilization of the 7Cs approach in volleyball training has the potential to develop both physical and non-physical aspects of the youth. Therefore, the volleyball training program can be a healthy and beneficial means of personal development for youth. Volleyball training not only teaches technical sports skills, but also teaches morality and personality development (Juhrodin et al., 2023). Previous research has shown that sport can be a means of developing adolescent character through the Positive Youth Development (PYD) approach (PYD) (Hambali et al., 2022). However, most of these studies are still general in nature and not many have examined the direct application of 7Cs elements, such as creativity and contribution, in volleyball training programs. In addition, research integrating character building and technical skill enhancement in the context of local clubs, particularly in Indonesia, is also limited. The update of this research lies in the specific integration of Positive Youth Development (PYD) 7Cs elements into volleyball training programs, which has not been previously studied in depth in the local sports context, especially at the club level in Indonesia. This research offers a holistic approach that combines character building, such as creativity and contribution, with technical skill enhancement. In addition, this study also quantitatively evaluates the impact of the 7Cs approach on the physical and non-physical development of young athletes, providing a framework that can be applied directly by coaches and sports institutions to improve the effectiveness of training programs in the ANP Volleyball Club of Garut Regency.

Positive Youth Development is a positive outlook and action towards the lives of adolescents. During its development, PYD noted that what characterizes PYD and developing youth is involvement in education, which benefits society and improves general well-being (Dillard et al., 2019). The goal of PYD development is the corresponding desire to achieve something that is at once meaningful and beneficial to oneself and of intended consequence to the world beyond oneself (BM Burkhard, 2020). Systematic reviews have evaluated the relationship between sport participation and outcomes associated with PYD, by conducting a systematic review of the literature examining the psychological and social health benefits of participation in sport by children and adolescents. The majority of studies identified at the time were quantitative and cross-sectional with most studies showing that positive psychosocial outcomes were associated with sport participation. As a result of their review, the authors foregrounded health through a conceptual model of sport. This model describes the relationship between physical, psychological, and social domains and their positive associations with sport participation (Bruner, 2023). Three categories were identified in a model through inductive meta-data analysis: (1) PYD climate - focusing on positive and supportive relationships with adults (leaders/coaches), peers, and parental involvement; (2) Life Skills Program - focusing on activities that build life skills and transfer; and (3) PYD outcomes - in personal, social, and physical domains. Based on the outcomes and models, distinctions are made between learning (Holt et al., 2017). This research is expected to make important contributions both in theory and practice. Theoretically, this research adds insight into the application of the Positive Youth Development (PYD) approach in sport, specifically volleyball. It shows how the 7Cs elements can help shape athletes' character while improving their technical abilities. Practically, the results of this study can serve as a guide for coaches, sports clubs, and related institutions in creating more effective training programs. The program should not only aim to improve playing skills, but also build

positive character traits such as cooperation, self-confidence and creativity. That way, this research can support the creation of a generation of athletes who not only excel on the field, but also have a good impact on the surrounding environment.

METHODS

The type of research

The research method used is a quantitative research method with a pseudo-experiment, namely the Non-Equivalent Control Group with a Pretest-Posttest approach (Sugiyono, 2015).

Table 1. Nonequivalent Control Group Design

Group	Pretest	Treatment (X)	Posttest
Eksperimen	O1	X	O2
Control	O3	—	O4

(Sourcer: Sugiyono 2015: 116)

Description:

- **O1:** Pretest in the experimental group
- **O2:** Posttest in the experimental group
- **O3:** Pretest in the control group
- **O4:** Posttest in the control group
- **X** : Treatment or intervention given to the experimental group

The time and location

The research was conducted in December 2024-February 2025, with a total of 16x meetings. The research location was the ANP Volleyball Club on Jalan Simpang Samarang, Kec. Bayongbong, Garut Regency, West Java.

The goals or target

The purpose of this study was to see how the positive youth development approach can be applied in the volleyball training program at ANP Club Garut. The target of this research is to provide an opportunity for coaches to learn how the PYD approach can be applied to volleyball training by instilling positive values to athletes and improving their overall skills.

This research sample uses a purpose sampling technique, which is a sampling technique used when the researcher already has a target individual with characteristics that match the research (Lenaini & Artikel, 2021). The criteria needed in this study are; (1) Volleyball athletes aged 17-20 years, (2) Athletes who have participated in volleyball training for at least 3 months, (3) Players who are in good physical condition, do not have significant injuries that could hinder participation in training or research programs.

Instrument

In this study, the authors used the PYD 7Cs instrument questionnaire. This study used a closed questionnaire, which gave participants the opportunity to choose one of the two available answer options. The instrument applied in this study is the result of the researcher's analysis from the aspects of (1) adopting the 7Cs instrument, (2) adapting the instrument to the phenomenon of positive youth development, (3) The validity of the instrument is above 0.50 in each component of PYD 7Cs. Questionnaire analysis using Likert scale (Wium et al., n.d.).

Data collection techniques

The data collection technique used by researchers in this study is through questionnaires, Questionnaires will be used to collect data from respondents, both from the experimental group and the control group at the time of the pretest and posttest (Fernandes, 2022).

Data analysis techniques

The data was processed and evaluated using the Shapiro-Wilk normality test. Furthermore, the data homogeneity test was carried out to determine whether the data in the experimental class and control class had the same variance or not using the SPSS 28 statistical application. After conducting the data homogeneity test, it was continued by conducting an average significance test which aims to determine the average results of the initial test (pretest) and the final test (posttest) (Muhson, 2006), then an independent sample t-test was conducted to determine the difference between the results of the initial test (pretest) and the final test (posttest) in the experimental class and control class.

Research procedures

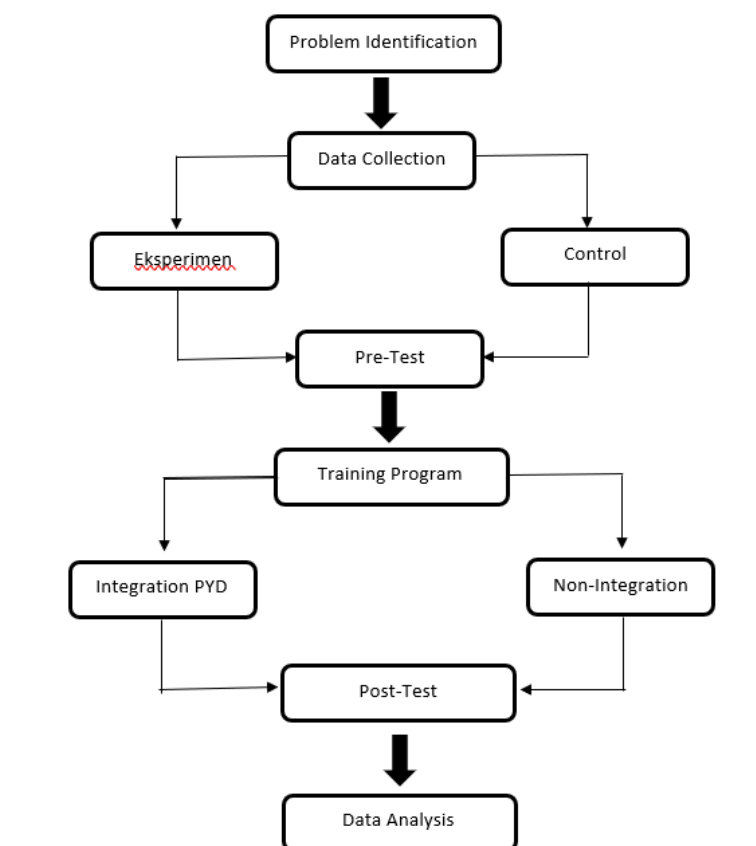


Figure 1. Research Procedure

RESULTS AND DISCUSSION

Findings

This study begins with giving an initial test (pretest) to measure how far athletes understand PYD 7Cs before being given a treatment or training program based on PYD 7Cs for the experimental group and a volleyball training program for the control group. The meeting was held for 16 meetings, after all meetings in the experimental and control groups were completed,

the meal would be given a final test (post-test) to obtain the data to be found. The results of this study include normality test with Shapiro-Wilk, homogeneity test and independent sample t-test. There are descriptive statistics that describe the number of samples of each test, the range of pretest posttest results, the lowest test result value, the highest test result value, the total value of the results of each test, the average test result value and the standard deviation of the test results. The following are the results of descriptive statistical tests using SPSS 25. Can be seen in Table 2.

Table 2. Descriptive statistics

	N	Range	Minimum	Maximum	Sum	Mean	Std.Deviation
Pre-Test Eksperimen	10	15	155	170	1622	162,2	4,917
Post-Test Eksperimen	10	16	167	183	1760	176,0	4,898
Pre-Test Control	10	23	148	171	1620	162,0	7,333
Post-Test Control	10	29	146	174	1621	162,1	8,646
Valid N (listwise)	10						

The data normality test is carried out to determine whether the data is normally distributed or not. The normality test used in this study uses the Shapiro-Wilk test. Data can be said to be normally distributed if the significance value (sig.) > 0.05. The normality test uses the Saphiro-Wilk Test. This test was chosen because the number of samples in the study was small. The following are the results of the Shapiro-Wilk normality test using SPSS 28 can be seen in Table 3.

Table 3. Shapiro-Wilk Normality Test

Class			Statistic	df.	Sig
Training PYD 7Cs	Progam	Pre-Test Eksperimen	0,904	10	0,243
		Post-Test Eksperimen	0,973	10	0,921
		Pre-Test Control	0,949	10	0,662
		Post-Test Control	0,964	10	0,827

Based on Table 4, it is known that the significance value of the normality test in the experimental and control groups using the Shapiro-Wilk Test is (sig.) > 0.05, it can be concluded that the pre-test and posttest data in both groups are normally distributed. Thus, the normality requirement has been met.

Table 4. Test of homogeneity

		Levene Statistic	df1	df2	Sig.
Pre-Test	Based on Mean	1,380	1	18	0,255
	Based on Median	1,427	1	18	0,248
	Based on Median and With adjusted df	1,427	1	17,3	0,248
	Based on trimmed mean	1,382	1	18	0,255
Post-Test	Based on Mean	2,085	1	18	0,166
	Based on Median	2,000	1	18	0,174
	Based on Median and With adjusted df	2,000	1	13,8	0,179
	Based on trimmed mean	2,197	1	18	0,156

The homogeneity test aims to determine whether or not the variance of the pretest and posttest data between the experimental and control groups is the same. To conduct a homogeneity test, use the Levene Test. Data is homogeneous if the significance value (sig.) > 0.05.

Table 5. Mean values between groups

	Group	N	Mean	Std. Deviation
Result	Ekperimen	10	13,8000	2,57337
	Control	10	0,1000	3,51030

The table above shows a comparison of the mean values between the two groups, namely the experimental group and the control group. The results of the average calculation show that the experimental group has a mean value of 13.8000, while the control group is only 0.1000. This striking difference shows that the experimental group has much higher results than the control group. In addition, the standard deviation value in the experimental group is 2.57337, while in the control group it is greater, which is 3.51030.

Table 6 Independent T-test

		Levene's Test for Equality of Variances		T-test for Equality of Means						
		F	Sig.	t	df	Significance		Mean Difference	95% Confidence Interval of the Difference	
						One-Sided p	Two-Sided p		Lower	Upper
Results	Equal variances assumed	0,025	0,876	9,954	18	<0,001	<0,001	13,70000	10,80832	16,59168
	Equal variances not assumed			9,954	16,506	<0,001	<0,001	13,70000	10,78944	16,61056

The value of Sig. (0.876) < 0.001 indicates that there is a significant difference between the two experimental and control groups, while the high t-value (9.954) indicates that the mean difference between the experimental and control groups is highly significant. The smaller the Sig. value and the larger the t value, the stronger the evidence that there is a real difference between the two groups.

DISCUSSION

Based on the data, the experimental group had an average value of 13.8000 with a standard deviation of 2.57337, while the control group had an average value of 0.1000 with a standard deviation of 3.51030. This significant difference between the two groups indicates that the exercise program applied to the experimental group had a greater positive impact than the control group. The significantly higher mean score in the experimental group indicates that the Positive Youth Development (PYD) 7Cs-based intervention in volleyball training contributed effectively to the improvement of participants' skills and psychosocial aspects. Meanwhile, the smaller standard deviation in the experimental group indicates lower variability in the results, signaling that most participants in this group experienced relatively consistent improvements compared to the control group. These results reinforce the argument that the implementation of the PYD approach in volleyball training programs can have a significant positive impact on player development, both in terms of skills and character.

This research produces descriptive data that describes the application of Positive Youth Development (PYD) 7Cs, namely Competence, Confidence, Connection, Character, Caring, Contribution, and Creativity in the volleyball training program. From the analysis, there are several components that show the highest value in the measurement. The component with the highest score was Connection, with an average score of 29.0, followed by Character, with an average score of 27.3. The high value of Connection indicates that the volleyball training program is able to build strong social relationships between players, including teamwork, peer support,

and positive interactions with the coach and training environment. Meanwhile, Character, which also has a high value, indicates that volleyball training plays a role in shaping the athlete's personality, such as sportsmanship, discipline, responsibility, and an unyielding attitude in practicing and competing. These results prove that the Connection and Character components can be effectively integrated in volleyball training programs. With a conducive training environment and a PYD 7Cs-based approach, players not only experience improved technical skills, but also experience development in social and character aspects, which are essential for the holistic development of young athletes. The components with the highest scores in the control group were creativity with a mean score of 27.0 and connection with a mean score of 26.9. Although these scores indicate that athletes in the control group still have fairly good aspects of social connectedness and character, they are still lower than the experimental group who experienced significant improvement after participating in the PYD 7Cs-based training program. This research needs to be continued thoroughly through a volleyball program with the integration of Positive Youth Development (PYD) 7Cs development. Currently, the research only focuses on lower passing and upper passing techniques, so to gain a more comprehensive understanding of the application of PYD 7Cs in volleyball training, further research is needed that includes smash, serve, and block techniques. Thus, future research can provide greater insight into how the PYD 7Cs approach contributes to the development of various technical skills in the sport of volleyball.

The results of this study are in line with previous research which states that volleyball training can help develop life skills within the PYD framework. The main focus of previous research was on the development of social skills such as leadership, teamwork, and decision-making (Juhrodin, 2023). Sport can help develop adolescents' social, emotional and moral skills. It also discusses how factors such as the training environment, the role of the coach, and the approach used in sport can positively influence youth development, and emphasizes that sport designed with a youth development approach can help improve leadership skills, decision-making, teamwork, and a sense of responsibility in young athletes (Hambali et al., 2022). The research suggests that sport can play a role in the development of life skills, including leadership, discipline, cooperation and communication skills. Sports training programs designed with a PYD approach can help improve players' social and emotional skills, so they are better prepared to face challenges in everyday life. A sports training program designed with a PYD approach can help improve players' social and emotional skills, so they are better prepared to face challenges in everyday life. This research shows that a sports training program designed with a PYD approach can help improve players' social and emotional skills, so they are better prepared to face challenges in everyday life (Desanti, 2023). Volleyball training can help develop life skills such as leadership, teamwork, and decision-making. This study shows that volleyball training combined with social skills learning can help players develop not only physically but also mentally and socially (Yopi Kusdinar, 2022). Another study stated that a life skills program in aquatic activities through a PYD approach can contribute to adolescent character development. The study showed that participants who attended a life skills program in aquatic activities experienced significant improvements in teamwork, leadership, time management, social skills, and decision-making compared to the group that did not receive such training (a.sonjaya, 2024).

All of the above studies show that sport can be an effective means of developing character and social skills. All previous studies used PYD as the main approach, just like this study which integrates the 7Cs PYD model (Competence, Confidence, Connection, Character, Caring, Contribution, Creativity) in volleyball training. Although there are many links, this research still has differences that make it a renewal compared to previous research. This study is more specific in analyzing the PYD 7Cs approach to lower passing and upper passing techniques in volleyball. In addition, it is more comprehensive by applying all 7Cs elements in the context of volleyball

training. This research continues previous studies with a more specific focus on the implementation of PYD 7Cs in volleyball training, which has rarely been studied in depth before.

CONCLUSION

Based on the results of the study, it can be concluded that there is a significant effect of the implementation of the Positive Youth Development (PYD) 7Cs-based volleyball training program on the development of upper passing and lower passing skills in athletes at the ANP Volleyball club. In addition, there was a significant difference between the group that followed the PYD 7Cs-based training program and the group that did not follow it, where the experimental group showed better improvement in both technical skills and character aspects. The PYD 7Cs intervention to the volleyball upper passing and lower passing training program in the experimental group showed success in increasing the value of the PYD 7CS components with the order of the components being connection, character, creativity, competence, confidence, caring, and contribution compared to the value of the components in the control group against the assessment of the PYD 7Cs components namely creativity, character, connection, caring, confidence, contribution, and competence. So that the results of the study prove that the volleyball upper passing and lower passing training program is effective when integrated through the PYD 7Cs program.

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CONFLICT OF INTEREST

The authors of this study emphasize that there is no conflict of interest with any party in the conduct of this research, either financially, professionally, or personally. All results presented in this study are purely based on analysis and data that has been collected objectively.

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