

RESEARCH ON THE IMPACT OF CAMPUS FOOTBALL ON THE COMPREHENSIVE QUALITY DEVELOPMENT OF YOUTH

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ABSTRACT

Campus football is increasingly recognized as an extracurricular activity that fosters holistic youth development. It is believed to enhance physical fitness, psychological resilience, social competence, and academic motivation, yet systematic evidence remains limited. This study employed a mixed-methods approach, combining quantitative surveys and qualitative interviews. The quantitative strand assessed physical fitness, academic engagement, and social skills among students participating in campus football programs. The qualitative strand explored personal experiences through semi-structured interviews. Data were analyzed using correlation tests and thematic coding to ensure validity. Findings indicate that campus football participation significantly improves physical health, teamwork, discipline, and self-confidence. Students also reported enhanced communication skills, leadership capacity, and adaptability to academic pressures. Qualitative insights emphasized football as not only recreational but also a platform for character building, peer bonding, and stress management. Campus football plays a strategic role in promoting comprehensive youth development. Integrating football into educational programs can strengthen physical, psychological, and social dimensions of student growth, supporting the goals of holistic education and character formation. Future research should adopt longitudinal designs to examine sustained impacts over time.

Keywords: *PJOK Campus Football, Comprehensive Quality Development Of Youth*