

**PENGARUH *DAILY PHYSICAL ACTIVITY PROMOTION* DAN *PARTICIPATION MOTIVATION*
TERHADAP *ACTIVE LIFESTYLE* DAN *WELLNESS SELF-PERCEPTIONS***

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Doktor Pendidikan Olahraga



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2023**

PERNYATAAN

Dengan ini saya menyatakan bahwa Disertasi dengan judul *PENGARUH DAILY PHYSICAL ACTIVITY PROMOTION DAN PARTICIPATION MOTIVATION TERHADAP ACTIVE LIFESTYLE DAN WELLNESS SELF-PERCEPTIONS* beserta seluruh isinya benar-benar karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila kemudian ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini, atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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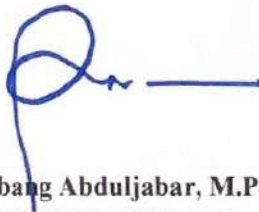
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ABSTRAK

Judul Disertasi : Pengaruh *Daily Physical Activity Promotion* dan *Participation Motivation* Terhadap *Active Lifestyle* dan *Wellness Self-Perceptions*. (Taupik Rochman, 2023)

Penelitian ini bertujuan untuk melihat pengaruh *daily physical activity promotion* dengan menggunakan komponen 1) *knowledge*; 2) *assignment*; dan 3) *benefits feedback* sebagai upaya meningkatkan *active lifestyle* dan *wellness self-perceptions* dengan memperhatikan *participation motivation* sebagai variabel moderator. Metode yang digunakan adalah metode kuasi eksperimen dengan desain *4by2 factorial design*. Populasinya adalah seluruh mahasiswa program studi Pendidikan Jasmani Kesehatan dan Rekreasi Universitas Suryakencana tahun akademik 2020/2021 berjumlah 132 orang. Selanjutnya dibuat menjadi 4 kelompok sampel masing-masing sebanyak 30 orang dengan teknik *simple random sampling* berdasarkan *ranking tes participation motivation*. Hasil penelitiannya yaitu, terdapat pengaruh *daily physical activity promotion* yang dilakukan secara bertahap, utuh dan berkesinambungan yaitu *knowledge*, *assignment* dan *benefits feedback* memberikan pengaruh yang lebih baik jika dibandingkan dengan pemberian komponen secara terpisah dan tidak bertahap terhadap *active lifestyle* dan *wellness self perceptions*; terdapat interaksi antara *daily physical activity promotion* dengan *participation motivation* terhadap *active lifestyle*; tidak terdapat interaksi antara *daily physical activity promotion* dengan *participation motivation* terhadap *wellness self-perceptions*; dan *daily physical activity promotion* melalui komponen *knowledge*, *assignment* dan *benefits-feedback* sangat baik diberikan pada *participation motivation* tinggi maupun rendah dalam meningkatkan *active lifestyle* dan *wellness self-perceptions*.

Kata kunci : Pengaruh *Daily Physical Activity Promotion*, *Participation Motivation*, *Active Lifestyle*, *Wellness Self-Perceptions*.

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