

**STUDI DESKRIPTIF PERBEDAAN KESEHATAN MENTAL  
SISWA-SISWI ATLET DAN NON-ATLET SMAN 10 BANDUNG**

**SKRIPSI**

Diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan  
Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



Oleh:

Derifa Siti Muthia

2005362

**PROGRAM STUDI PENDIDIKAN JASMANI KESEHATAN DAN REKREASI  
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA**

**2024**

**LEMBAR PENGESAHAN**

**DERIFA SITI MUTHIA**

2005362

**STUDI DESKRIPTIF PERBEDAAN KESEHATAN MENTAL  
SISWA-SISWI ATLET DAN NON-ATLET SMAN 10 BANDUNG**

Disetujui dan disahkan dosen pembimbing:

Pembimbing I



Dr. Bambang Abduljabar, M.Pd.

NIP. 196509091991021001

Pembimbing II



Dr. Asep Sumpena, S.Pd., M.Pd

NIP. 198605032015041001

Mengetahui

Ketua Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



Dr. H. Carsiwan, M.Pd.

NIP. 197101052002121001

**LEMBAR HAK CIPTA**

**STUDI DESKRIPTIF PERBEDAAN KESEHATAN MENTAL  
SISWA-SISWI ATLET DAN NON-ATLET SMAN 10 BANDUNG**

Oleh

Derifa Siti Muthia

Mengajukan skripsi untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Pendidikan pada Fakultas Pendidikan Olahraga dan Kesehatan

©Derifa Siti Muthia

Universitas Pendidikan Indonesia

Oktober 2023

Hak cipta yang dilindungi oleh Undang-Undang. Skripsi ini tidak diperkenankan  
untuk diperbanyak sebagian atau seluruhnya dengan dicetak ulang, difotokopi,  
atau dengan cara lain tanpa adanya izin dari penulis.

Derifa Siti Muthia, 2024  
*STUDI DESKRIPTIF PERBEDAAN KESEHATAN MENTAL SISWA-SISWI ATLET DAN NON-ATLET  
SMAN 10 BANDUNG*  
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

## ABSTRAK

### STUDI DESKRIPTIF PERBEDAAN KESEHATAN MENTAL SISWA-SISWI ATLET DAN NON-ATLET SMAN 10 BANDUNG

Derifa Siti Muthia

Derifasmuthia@upi.edu

**Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi  
Fakultas Pendidikan Olahraga dan Kesehatan  
Universitas Pendidikan Indoneia**

Pembimbing I: Dr. Bambang Abduljabar, M.Pd.

Pembimbing II: Dr. Asep Sumpena, M.Pd.

Aktivitas fisik diduga dapat meningkatkan kesehatan mental siswa di sekolah, namun fakta yang ada di lapangan bahwa tidak semua siswa senang atau sering beraktivitas fisik. Oleh karena itu, penelitian ini bertujuan untuk mengetahui gambaran tentang kesehatan mental siswa-siswi atlet (rutin beraktivitas fisik) dengan siswa-siswi non-atlet (jarang beraktivitas fisik), serta untuk mengetahui perbedaan gambaran kesehatan mental di antara keduanya. Penelitian ini menggunakan metode deskriptif kuantitatif yang dilakukan dengan desain *cross sectional study*. Teknik pengumpulan data menggunakan survey dengan instrumen angket modifikasi yang berasal dari “*School Adolescent Mental Health Instrument*” terhadap 78 siswa atlet dan 78 siswa non-atlet hasil pengundian *simple random sampling* pada satu sekolah negeri di kota Bandung. Berdasarkan analisa statistik sederhana ditemukan bahwa secara mental siswa atlet lebih mampu bertahan menyelesaikan masalah di sekolah daripada siswa non-atlet. Hal ini mencerminkan bahwa siswa atlet terbina sikap pikiran dan perilaku dalam hal kesehatan mental atas kegiatan olahraga yang dilakukan.

Kata kunci: *aktivitas fisik, kesehatan mental, ketahanan mental siswa.*

## **ABSTRACT**

### **DESCRIPTIVE STUDY OF MENTAL HEALTH DIFFERENCES ATHLETE AND NON-ATHLETE STUDENTS OF SMAN 10 BANDUNG**

Derifa Siti Muthia

Derifasmuthia@upi.edu

**Study Program Physical Education Health and Recreation**

**Faculty of Sports and Health Education**

**Indonesian University of Education**

Advisor I: Dr. Bambang Abduljabar, M.Pd.

Supervisor II: Dr. Asep Sumpena, M.Pd.

Physical activity is thought to improve the mental health of students at school, but the fact on the ground is that not all students enjoy physical activity or often do it. Therefore, this study aims to determine the mental health picture of athlete students (regularly doing physical activity) and non-athlete students (rarely doing physical activity), as well as to find out the differences in the picture of mental health between the two. This research uses a quantitative descriptive method carried out with a cross sectional study design. The data collection technique used a survey with a modified questionnaire instrument originating from the "School Adolescent Mental Health Instrument" for 78 student athletes and 78 non-athlete students as a result of a simple random sampling draw at one state school in the city of Bandung. Based on a simple statistical analysis, it was found that mentally athlete students were more able to survive solving problems at school than non-athlete students. This reflects that student athletes develop attitudes of mind and behavior in terms of mental health due to the sports activities they undertake.

*Keywords: mental health, mental resilience of students, physical activity.*

Derifa Siti Muthia, 2024

**STUDI DESKRPTIF PERBEDAAN KESEHATAN MENTAL SISWA-SISWI ATLET DAN NON-ATLET  
SMAN 10 BANDUNG**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

## DAFTAR ISI

<b>LEMBAR PENGESAHAN SKRIPSI .....</b>	<b>i</b>
<b>LEMBAR HAK CIPTA.....</b>	<b>ii</b>
<b>HALAMAN PERNYATAAN KEASLIAN SKRIPSI.....</b>	<b>iii</b>
<b>KATA PENGANTAR.....</b>	<b>iv</b>
<b>UCAPAN TERIMA KASIH .....</b>	<b>v</b>
<b>ABSTRAK .....</b>	<b>vii</b>
<b>ABSTRACT.....</b>	<b>viii</b>
<b>DAFTAR ISI.....</b>	<b>ix</b>
<b>BAB I PENDAHULUAN.....</b>	<b>1</b>
1.1 Latar Belakang.....	1
1.2 Identifikasi Masalah.....	4
1.3 Batasan Masalah .....	4
1.4 Rumusan Masalah.....	4
1.5 Tujuan Penelitian .....	4
1.6 Manfaat Penelitian .....	5
1.6.1 Secara Teoritis .....	5
1.6.2 Secara Praktis.....	5
1.7 Struktur Organisasi .....	5
<b>BAB II KAJIAN PUSTAKA .....</b>	<b>7</b>
2.1 Hakikat Aktivitas Fisik .....	7
2.1.1 Pengertian Aktivitas Fisik .....	7
2.1.2 Manfaat Aktivitas Fisik .....	8
2.2 Pengertian Kesehatan Mental .....	9
2.3 Gangguan Kesehatan Mental.....	10

2.3.1 Penyebab Gangguan Kesehatan Mental .....	10
2.3.2 Solusi Gangguan Kesehatan Mental .....	11
2.4 Kerangka Berpikir .....	12
<b>BAB III METODE PENELITIAN .....</b>	<b>15</b>
3.1 Metode Penelitian .....	15
3.2 Desain Penelitian .....	15
3.3 Populasi dan Sampel.....	15
3.3.1 Populasi.....	15
3.3.2 Sampel.....	16
3.4 Prosedur Penelitian .....	16
3.5 Instrumen Penelitian .....	17
3.6 Uji Validitas.....	18
3.7 Uji Reliabilitas .....	19
3.8 Analisis Data.....	20
<b>BAB IV TEMUAN DAN PEMBAHASAN.....</b>	<b>21</b>
4.1 Analisis Data Hasil Penelitian .....	21
4.1.1 Uji Prasyarat Analisis .....	21
4.2 Pembahasan .....	23
4.2.1 Gambaran Kesehatan Mental Siswa-Siswi Atlet.....	23
4.2.2 Gambaran Kesehatan Mental Siswa-Siswi Non-Athlet .....	26
4.2.3 Perbedaan Gambaran Kesehatan Mental Siswa-Siswi Atlet dan Non-Athlet .....	30
<b>BAB V SIMPULAN, IMPLIKASI, DAN REKOMENDASI .....</b>	<b>35</b>
5.1 Kesimpulan .....	35
5.2 Implikasi .....	35
5.3 Rekomendasi.....	35

## DAFTAR TABEL

Tabel 3. 1 Uji Validitas .....	18
Tabel 3. 2 Uji Reliabilitas .....	20
Tabel 4. 1 Uji Normalitas.....	21
Tabel 4. 2 Uji Homogenitas .....	22
Tabel 4. 3 Uji Paired Sample T-Test.....	23
Tabel 4. 4 Gambaran Kesehatan Mental Siswa-Siswi Atlet .....	23
Tabel 4. 5 Gambaran Kesehatan Mental Siswa-Siswi Non-Athlet.....	27
Tabel 4. 6 Perbedaan Gambaran Kesehatan Mental Siswa-Siswi Atlet dan Non-Athlet.....	31
Tabel 4. 7 Uraian Perbedaan Gambaran Kesehatan Mental Siswa-Siswi Atlet dan Non-Athlet .....	32

## DAFTAR GAMBAR

Gambar 2. 1 Kerangka Berpikir .....	12
Gambar 3. 1 Desain Penelitian.....	15
Gambar 3. 2 Prosedur Penelitian.....	17

## DAFTAR GRAFIK

Grafik 4. 1 Gambaran Kesehatan Mental Siswa-Siswi Atlet.....	24
Grafik 4. 2 Gambaran Kesehatan Mental Siswa-Siswi Non-Athlet.....	27
Grafik 4. 3 Perbedaan Gambaran Kesehatan Mental Siswa-Siswi Atlet dan Non-Athlet.....	31

## DAFTAR LAMPIRAN

Lampiran 1. Surat Keputusan Pembimbing Skripsi .....	42
Lampiran 2. Instrumen Penelitian.....	45
Lampiran 3. Surat Keterangan Terjemahan Instrumen Balai Bahasa.....	49
Lampiran 4. Surat Permohonan Expert Judgement .....	50
Lampiran 5. Hasil Expert Judgement .....	51
Lampiran 6. Surat Permohonan Uji Instrumen ke SMAN 19 Bandung .....	52
Lampiran 7. Surat Permohonan Penelitian ke SMAN 10 Bandung .....	53
Lampiran 8. Surat Balasan Penelitian SMAN 10 Bandung.....	54



Lampiran 9. Uji Validitas.....	55
Lampiran 10. Uji Reliabilitas .....	60
Lampiran 11. Uji Normalitas .....	60
Lampiran 12. Uji Homogenitas .....	60
Lampiran 13. Uji Paired Sample T-Test.....	61
Lampiran 14. Dokumentasi Penelitian .....	62

## DAFTAR PUSTAKA

- Adams, T. B., Moore, M. T., & Dye, J. (2007). The relationship between physical activity and mental health in a national sample of college females. *Women and Health*, 45(1), 69–85. [https://doi.org/10.1300/J013v45n01\\_05](https://doi.org/10.1300/J013v45n01_05)
- Ainsworth, B. E., & Hooker, S. P. (2015). The Fusion of Public Health into Kinesiology. *Kinesiology Review*, 4(4), 322–328. <https://doi.org/10.1123/kr.2015-0032>
- Andermo, S., Hallgren, M., Nguyen, T. T. D., Jonsson, S., Petersen, S., Friberg, M., Romqvist, A., Stubbs, B., & Elinder, L. S. (2020). School-related physical activity interventions and mental health among children: a systematic review and meta-analysis. In *Sports Medicine - Open* (Vol. 6, Issue 1). Springer. <https://doi.org/10.1186/s40798-020-00254-x>
- Arat, G., & Wong, P. W. C. (2017). The relationship between physical activity and mental health among adolescents in six middle-income countries: A cross-sectional study. *Child and Youth Services*, 38(3), 180–195. <https://doi.org/10.1080/0145935X.2017.1297202>
- Barry, M. M. (2009). Addressing the Determinants of Positive Mental Health: Concepts, Evidence and Practice. *International Journal of Mental Health Promotion*, 11(3), 4–17. <https://doi.org/10.1080/14623730.2009.9721788>
- Bech, P. (1993). Health-related quality of life. In *Annals of Medicine* (Vol. 25, Issue 2, pp. 103–104). Informa Healthcare. <https://doi.org/10.3109/07853899309164151>
- Becker, D. R., McClelland, M. M., Loprinzi, P., & Trost, S. G. (2014). Physical Activity, Self-Regulation, and Early Academic Achievement in Preschool Children. *Early Education and Development*, 25(1), 56–70. <https://doi.org/10.1080/10409289.2013.780505>
- Camero, M., Hobbs, C., Stringer, M., Branscum, P., & Taylor, E. L. (2012). A review of physical activity interventions on determinants of mental health in children and adolescents. *International Journal of Mental Health Promotion*, 14(4), 196–206. <https://doi.org/10.1080/14623730.2012.752901>

- Carless, D., & Douglas, K. (2012). The ethos of physical activity delivery in mental health: A narrative study of service user experiences. *Issues in Mental Health Nursing*, 33(3), 165–171. <https://doi.org/10.3109/01612840.2011.637659>
- Cerda, A. A., García, L. Y., & Cerda, A. J. (2021). The effect of physical activities and self-esteem on school performance: A probabilistic analysis. *Cogent Education*, 8(1). <https://doi.org/10.1080/2331186X.2021.1936370>
- Chan, J. S. Y., Liu, G., Liang, D., Deng, K., Wu, J., & Yan, J. H. (2019). Special Issue—Therapeutic Benefits of Physical Activity for Mood: A Systematic Review on the Effects of Exercise Intensity, Duration, and Modality. In *Journal of Psychology: Interdisciplinary and Applied* (Vol. 153, Issue 1, pp. 102–125). Routledge. <https://doi.org/10.1080/00223980.2018.1470487>
- Clausen, J. A. (1981). Stigma and Mental Disorder. *Psychiatry*, 44(4), 287–296. <https://doi.org/10.1080/00332747.1981.11024117>
- Cronbach, L. J. (1947). TEST “RELIABILITY”: ITS MEANING AND DETERMINATION. In *PSYCHOMETRIKA* (Vol. 12, Issue 1).
- Dinas, P. C., Koutedakis, Y., & Flouris, A. D. (2011). Effects of exercise and physical activity on depression. In *Irish Journal of Medical Science* (Vol. 180, Issue 2, pp. 319–325). <https://doi.org/10.1007/s11845-010-0633-9>
- Farina, N., Williams, A., Clarke, K., Hughes, L. J., Thomas, S., Lowry, R. G., & Banerjee, S. (2021). Barriers, motivators and facilitators of physical activity in people with dementia and their family carers in England: dyadic interviews. *Aging and Mental Health*, 25(6), 1115–1124. <https://doi.org/10.1080/13607863.2020.1727852>
- Fichna, J., Janecka, A., Costentin, J., & Do Rego, J. C. (2007). The endomorphin system and its evolving neurophysiological role. In *Pharmacological Reviews* (Vol. 59, Issue 1, pp. 88–123). <https://doi.org/10.1124/pr.59.1.3>
- Hidayati, H. N., Hayat, B., & Rahayu, W. (2021). Assessment of the validity and reliability of mental health instruments of high school student in Indonesia. *European Journal of Educational Research*, 10(2), 729–742. <https://doi.org/10.12973/eu-jer.10.2.729>
- Ingyu, M., Frost, A. K., & Kim, M. (2020). The role of physical activity on psychological distress and health-related quality of life for people with comorbid

- mental illness and health conditions. *Social Work in Mental Health*, 410–428. <https://doi.org/10.1080/15332985.2020.1776808>
- Lam, D. C. K., Salkovskis, P. M., & Warwick, H. M. C. (2005). An experimental investigation of the impact of biological versus psychological explanations of the cause of “mental illness.” *Journal of Mental Health*, 14(5), 453–464. <https://doi.org/10.1080/09638230500270842>
- Martinsen, E. W. (2008). Physical activity in the prevention and treatment of anxiety and depression. In *Nordic Journal of Psychiatry* (Vol. 62, Issue SUPPL. 47, pp. 25–29). <https://doi.org/10.1080/08039480802315640>
- McLatchie, L. R., & Draguns, J. G. (1984). Mental health concepts of evangelical protestants. *Journal of Psychology: Interdisciplinary and Applied*, 118(2), 147–159. <https://doi.org/10.1080/00223980.1984.10542857>
- Molan, C., Arnold, R., Kelly, S., Toomey, E., & Matthews, J. (2022). An exploration of performance management processes used within Olympic sport programmes. *Journal of Applied Sport Psychology*, 34(4), 713–733. <https://doi.org/10.1080/10413200.2021.1894506>
- Pavlova, A., & Berkers, P. (2022). “Mental Health” as Defined by Twitter: Frames, Emotions, Stigma. *Health Communication*, 37(5), 637–647. <https://doi.org/10.1080/10410236.2020.1862396>
- Pereira, T. J., King, T., & Burr, J. F. (2021). Mental health & physical activity: could off-road motorized recreation help combat depression and anxiety? In *Leisure/Loisir* (Vol. 45, Issue 2, pp. 331–345). Routledge. <https://doi.org/10.1080/14927713.2021.1874829>
- Piggin, J. (2020). What Is Physical Activity? A Holistic Definition for Teachers, Researchers and Policy Makers. *Frontiers in Sports and Active Living*, 2. <https://doi.org/10.3389/fspor.2020.00072>
- Pilgrim, D., & Rogers, A. (2003). Mental disorder and violence: An empirical picture in context. In *Journal of Mental Health* (Vol. 12, Issue 1, pp. 7–18). <https://doi.org/10.1080/09638230021000058256>
- R Bu Rbach, F. N. (1997). The efficacy of physical activity interventions within mental health services: Anxiety and depressive disorders. In *Journal of Mental Health* (Vol. 6).

- Rebar, A. L., Stanton, R., Geard, D., Short, C., Duncan, M. J., & Vandelanotte, C. (2015). A meta-meta-analysis of the effect of physical activity on depression and anxiety in non-clinical adult populations. *Health Psychology Review*, 9(3), 366–378. <https://doi.org/10.1080/17437199.2015.1022901>
- Saxena, S., Van Ommeren, M., Tang, K. C., & Armstrong, T. P. (2005). Mental health benefits of physical activity. In *Journal of Mental Health* (Vol. 14, Issue 5, pp. 445–451). <https://doi.org/10.1080/09638230500270776>
- Seefeldt, V., Malina, R. M., & Clark, M. A. (2002). Factors Affecting Levels of Physical Activity in Adults. In *CURRENT OPINION Sports Med* (Vol. 32, Issue 3).
- Sireci, S. G., & Sukin, T. (2013). Test validity. In *APA handbook of testing and assessment in psychology, Vol. 1: Test theory and testing and assessment in industrial and organizational psychology*. (pp. 61–84). American Psychological Association. <https://doi.org/10.1037/14047-004>
- Soundy, A., Faulkner, G., & Taylor, A. (2007). Exploring variability and perceptions of lifestyle physical activity among individuals with severe and enduring mental health problems: A qualitative study. *Journal of Mental Health*, 16(4), 493–503. <https://doi.org/10.1080/09638230701482345>
- Spathis, J. G., Connick, M. J., Beckman, E. M., Newcombe, P. A., & Tweedy, S. M. (2015). Reliability and validity of a talent identification test battery for seated and standing Paralympic throws. *Journal of Sports Sciences*, 33(8), 863–871. <https://doi.org/10.1080/02640414.2014.969294>
- Stanton, R., Happell, B., & Reaburn, P. (2014). The mental health benefits of regular physical activity, and its role in preventing future depressive illness. *Nursing: Research and Reviews*, 45. <https://doi.org/10.2147/nrr.s41956>
- Stein, D. J., Van Honk, J., Ipser, J., Solms, M., & Panksepp, J. (2007). Opioids: From physical pain to the pain of social isolation. *CNS Spectrums*, 12(9), 669–674. <https://doi.org/10.1017/S1092852900021490>
- Tyson, P., Wilson, K., Crone, D., Brailsford, R., & Laws, K. (2010). Physical activity and mental health in a student population. *Journal of Mental Health*, 19(6), 492–499. <https://doi.org/10.3109/09638230902968308>
- Vaccarino, A. L., Olson, G. A., Olson, R. D., & Kastin, A. J. (1999). Endogenous

opiates: 1998. In *Peptides* (Vol. 20, Issue 12, pp. 1527–1574).  
[https://doi.org/10.1016/S0196-9781\(99\)00166-7](https://doi.org/10.1016/S0196-9781(99)00166-7)

Yoshioka, K., Reavley, N. J., Rossetto, A., & Nakane, Y. (2016). Associations between Beliefs about the Causes of Mental Disorders and Stigmatizing Attitudes: Results of a Mental Health Literacy and Stigma Survey of the Japanese Public. *International Journal of Mental Health*, 45(3), 183–192.  
<https://doi.org/10.1080/00207411.2016.1204810>

Zeng, N., Ayyub, M., Sun, H., Wen, X., Xiang, P., & Gao, Z. (2017). Effects of physical activity on motor skills and cognitive development in early childhood: A systematic review. In *BioMed Research International* (Vol. 2017). Hindawi Limited. <https://doi.org/10.1155/2017/2760716>