

**PENGARUH DUKUNGAN SOSIAL DAN *SELF-EFFICACY* TERHADAP
PERILAKU AKTIVITAS FISIK MAHASISWA**

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana
Olahraga Program Studi Ilmu Keolahragaan



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**PROGRAM STUDI ILMU KEOLAHRAGAAN
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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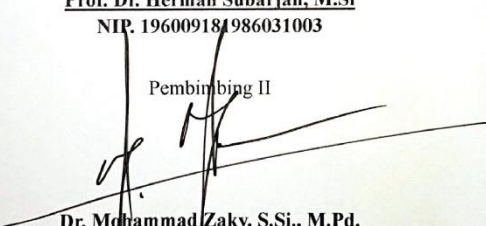
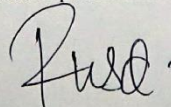
**PENGARUH DUKUNGAN SOSIAL DAN *SELF-EFFICACY* TERHADAP
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ABSTRAK

PENGARUH DUKUNGAN SOSIAL DAN *SELF EFFICACY* TERHADAP PERILAKU AKTIVITAS FISIK MAHASISWA

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Pembimbing I : Prof. Dr. Herman Subarjah, M.Si.
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Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial dan *self efficacy* terhadap perilaku aktivitas fisik mahasiswa. Desain yang digunakan dalam penelitian ini yaitu korelasional dengan teknik random sampling. Total sampel dari penelitian ini yaitu 70 responden mahasiswa ilmu keolahragaan 2022. Instrument yang digunakan pada penelitian ini adalah kuesioner *Social Support Exercise Survey*, *Exercise Self Efficacy Scale*, dan *InterInternational Physical Activity Questionnaire*. Setelah itu hasil data penelitian dianalisis menggunakan tes parametrik analisis linier berganda dengan aplikasi IBM SPSS versi 25 karena data berdistribusi normal. Hasil analisis menunjukkan adanya pengaruh dukungan keluarga terhadap aktivitas fisik mahasiswa dengan nilai Sig. < 0,05 dan nilai t hitung > 1,998, untuk pengaruh dukungan teman tidak adanya pengaruh terhadap aktivitas fisik mahasiswa dengan nilai Sig. > 0,05 dan nilai t hitung < 1,998, untuk pengaruh *self efficacy* adanya pengaruh terhadap aktivitas fisik mahasiswa dengan nilai Sig. < 0,05 dan nilai t hitung > 1,998.

Kata Kunci : Dukungan Sosial, *Self Efficacy*, Aktivitas Fisik

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