

**PENGARUH PHYSICAL ACTIVITY DAN SOCIAL SUPPORT
TERHADAP QUALITY OF LIFE DAN ANXIETY PADA MAHASISWA**

TESIS

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ABSTRAK

Mahasiswa selalu menghadapi tekanan dan kecemasan yang meningkat, sehingga aktivitas fisik serta dukungan social dapat menjadi intervensi yang efektif untuk mengurangi tingkat kecemasan serta kualitas hidup mereka. Penelitian ini bertujuan untuk mengkaji pengaruh aktivitas fisik terhadap kualitas hidup dan kecemasan pada mahasiswa yang terlibat dalam komunitas olahraga. Peneliti juga menyoroti potensi peran dukungan sosial, khususnya dari orang-orang terdekat, dalam meningkatkan motivasi mahasiswa. Subjek dalam penelitian ini berjumlah 65 mahasiswa yang berpartisipasi dalam komunitas olahraga, dipilih menggunakan metode probability sampling melalui proportionate stratified random sampling. Pendekatan penelitian yang digunakan adalah kuantitatif, dengan jenis penelitian correlational predictive research design. Pengujian hipotesis dilakukan menggunakan analisis regresi bootstrap melalui SPSS versi 27. Hasil penelitian menunjukkan bahwa aktivitas fisik dan dukungan sosial tidak berpengaruh signifikan terhadap keempat dimensi kualitas hidup mahasiswa. Selain itu, aktivitas fisik dan dukungan sosial juga tidak menunjukkan pengaruh signifikan terhadap tingkat kecemasan. Studi ini memberikan wawasan penting bagi mahasiswa bahwa aktivitas fisik sebagai cara mengelola stres, tetapi juga memperhatikan aspek psikologis lain seperti istirahat yang cukup, manajemen waktu, dan membangun jaringan sosial yang suportif. Terdapat faktor dari mediasi yang perlu diperhatikan serta faktor homogenitas sampel, desain cross-sectional, dan ukuran sampel yang terbatas diduga memengaruhi hasil. Penelitian selanjutnya disarankan melibatkan partisipan lebih beragam dan pendekatan yang lebih komprehensif.

Kata Kunci: Aktivitas Fisik, Dukungan Sosial, Kualitas Hidup, Kecemasan, Mahasiswa

THE INFLUENCE OF PHYSICAL ACTIVITY AND SOCIAL SUPPORT ON QUALITY OF LIFE AND ANXIETY AMONG UNIVERSITY STUDENTS

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ABSTRACT

University students often face increasing levels of stress and anxiety, making physical activity and social support potentially effective interventions for reducing anxiety and improving their quality of life. This study aims to examine the effects of physical activity on quality of life and anxiety among university students involved in sports communities. The research also highlights the potential role of social support, particularly from close social networks, in enhancing students' motivation. The study involved 65 students participating in sports communities, selected using a probability sampling method through proportionate stratified random sampling. A quantitative approach was employed with a correlational predictive research design. Hypothesis testing was conducted using bootstrap regression analysis via SPSS version 27. The findings revealed that physical activity and social support did not have a significant effect on the four dimensions of students' quality of life. Furthermore, neither physical activity nor social support demonstrated a significant impact on anxiety levels. This study provides valuable insights for students, emphasizing the importance of physical activity as a strategy for stress management while also recognizing the need to address other psychological factors, such as adequate rest, time management, and the development of supportive social networks. The presence of potential mediating factors, sample homogeneity, the cross-sectional design, and the limited sample size are suggested to have influenced the results. Future research is recommended to include more diverse participants and adopt a more comprehensive approach.

Keyword: *Physical Activity, Social Support, Quality of Life, Anxiety, University Students*

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