

ABSTRAK

HUBUNGAN AKTIVITAS REKREASI AKTIF DAN AKTIVITAS REKREASI PASIF TERHADAP PENURUNAN TINGKAT STRES ATLET CATUR MAHASISWA PERCAMA UPI

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Tujuan dalam penelitian ini adalah untuk menganalisis hubungan aktivitas rekreasi aktif dan rekreasi pasif terhadap penurunan tingkat stres atlet catur mahasiswa PERCAMA UPI. Populasi dalam penelitian ini adalah atlet catur mahasiswa PERCAMA UPI yang berjumlah 15 orang. Teknik pengambilan sampel dalam penelitian ini yaitu *total sampling*. Teknik pengambilan data dilakukan dengan mengisi kuesioner tingkat stres dan kuesioner aktivitas rekreasi. Untuk pengolahan dan analisis data menggunakan program SPSS *for Windows versi 16* dengan sub-menu statistik *Pearson Corellation*. Hasil pengolahan analisis data diperoleh data sebagai berikut: untuk hubungan aktivitas rekreasi aktif ($r = 0,295$, $p = 0,286$ ($R^2 = 0,087$) (tidak terdapat hubungan yang signifikan). Sedangkan hubungan aktivitas rekreasi pasif ($r = 0,279$, $p = 0,314$ ($R^2 = 0,078$)(tidak terdapat hubungan yang signifikan). Dan untuk perbedaan aktivitas rekreasi aktif dan rekreasi pasif ($p = 0,000$ (terdapat perbedaan yang signifikan). Dari hasil data tersebut dapat simpulkan bahwa tidak terdapat hubungan yang signifikan antara aktivitas rekreasi aktif dan rekreasi pasif terhadap penurunan tingkat stres karena nilai ($p > 0,05$). Namun terdapat perbedaan yang signifikan antara aktivitas rekreasi aktif dan rekreasi pasif terhadap penurunan tingkat stres atlet catur mahasiswa PERCAMA UPI karena nilai ($p < 0,05$).

Kata kunci: Rekreasi Aktif, Rekreasi Pasif, Stres, Atlet Catur, Atlet Mahasiswa

ABSTRACT

THE RELATIONSHIP BETWEEN RECREATION ACTIVITY AND PASSIVE RECREATION ACTIVITY AGAINST THE DEGRADATION STRESSES LEVEL OF PERCAMA UPI CHESS ATHLETE STUDENTS

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The purpose of this study was to analyze the relationship between active recreation activity and passive recreation activity against the degradation stress level of PERCAMA UPI chess athlete students. The population in this study was a PERCAMA UPI chess athlete students amount 15 people. The sampling technique that was used in this study is total sampling. The technique of data collection was done by filling the stress level questionnaire and recreation activity questionnaire. To process and analyze data was using SPSS for Windows version 16 with sub-menu statistic *Person Correlation*. The data analysis results were obtained as follows : for the active recreation activity relation (r) = 0.295, (p) = 0.286 (R Square) = 0, 087 (no significant relationship). Whereas the passive recreation activity relation (r) = 0.279, (p) = 0.314 (R Square) = 0, 078 (no significant relationship). And for the difference between active recreation activity and passive activity (p) = 0.000(significant difference figured).The conclusion of the data results pronounced as there is no significant relation between active recreation activity and passive recreation activity against degradation stress level because the value of (p)> 0.05. Nevertheless, there were significant differences between active recreation activity and passive recreation activity against degradation stress level of PERCAMA UPI chess athlete students level because the value of (p)< 0.05

Keywords : Active Recreation, Passive Recreation, Stress, Chess Athlete, Student