

ABSTRAK

HUBUNGAN KEBUGARAN JASMANI DENGAN KECERDASAN EMOSIONAL (Studi Kasus pada Atlet UKM Sepak Bola UPI Bandung)

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Penelitian ini membahas mengenai hubungan kebugaran jasmani dengan kecerdasan emosional atlet UKM sepak bola UPI. Tujuan penelitian untuk mengetahui hubungan kebugaran jasmani dengan kecerdasan emosional atlet UKM sepak bola UPI. Metode yang digunakan dalam penelitian ini adalah metode deskriptif. Populasi, atlet UKM sepak bola UPI berjumlah 110. Sampel atlet UKM sepak bola UPI sebanyak 53 orang yang diambil dengan teknik sampel secara acak (*random sampling*). Instrumen tes kebugaran jasmani dan instrumen angket kecerdasan emosional. Teknik pengolahan data menggunakan korelasi, determinan dan regresi sederhana, diperoleh bahwa terdapat hubungan yang signifikan kebugaran jasmani dengan kecerdasan emosional atlet UKM sepak bola UPI, dengan koefisien korelasi sebesar 0.718 yang berarti bahwa, kebugaran jasmani memiliki hubungan yang kuat dengan kecerdasan emosional atlet UKM sepak bola UPI, besaran pengaruh kebugaran jasmani terhadap kecerdasan emosional diperoleh sebesar 51.6%. Berdasarkan hasil penelitian tersebut, penulis memberikan saran bahwa kebugaran jasmani perlu dipertahankan atau ditingkatkan, karena kebugaran jasmani dapat mempengaruhi kecerdasan emosional atlet sepak bola.

Kata-kata kunci : Kebugaran Jasmani, Kecerdasan Emosional, Atlet, Sepak Bola.

ABSTRACT

CORRELATION BETWEEN PHYSICAL FITNESS WITH EMOTIONAL INTELLIGENCE

(A Case Study on Athletes Football of UKM UPI Bandung)

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This research discusses about correlation between physical fitness with emotional intelligence on athletes football of UKM UPI. The aim of this research is to investigate correlation between physical fitness with emotional intelligence on athletes football of UKM UPI. The method that used in this research is descriptive method. The population was 110 athletes. The sample was 53 athletes which selected by random sampling. The instrument is a questionnaire about correlation between physical fitness with emotional intelligence. The techniques used are correlation, determinant and simple regression. The results show that there is a significant correlation of physical fitness with emotional intelligence on athletes football of UKM UPI. The correlation coefficient is 0.718, it means physical fitness has a strong correlation with emotional intelligence athletes. The amount of influence physical fitness towards emotional intelligence athletes is 51.6%. Finally, based on these results, the author suggests that physical fitness should be maintained or improved, because physical fitness can affect the emotional intelligence of the athletes.

Keywords: Physical Fitness, Emotional Intelligence, Athlete, Soccer.