

PENGARUH RAGAM DAN INTENSITAS AKTIVITAS FISIK TERHADAP KEMAMPUAN BERPIKIR KREATIF DAN *MOOD*

**MOHAMMAD ZAKY
1201546**

ABSTRAK

Mood dan berpikir kreatif mempunyai peranan penting dalam kehidupan sehari-hari. Semakin seseorang memiliki *mood* positif, maka cenderung seseorang itu memiliki kapabilitas kreatifnya meningkat. Banyak cara untuk mengembangkan *mood* dan berpikir kreatif. Salah satunya dengan aktivitas fisik.

Tujuan penelitian ini adalah untuk menguji pengaruh ragam aktivitas fisik dan intensitas terhadap kemampuan berpikir kreatif dan *mood*. Aktivitas fisik yang dilakukan yaitu berupa aktivitas fisik yang tergolong keterampilan serial dan keterampilan continuous. Adapun intensitas aktivitas fisik yang dilakukan oleh siswa berada pada level sedang dan rendah.

Penelitian ini menggunakan metode *true experimental* dengan desain faktorial 2x2. Sampel penelitian adalah Sekolah Menengah Pertama Islam Terpadu Darul Hufadz. Teknik pengambilan sampel menggunakan *Random sampling*. Sampel berjumlah 80 orang dibagi dalam 4 kelompok yang diberi *treatment* selama 30 pertemuan. Instrumen yang digunakan adalah *The Brunel Mood Scale* dan Tes Kreativitas figural.

Hasil perhitungan dan analisis statistik, diperoleh hasil bahwa aktivitas fisik beragam menunjukkan perbedaan pengaruh yang signifikan dibandingkan aktivitas sejenis terhadap kemampuan berpikir kreatif $p=0,000$. Perbedaan pengaruh intensitas sedang dengan rendah terhadap kemampuan berpikir kreatif $p=0,000$ dan *mood* $p=0,042$. Dan terdapat interaksi antara jenis dan tingkat intensitas aktivitas fisik terhadap kemampuan berpikir kreatif memperoleh nilai $F=8,889$ dengan signifikansi $p=0.004$.

Kesimpulan bahwa aktivitas atau latihan fisik yang variatif dan teratur dengan tingkat intensitas sedang dapat meningkatkan kemampuan berpikir kreatif dan *mood*. Hasil penelitian ini disarankan dapat diimplementasikan di sekolah untuk meningkatkan kemampuan berpikir kreatif dan *mood*.

Kata Kunci : Aktivitas Fisik, Berpikir Kreatif , dan *Mood*

ABSTRACT

Mohammad Zaky. 2017: The Effects of Physical Activities Various and Intensity on Creative Thinking Ability and Mood

Mood and creative thinking serve an important role in daily life. A person who has a positive mood on a particular day will have an increase in his or her creative ability on that day. There are many ways to develop creative thinking and mood; one of them physical activities.

The research aims to examine the effect of physical activity variety and intensity on creative thinking ability and mood. Physical activity as skills is classified into serial skills and continuous skills. The intensity of physical activity undertaken by students ranged from the low to moderate level.

The research adopted the true-experimental method with a 2x2 factorial design. The samples considered of students of Integrated-Islamic Junior High School Darul Hufadz. The sample taken with random sampling technique was then divided into four random groups with a total of 80 students. The instrument used was the Brunel Mood Scale and figural creativity test.

The results of statistical calculations and analysis show that there was a significant difference in the effects on creative thinking ability between the various physical activities and the similar activities with $p = 0.000$. The differences on the effects between the medium and low physical activity intensities on creative thinking ability and mood were $p = 0,000$ and $p = 0,042$, respectively. It was also found that there was interaction between types and levels of intensity of physical activity on creative thinking ability $F = 8,889$ at significance value $p = 0.004$.

In conclusion, physical activity or exercise variety and moderate intensity of physical activity can improve creative thinking ability and increase mood. The results of this research can be made recommendations for schools to improve the creative thinking ability and mood.

Keyword : *Physical Activity, Creative Thinking and Mood*