

**PERBANDINGAN *SOCIAL PHYSIQUE ANXIETY* BERDASARKAN  
LEVEL AKTIVITAS FISIK DAN *GENDER* PADA MAHASISWA**

**SKRIPSI**

Diajukan untuk memenuhi salah satu syarat memperoleh gelar sarjana sains  
Program Studi Ilmu Keolahragaan



Oleh

Desti Daniati Fajri  
1501803

PROGRAM STUDI ILMU KEOLAHRAGAAN  
DEPARTEMEN PENDIDIKAN KESEHATAN DAN REKREASI  
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA

2019

**PERBANDINGAN *SOCIAL PHYSIQUE ANXIETY* BERDASARKAN  
LEVEL AKTIVITAS FISIK DAN *GENDER* PADA MAHASISWA**

Oleh  
Desti Daniati Fajri

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Pendidikan pada Fakultas Pendidikan Olahraga dan Kesehatan

© Desti Daniati Fajri 2019  
Universitas Pendidikan Indonesia  
Mei 2019

Hak Cipta dilindungi undang-undang.  
Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian,  
Dengan dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis.

DESTI DANIATI FAJRI

**PERBANDINGAN *SOCIAL PHYSIQUE ANXIETY*  
BERDASARKAN LEVEL AKTIVITAS FISIK DAN *GENDER*  
PADA MAHASISWA**

Disetujui dan disahkan oleh:

**Pembimbing I**



**Prof. Dr. H. Adang Suherman, M.A.**  
NIP. 19630618 1988031 002

**Pembimbing II**



**Dr. Nur Indri Rahayu, M.Ed.**  
NIP. 19811019 200312 2 001

Mengetahui,  
Ketua Departemen Pendidikan Kesehatan dan Rekreasi  
Program Studi Ilmu Keolahragaan



**Musfika Fitri, M.Pd., Ph.D.**  
NIP. 19681220 199802 2 001

**ABSTRAK**  
**PERBANDINGAN *SOCIAL PHYSIQUE ANXIETY* BERDASARKAN  
LEVEL AKTIVITAS FISIK DAN *GENDER* PADA MAHASISWA**

**Desti Daniati Fajri**  
**NIM. 1501803**

**Dosen Pembimbing I** : **Prof. Dr. H. Adang Suherman, M.A.**  
**Dosen Pembimbing II** : **Dr. Nur Indri Rahayu, M.Ed**

Penelitian ini bertujuan untuk mengetahui apakah terdapat perbedaan social physique anxiety (SPA) berdasarkan level aktivitas fisik dan gender pada mahasiswa. Penelitian ini menggunakan desain kausal komparatif. Populasi dari penelitian ini adalah Mahasiswa Universitas Pendidikan Indonesia, sebanyak 33.683 dan jumlah sampel adalah sebanyak 200 orang terdiri dari 62 orang laki-laki dan 138 orang perempuan dengan rentang umur 18 s/d 24 tahun dan teknik pengambilan sampel dilakukan dengan menggunakan teknik sampling accidental. Instrumen yang digunakan adalah Social Physique Anxiety Scale (SPAS) dan Global Physical Activity Questionnaire (GPAQ). Data ini dianalisis menggunakan Uji TwoWay Anova (Univariate). Hasil penelitian menunjukkan bahwa terdapat perbedaan SPA mahasiswa berdasarkan level aktivitas fisik ( $p = 0,000$ ), selain itu penelitian ini juga menunjukkan bahwa terdapat perbedaan SPA mahasiswa berdasarkan gender ( $p = 0,001$ ) dan berikutnya analisis data menyatakan bahwa terdapat interaksi antara level aktivitas fisik dan gender terhadap SPA ( $p = 0,002$ ). Diharapkan untuk penelitian selanjutnya untuk mengambil sampel yang lebih banyak, dan menggunakan variable-variabel lain agar lebih variatif.

Kata kunci : *Aktivitas Fisik, Gender, Mahasiswa, Social Physique Anxiety*

**ABSTRACT**  
**COMPARISON OF SOCIAL PHYSIQUE ANXIETY BASED ON PHYSICAL AND  
GENDER ACTIVITIES IN STUDENTS**

**Desti Daniati Fajri**  
**NIM. 1501803**

**Advisor I** : **Prof. Dr. H. Adang Suherman, M.A.**  
**Advisor II** : **Dr. Nur Indri Rahayu, M.Ed**

*This study aims to determine whether there are differences in social physique anxiety (SPA) based on the level of physical activity and gender in students. This study uses a comparative causal design. The population of this study was the University of Indonesia's Education Students, as many as 33,683 and the number of samples were 200 people consisting of 62 men and 138 women with an age range of 18 to 24 years and the sampling technique was carried out using accidental sampling techniques. The instruments used were the Social Physique Anxiety Scale (SPAS) and the Global Physical Activity Questionnaire (GPAQ). This data was analyzed using the TwoWay Anova (Univariate) Test. The results showed that there were differences in student SPA based on physical activity level ( $p = 0,000$ ), besides this study also showed that there were differences in student SPA based on gender ( $p = 0.001$ ) and subsequent data analysis revealed that there was an interaction between levels of physical activity and gender against SPA ( $p = 0.002$ ). It is hoped for further research to take more samples, and use other variables to make it more varied.*

*Keywords: College Student, Gender, Physical Activity, Social Physique Anxiety*

## DAFTAR ISI

ABSTRAK .....	i
ABSTRACT .....	ii
DAFTAR ISI .....	iii
DAFTAR TABEL .....	iv
DAFTAR GAMBAR .....	iv
DAFTAR LAMPIRAN .....	iv

### BAB I

<b>PENDAHULUAN</b> .....	Error! Bookmark not defined.
1.1 Latar Belakang Masalah.....	<b>Error! Bookmark not defined.</b>
1.2 Rumusan Masalah Penelitian .....	<b>Error! Bookmark not defined.</b>
1.3 Tujuan Penelitian .....	<b>Error! Bookmark not defined.</b>
1.4 Manfaat Penelitian .....	<b>Error! Bookmark not defined.</b>
1.5 Struktur Organisasi Penelitian.....	<b>Error! Bookmark not defined.</b>

### BAB II

<b>KAJIAN TEORI</b> .....	Error! Bookmark not defined.
2.2 Faktor <i>Social Physique Anxiety</i> .....	<b>Error! Bookmark not defined.</b>
2.1 <i>Social Physique Anxiety (SPA)</i> .....	<b>Error! Bookmark not defined.</b>
2.3 Hubungan antara SPA dengan Aktivitas Fisik.....	10
2.4 Aktivitas Fisik .....	<b>Error! Bookmark not defined.</b>
2.5 Klasifikasi Aktivitas Fisik.....	<b>Error! Bookmark not defined.</b>
2.6 Manfaat Aktivitas Fisik.....	<b>Error! Bookmark not defined.</b>
2.7 Faktor - Faktor Aktivitas Fisik.....	13
2.7.1 Faktor Internal .....	<b>Error! Bookmark not defined.</b>
2.7.2 Faktor Eksternal .....	<b>Error! Bookmark not defined.</b>
2.8 Penelitian terdahulu yang Relevan.....	17
2.9 Posisi Teoritis Penulis .....	<b>Error! Bookmark not defined.</b>
2.10 Hipotesis.....	<b>Error! Bookmark not defined.</b>

### BAB III

<b>METODE PENELITIAN</b> .....	Error! Bookmark not defined.
3.1 Desain Penelitian.....	<b>Error! Bookmark not defined.</b>
3.2 Partisipan.....	<b>Error! Bookmark not defined.</b>
3.3 Populasi dan Sampel .....	<b>Error! Bookmark not defined.</b>
3.4 Instrumen penelitian.....	<b>Error! Bookmark not defined.</b>
3.4.1 Uji Validitas .....	<b>Error! Bookmark not defined.</b>
3.4.2 Uji Reliabilitas .....	<b>Error! Bookmark not defined.</b>
3.5 Prosedur penelitian.....	<b>Error! Bookmark not defined.</b>
3.6 Analisis Data .....	<b>Error! Bookmark not defined.</b>
3.6.1 Teknik Pengolahan.....	<b>Error! Bookmark not defined.</b>
3.6.2 Pengkategorian .....	30
3.6.3 Deskriptif Data.....	<b>Error! Bookmark not defined.</b>
3.6.4 Uji Normalitas Data .....	31
3.6.5 Uji Homogenitas Data .....	31
3.6.6 Hipotesis .....	31

## **BAB IV**

<b>TEMUAN DAN PEMBAHASAN</b> .....	<b>Error! Bookmark not defined.</b>
4.1 Temuan.....	<b>Error! Bookmark not defined.</b>
4.1.1 Deskriptif Data .....	<b>Error! Bookmark not defined.</b>
4.1.1.1 Deskripsi Jumlah Responden nilai SPA Berdasarkan Gender dan Level Aktivitas Fisik .....	<b>Error! Bookmark not defined.</b>
4.1.1.2 Deskripsi nilai SPA Berdasarkan Level Aktivitas Fisik dan Gender .....	<b>Error! Bookmark not defined.</b>
4.1.2 Uji Hipotesis.....	<b>Error! Bookmark not defined.</b>
4.1.2.1 Uji Normalitas .....	<b>Error! Bookmark not defined.</b>
4.1.2.2 Uji Homogenitas .....	<b>Error! Bookmark not defined.</b>
4.1.2.3 Uji Two Way Anova (Univariate).....	<b>Error! Bookmark not defined.</b>
4.2 Pembahasan.....	<b>Error! Bookmark not defined.</b>

## **BAB V**

<b>SIMPULAN, IMPLIKASI DAN REKOMENDASI</b> .....	<b>Error! Bookmark not defined.</b>
5.1 Simpulan .....	<b>Error! Bookmark not defined.</b>
5.2 Implikasi.....	<b>Error! Bookmark not defined.</b>
5.3 Rekomendasi .....	<b>Error! Bookmark not defined.</b>

<b>DAFTAR RUJUKAN</b> .....	<b>41</b>
<b>LAMPIRAN-LAMPIRAN</b> .....	<b>Error! Bookmark not defined.</b>

### **DAFTAR TABEL**

<b>Tabel 3.1</b> Hasil Uji Validitas Instrumen SPA .....	<b>Error! Bookmark not defined.</b>
<b>Tabel 3.2</b> Reliabilitas Uji Coba Instrumen SPA....	<b>Error! Bookmark not defined.</b>
<b>Tabel 3.3</b> Kategori Level Aktivitas Fisik .....	<b>Error! Bookmark not defined.</b>
<b>Tabel 4.1</b> Deskripsi Jumlah Responden nilai SPA Berdasarkan Aktivitas Fisik dan Gender .....	<b>Error! Bookmark not defined.</b>
<b>Tabel 4.2</b> Deskripsi Nilai SPA Berdasarkan Level Aktivitas Fisik dan Gender .....	<b>Error! Bookmark not defined.</b>
<b>Tabel 4.3</b> Uji Normalitas .....	<b>Error! Bookmark not defined.</b>
<b>Tabel 4.4</b> Uji Homogenitas.....	<b>Error! Bookmark not defined.</b>
<b>Tabel 4.5</b> Test Of Between Subject Effects.....	<b>Error! Bookmark not defined.</b>

### **DAFTAR GAMBAR**

<b>Gambar 3.1</b> Prosedur Penelitian .....	<b>29</b>
---	-----------

### **DAFTAR LAMPIRAN**

<b>Lampiran 1</b> Dokumentasi Penelitian .....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 2</b> Validitas dan Reliabilitas Instrumen SPA .....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 3</b> Kuisisioner Penelitian.....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 4</b> Uji Normalitas & Homogenitas Data.....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 5</b> Output Data Deskriptif.....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 6</b> Two Way Anova (Univariate) .....	<b>Error! Bookmark not defined.</b>

<b>Lampiran 7</b> Skor Hasil Tes SPA .....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 8</b> Skor Hasil GPAQ.....	<b>Error! Bookmark not defined.</b>
<b>Lampiran 9</b> Surat-surat.....	<b>Error! Bookmark not defined.</b>





## DAFTAR RUJUKAN

- Anders Raustorp. (2005). Physical Activity, Body Composition And Physical Self-Esteem Among Children And Adolescents.
- Anne E. Cox, Gina Pinsonnault Bilodeau, Eva Pila, & Catherine M. Sabiston. (2014). Social physique anxiety experiences in physical activity: a synthesis of research studies focused on measurement, theory, and predictors and outcomes.
- Atalay, A. A., & Gençöz, T. (2008). Critical factors of social physique anxiety: Exercising and body image satisfaction. *Behaviour Change*, 25(3), 178–188. <https://doi.org/10.1375/bech.25.3.178>
- Austin, S. F., & Mccoy, P. (1998). Commitment to physical activity and anxiety about physique among college women., *1*, 1393–1394.
- Biddle, S. J. H., Brehm, W., Verheijden, M., & Hopman-Rock, M. (2012). Population physical activity behaviour change: A review for the European College of Sport Science. *European Journal of Sport Science*, 12(4), 367–383. <https://doi.org/10.1080/17461391.2011.635700>
- Biddle, S. J. H., Fox, K. R., & Boutcher, S. H. (2000). *Physical Activity and Psychological Well-Being*. Routledge.
- Brunet, J., & Sabiston, C. M. (2009). Social physique anxiety and physical activity: A self-determination theory perspective. *Psychology of Sport and Exercise*, 10(3), 329–335. <https://doi.org/10.1016/j.psychsport.2008.11.002>
- Bull, F. C., Maslin, T. S., & Armstrong, T. (2009). Global physical activity questionnaire (GPAQ): nine country reliability and validity study. *Journal of Physical Activity & Health*, 6(6), 790–804. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/20101923>
- Caglar E. Bilgili N. Karaca A. Ayaz S. Asci FH. (2010). The psychological characteristics and health related behavior. *Spanish Journal of Psychology*, 13(2), 741–750.
- charles B, C., Gregory J, W., William R, C., & Karen A, W. (2008). *Concepts of Physical Fitness*. (B. Emily, Ed.). William Glass.
- Chen, L., & Ku, P. (2012). Exercise Behavior and Social Physique Anxiety among Adolescents. *Sports & Exercise Research*, 14(1), 65–72.
- Chen, L., Ku, P., & Wang, J. (2013). Exercise Behavior and Social Physique Anxiety among Adolescents. *Sports & Exercise Research*, 14(1). <https://doi.org/10.5297/ser.1401.007>
- Chu, H. W., Bushman, B. A., & Woodard, R. J. (2008). Social physique anxiety, obligation to exercise, and exercise choices among college students. *Journal of American College Health*, 57(1), 7–13. <https://doi.org/10.3200/JACH.57.1.7-14>
- Eime, R. M., Young, J. A., Harvey, J. T., Charity, M. J., & Payne, W. R. (2013). A systematic review of the psychological and social benefits of participation in sport for children and adolescents : informing development of a conceptual model of health through sport.
- Eklund, R., & Bianco, T. (2000). Social Physique Anxiety and Physical Activity among Adolescents.
- Fraenkel, J. R., Wallen, N. E., & Huyn, H. H. (2012). *How to design and valuate esearch in education. PsycCRITIQUES* (Vol. 38).

- <https://doi.org/10.1037/032719>
- Frederick, C. M., & Morrison, C. S. (2011). Social Physique Anxiety: Personality Constructs, Motivations, Exercise Attitudes, and Behaviors. *Perceptual and Motor Skills*, 82(3), 963–972. <https://doi.org/10.2466/pms.1996.82.3.963>
- Hagger, M. S., & Stevenson, A. (2010). Social physique anxiety and physical self-esteem: Gender and age effects. *Psychology and Health*, 25(1), 89–110. <https://doi.org/10.1080/08870440903160990>
- Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J., & Sigmund, E. (2014). Physical activity and sedentary behaviour in Czech adults: Results from the GPAQ study. *European Journal of Sport Science*, 14(2), 193–198. <https://doi.org/10.1080/17461391.2013.822565>
- Hart, E. A., Leary, M. R., & Rejeski, W. J. (2016). Tie Measurement of Social Physique Anxiety. *Journal of Sport and Exercise Psychology*, 11(1), 94–104. <https://doi.org/10.1123/jsep.11.1.94>
- Hausenblas, H. A., Brewer, B. W., & Van Raalte, J. L. (2004). Self-Presentation and Exercise. *Journal of Applied Sport Psychology*, 16(1), 3–18. <https://doi.org/10.1080/10413200490260026>
- Jhon, S. (2013). *Adolescence*. McGraw-Hill Humanities/Social Sciences/Languages.
- Kilpatrick, M., Hebert, E., & Bartholomew, J. (2010). Journal of American College Health, (November 2014), 37–41. <https://doi.org/10.3200/JACH.54.2.87-94>
- Leary, M. R., Tambor, E. S., Terdal, S.-K., & Downs, D. L. (1995). Self-Esteem as an Interpersonal Monitor: The Sociometer Hypothesis. *Journal of Personality and Social Psychology*, 68(3), 518–530. <https://doi.org/10.1080/17513758.2018.1535668>
- Liipincott, W., & Wilkins. (2008). *ACSM'S Health-Related Physical Fitness Assessment Manual*. (D. Gregory B & D. Shala E, Eds.) (second edi).
- Mülazimoğlu-Balli, O., Koca, C., & Hülya Aşçi, F. (2010). An Examination of Social Physique Anxiety with Regard to Sex and Level of Sport Involvement. *Journal of Human Kinetics*, 26(October), 115–122. <https://doi.org/10.2478/v10078-010-0055-9>
- Pallant, J. (2010). *SPSS Survival Manual* (4th ed.). Allen & Unwin Book Publishers.
- Pero, R. De, Amici, S., Benvenuti, C., Minganti, C., Capranica, L., & Pesce, C. (2009). Motivation for sport participation in older Italian athletes : the role of age , gender and competition level, 61–69. <https://doi.org/10.1007/s11332-009-0078-6>
- Prapavessis, H., Robert Grove, J., & Eklund, R. C. (2004). Self-Presentational Issues in Competition and Sport. *Journal of Applied Sport Psychology*, 16(1), 19–40. <https://doi.org/10.1080/10413200490260035>
- Ramiz Arabacı. (2008). Relationship Between Social Physique Anxiety, Walking Activity And Body Composition In University Students, (June).
- Routledge, P. (2010). Informa Ltd Registered in England and Wales Registered Number : 1072954 Registered office : Mortimer House , 37- The Impact of Employment and Serious Illness on Grandmothers Who Are Raising Their Grandchildren, (911724993), 37–41. <https://doi.org/10.1300/J074v10n03>
- Russell, W. . (2001). Comparison of self-esteem, body satisfaction, and social physique anxiety across males of different exercise frequency and racial

- background. *Journal of Sport & Exercise Psychology*, 21(1), 79–90.
- S. Omar Ahmad. (2012). Questionnaire and Types.
- Sallis JF, Prochaska JJ, T. W. (2000). A review of correlates of physical activity of children and adolescents. *Medicine and Science in Sports and Exercise*.
- Skills, M., & Universiq, K. S. S. (1992). Relation o f anxiety about social physique t o location o f participation i n physical activity', 1075–1078.
- Tucker, P. (2008). Early Childhood Research Quarterly The physical activity levels of preschool-aged children: A systematic review, 23, 547–558. <https://doi.org/10.1016/j.ecresq.2008.08.005>
- Wenner W K, H., & Sharon A, H. (2011). *Lifetime Physical Fitness and Wellness : A Personalized Program, 11th Edition*. (L. Pople, Ed.).
- Wu Suen, L. J., Huang, H. M., & Lee, H. H. (2014). A comparison of convenience sampling and purposive sampling. *Journal of Nursing*, 61(3), 105–111. <https://doi.org/10.6224/JN.61.3.105>