

Abstract

The purpose of this research is to develop an instrument for describing the motivations to have physical exercise in the society based self-determination theory. Before being tested, the instrument draft was validated by experts. The subjects of this research are the 466 residents of Bandung and the surrounding area which are exercising and are categorized based on their lifestyle and economical status. The instrument comprised of 23 questions developed from the self-determination theory continuum which are the amotivation, extrinsic motivation, and intrinsic motivation. The formulation of problems of this research comprised of what is the description of exercise motivation among Bandung residents, what is the description of exercise motivation among Bandung residents based on their lifestyles, and what is the description of exercise motivation among Bandung residents based on their economical status. The result of this research showed that the overall dominant exercise motivations of Bandung residents in that of intrinsic ones. While the dominant exercise motivations based on their lifestyles (which are categorized into glamour, hedonist, and simple) differs between the categories. Likewise, the dominant exercise motivations based on their economical status (which are categorized into high, middle, and low) differs between the categories.

ABSTRAK

Penelitian ini bertujuan untuk mengembangkan instrumen motivasi olahraga dalam aktivitas olahraga di masyarakat berdasarkan teori self-determination. Sebelum diujikan, draft instrumen divalidasi terlebih dahulu oleh ahli. Subjek penelitian adalah Masyarakat yang melakukan aktivitas olahraga di kota Bandung dan sekitarnya berjumlah 466 orang berdasarkan Gaya hidup dan status ekonomi. Instrumen terdiri atas 23 pernyataan yang dikembangkan berdasarkan kontinum teori self-determination, yaitu amotivasi, motivasi ekstrinsik, dan intrinsic. Rumusan masalah penelitian ini adalah, bagaimana gambaran motivasi olahraga masyarakat kota Bandung, bagaimana gambaran motivasi olahraga masyarakat kota Bandung berdasarkan Gaya hidup dan bagaimana gambaran motivasi olahraga masyarakat kota Bandung berdasarkan status ekonomi. Hasil penelitian menunjukkan: Pertama Gambaran motivasi masyarakat secara keseluruhan motivasi Intrinsik menunjukkan nilai paling dominan, kemudian motivasi olahraga Berdasarkan Gaya hidup yang terbagi menjadi 3 kategori yaitu gaya hidup glamour, hedonis, dan sederhana dalam setiap kategorinya berbeda motivasi, lalu status ekonomi dibagi menjadi 3 kategori yaitu status ekonomi tinggi, menengah, dan rendah, dalam setiap kategorinya pun berbeda motivasi yang paling dominan