

HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT DEPRESI PADA
MAHASISWI PERGURUAN TINGGI DI PROVINSI BANTEN

SKRIPSI

Diajukan untuk memenuhi sebagai syarat untuk memperoleh gelar Sarjana
Olahraga Program Studi Ilmu Keolahragaan



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PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “**Hubungan Aktivitas Fisik Dengan Tingkat Depresi Pada Mahasiswi Perguruan Tinggi di Provinsi Banten**” ini beserta seluruh isinya adalah karya saya sendiri. Saya tidak melakukan penjiplakan dan pengutipan yang melanggar etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap karya saya.

Bandung, Agustus 2020

Yang membuat pernyataan,



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ABSTRAK
HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT DEPRESI PADA
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Aktivitas fisik menjadi salah satu faktor paling penting dari kesehatan bagi anak-anak, remaja dan orang dewasa baik dari segi jasmani, rohani dan sosial. Penelitian ini bertujuan untuk menguji apakah terdapat hubungan aktivitas fisik dengan tingkat depresi pada mahasiswa. Metode yang di gunakan dalam penelitian ini korelasi dengan pendekatan kuantitatif. Sebanyak 360 mahasiswa di perguruan tinggi di Provinsi Banten yang menjadi sampel dalam penelitian ini pengambilan sampel dalam penelitian ini menggunakan teknik *cluster random sampling*. Instrument yang digunakan dalam penelitian ini adalah GPAQ (*Global Physical Activity Questionnaire*) untuk mengukur tingkat aktivitas fisik dan BDI-II (*Back Depression Inventory*)-II untuk mengukur tingkat depresi. Analisis data menggunakan uji korelasi yaitu korelasi bivariate pada SPSS versi 25, hasil penelitian menunjukkan bahwa data aktivitas fisik dengan tingkat depresi dengan nilai $sig. 0.273 > 0.05$ yang menyatakan bahwa tidak terdapat hubungan aktivitas fisik dengan tingkat depresi pada mahasiswa.

Kata Kunci: Aktivitas Fisik, Tingkat Depresi, Mahasiswa, perempuan, GPAQ, BDI-II.

ABSTRACT
THE RELATION OF PHYSICAL ACTIVITY WITH THE DEPRESSION
LEVEL OF COLLEGE FEMALE STUDENTS IN BANTEN PROVINCE

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Physical activity is one of the most important factors of health for children, adolescents and adults both physically, spiritually and socially. This study aims to test whether there is a relationship between physical activity and depression levels in college female students. The method that used in this study was correlation with a quantitative approach. A total of 360 college female students at universities in Banten Province were the samples for this study. The cluster random sampling technique was used in sampling process. The instruments that used in this study were the GPAQ (Global Physical Activity Questionnaire) to measure the level of physical activity and BDI-II (Back Depression Inventory) -II to measure the level of depression. Data were analyzed using the correlation test, namely the bivariate correlation in SPSS version 25. The results showed that physical activity data with depression levels had a sig value. $0.273 > 0.05$, which stated that there was no relationship between physical activity with depression levels in college female students.

Keywords: Physical Activity, depression levels, College students, female, GPAQ, BDI-II.

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