

HUBUNGAN PERSEPSI HAMBATAN BEROLAHRAGA (*PERCEIVED EXERCISE BARRIERS*) DENGAN TINGKAT AKTIVITAS FISIK MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA PADA MASA PANDEMI CORONAVIRUS DI INDONESIA

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar sarjana olahraga program studi  
Ilmu Keolahragaan



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PROGRAM STUDI  
ILMU KEOLAHRAGAAN  
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2020

**Hubungan Persepsi Hambatan Berolahraga (Perceived Exercise Barriers)  
Dengan Tingkat Aktivitas Fisik Mahasiswa Universitas Pendidikan Indonesia  
Pada Masa Pandemi Coronavirus Di Indonesia**

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

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**HUBUNGAN PERSEPSI HAMBATAN BEROLAHRAGA (*PERCEIVED EXERCISE BARRIERS*) DENGAN TINGKAT AKTIVITAS FISIK MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA PADA MASA PANDEMI CORONAVIRUS DI INDONESIA**

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## **ABSTRAK**

### **HUBUNGAN PERSEPSI HAMBATAN BEROLAHRAGA (PERCEIVED EXERCISE BARRIERS) DENGAN TINGKAT AKTIVITAS FISIK MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA PADA MASA CORONAVIRUS DI INDONESIA**

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Hambatan telah menjadi satu korelasi aktivitas fisik yang telah diteliti diberbagai populasi meskipun temuan mengungkapkan bahwa dengan meningkatnya hambatan aktivitas fisik menurun pada remaja dan dewasa, populasi temuan tidak konsisten pada populasi remaja. Peneliti ingin menguji apakah terdapat hubungan persepsi hambatan berolahraga dengan tingkat aktivitas fisik mahasiswa Universitas Pendidikan Indonesia pada masa Coronavirus di Indonesia. Metode penelitian yang digunakan studi korelasi dengan pendekatan kuantitatif. Sebanyak 389 mahasiswa di Universitas Pendidikan Indonesia yang menjadi responden dari penelitian ini dan pengambilan sampel menggunakan *Cluster Random Sampling*. Instrument yang digunakan pada penelitian ini adalah GPAQ (*Global Physical Activity Questionnaire*) untuk mengukur tingkat aktivitas fisik dan EBBS (*Exercise Benefit Barriers Scale*) untuk mengukur hambatan berolahraga. Hasil penelitian dianalisis menggunakan Correlation Bivariate pada SPSS versi 25 menyatakan hubungan persepsi hambatan berolahraga dengan tingkat aktivitas fisik dengan nilai sig  $0,000 < 0,05$  maka hasil penelitian terdapat hubungan antara persepsi hambatan berolahraga dengan tingkat aktivitas fisik.

Kata Kunci: Aktivitas Fisik, Persepsi Hambatan Berolahraga,GPAQ, EBBS

## **ABSTRACT**

### **THE RELATIONSHIP BETWEEN PERCEIVED EXERCISE BARRIERS WITH LEVEL OF PHYSICAL ACTIVITY UNIVERSITAS PENDIDIKAN INDONESIA STUDENTS DURING THE CORONAVIRUS ERA IN INDONESIA**

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Barriers have been one of the correlates of physical activity that has been researched in various populations although findings reveal that as physical activity resistance increases in adolescents and adults, population findings are inconsistent in the adolescent population. The researcher wants to test whether there was a relationship between the perceived exercise barriers and the level of physical activity of students at the Universitas Pendidikan Indonesia during the Coronavirus era in Indonesia. The research method used is a correlation study with a quantitative approach. A total of 389 students at the Universitas Pendidikan Indonesia as respondents in this study and the sampling was using Cluster Random Sampling. The instruments used in this study were GPAQ (Global Physical Activity Questionnaire) to measure the level of physical activity and EBBS (Exercise Benefit Barriers Scale) to measure exercise resistance. The results of the study were analyzed using the Bivariate Correlation at SPPS version 25 which states the relationship between perceived exercise barriers and the level of physical activity with a value of  $0 < 0.05$ , the results of the study have a relationship between perceived exercise barriers and the level of physical activity.

Keyword: Physical Activity, Perceived Exercise Barriers, GPAQ, EBBS

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