

HUBUNGAN KEBUGARAN JASMANI DENGAN TINGKAT KINERJA PADA  
PEGAWAI KEMENPORA RI DEPUTI IV

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga  
Program Studi Ilmu Keolahragaan



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# **Hubungan Kebugaran Jasmani Dengan Tingkat Kinerja Pada Pegawai Kemenpora R.I Deputy IV**

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

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## **ABSTRAK**

### **HUBUNGAN KEBUGARAN JASMANI DENGAN TINGKAT KINERJA PADA PEGAWAI KEMENPORA R.I DEPUTI IV**

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Kebugaran jasmani merupakan kebutuhan jasmani setiap individu yang sangat penting dalam terwujudnya individu yang memiliki kualitas kebugaran yang baik. Sementara itu kebugaran jasmani bisa dikatakan erat hubungannya dengan proses Peningkatan mutu dan kualitas kinerja pada individu. Peneliti ingin menguji apakah terdapat hubungan antara kebugaran jasmani dengan tingkat kinerja pada pegawai kemenpora R.I Deputy IV berdasarkan kebiasaan yang sudah ada di kemenpora terkait dengan kebugaran jasmani yaitu Senam mingguan yang sudah rutin dilakukan di lingkungan kerja Kemenpora R.I. untuk itu Metode penelitian yang di gunakan pada penelitian ini yaitu metode eks post facto dengan pendekatan kuantitatif. Sebanyak 20 pegawai yang ada di lingkungan Deputy IV, Kemenpora R.I menjadi sampel dalam penelitian ini pengambilan sampel menggunakan teknik *simple random sampling*. Instrument yang digunakan pada penelitian ini adalah IPAQ (*Internationale physical activity questionnaire*) untuk menyandingkan atau melihat terhadap rutinitas pegawai yang mengikuti program senam mingguan (Kebugaran jasmaninya). Serta log.book kemenpora R.I Sebagai bahan acuan/instrument kedua untuk melihat jumlah absensi kerja selama 1 bulan terakhir yakni bulan juli untuk mengukur tingkat kinerja pegawai yang menjadi sampel tersebut. Hasil penelitian dianalisis menggunakan uji korelasi bivariate dan *Spearman Rho* pada *SPSS* versi 25, dan diperoleh hasil yang menyatakan data hubungan kebugaran jasmani dengan tingkat kinerja pada pegawai Kemenpora R.I memiliki nilai  $\text{sig}.0.187 > 0.05$  maka hasil penelitian menyatakan tidak terdapat hubungan antara kebugaran jasmani dengan tingkat kinerja pada

pegawai Kemenpora R.I Deputi IV. Dan berdasarkan uji Regresi nilai R Square 0,105, hal ini mengandung artian bahwa tetap memiliki kontribusi hubungan hanya saja sebesar 10,5%.

Kata Kunci: Kebugaran Jasmani, Kinerja, IPAQ, Log.Book Kemenpora R.I.

## **ABSTRAK**

### **RELATIONSHIP OF PHYSICAL FITNESS WITH PERFORMANCE LEVELS OF THE KEMENPORA OF REPUBLIC INDONESIA EMPLOYEES DEPUTI IV**

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Physical fitness is a physical need of every individual which is very important in the creation of individuals who have good fitness qualities. Meanwhile, physical fitness can be said to be closely related to the process of improving the quality and quality of performance in individuals. The researcher wanted to test whether there was a relationship between physical fitness and the level of performance of the employees of the Ministry of Youth and Sports of the Republic of Indonesia Deputy IV based on existing habits in the Ministry of Youth and Sports related to physical fitness, namely weekly exercise that has been routinely carried out in the work environment of the Ministry of Youth and Sports. For this reason, the research method used in this study is the ex post facto method with a quantitative approach. A total of 20 employees in the Deputy IV, Kemenpora R.I were sampled in this study using simple random sampling technique. The instrument used in this study was the IPAQ (Internationale physical activity questionnaire) to compare or look at the routine of employees who participated in the weekly exercise program (physical fitness). As well as the log.book of the Ministry of Youth and Sports R.I as a reference / second instrument to see the number of work absences during the last 1 month, namely July to measure the level of performance of the employees who were the samples. The results of the study were analyzed using the bivariate correlation test and Spearman Rho on SPSS version 25, and the results showed that the data on the relationship between physical fitness and performance levels of the employees of the Indonesian Ministry of Youth and Sports has a sig.0.187 > 0.05 value. performance of Kemenpora RI employees Deputy IV. And based on the regression test the value of R Square is 0.105, this implies that it still has a relationship contribution of only 10.5%.

Keywords: Physical Fitness, Performance, IPAQ, log.book of kemenpora R.I

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