

HUBUNGAN AKTIVITAS FISIK DENGAN KEPUASAN HIDUP SISWA
SMAN 1,2,3 SUBANG PADA ERA PANDEMI COVID-19

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana

Olahraga

Program Studi Ilmu Keolahragaan



Oleh

Aries Fadillah

NIM 1601495

PROGRAM STUDI
ILMU KEOLAHRAGAAN
FAKULTAS PENDIDIKAN OLAAHRAGA DAN KESEHATAN
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HAK CIPTA
Hubungan Aktivitas Fisik Dengan Kepuasan Hidup Siswa SMAN 1,2,3 Subang Pada
Era Pandemi COVID-19

Oleh
Aries Fadillah

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

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Yang membuat pernyataan,



Aries Fadillah

1601495

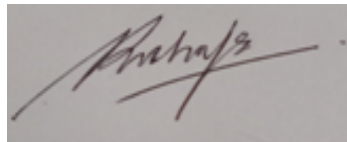
HALAMAN PENGESAHAN SKRIPSI

ARIES FADILLAH

HUBUNGAN AKTIVITAS FISIK DENGAN KEPUASAN HIDUP SISWA
SMAN 1,2,3 SUBANG PADA ERA PANDEMI COVID-19

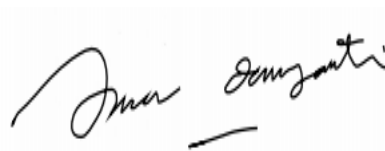
Disetujui dan disahkan oleh pembimbing:

Pembimbing I,



Dra. Yati Ruhayati, M.Pd.
NIP. 19631107 198803 2002

Pembimbing II,



Dr. dr. Imas Damayati, M.Kes
NIP. 19800721 200604 2 001

Mengetahui:

Ketua Departemen Pendidikan Kesehatan dan Rekreasi



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

ABSTRAK**HUBUNGAN AKTIVITAS FISIK DENGAN KEPUASAN HIDUP SISWA
SMAN 1,2,3 SUBANG PADA ERA PANDEMI COVID-19****Aries Fadillah****NIM. 1601495****Dosen Pembimbing I : Dra. Yati Ruhayati, M.Pd.****Dosen Pembimbing II : Dr. dr. Imas Damayanti, M.Kes.**

Aktifitas fisik merupakan peranan penting yang di perlukan untuk kesehatan fisik dan mental terhadap semua kelompok usia termasuk remaja, hal ini dikarenakan masa remaja merupakan masa dimana seseorang dapat bergerak secara optimal, sehingga memudahkan seseorang untuk mewujudkan arti kesehatan yang sebenarnya baik secara jasmani maupun rohani. Sehingga peneliti ingin menguji apakah terdapat hubungan aktivitas fisik dengan kepuasan hidup. Metode penelitian yang digunakan pada penelitian ini yaitu studi korelasi dengan pendekatan kuantitatif. Sebanyak 163 siswa SMA di wilayah Kabupaten Subang yang menjadi sampel dalam penelitian ini pengambilan sampel menggunakan teknik *purposive sampling*. Instrument yang digunakan pada penelitian ini adalah GPAQ (*global physical activity questionnaire*) untuk mengukur tingkat aktivitas fisik dan SWLS (*The Satisfaction With Life Scale*) untuk mengukur kepuasan hidup. Hasil penelitian dianalisis menggunakan *correlate bivariate* pada SPSS versi 25 menyatakan data aktifitas fisik dengan kepuasan hidup dengan nilai $\text{sig} = 0,050 \geq 0,05$ maka hasil penelitian ini tidak terdapat hubungan yang signifikan antara aktifitas fisik dengan kepuasan hidup pada remaja.

Kata Kunci: Aktivitas fisik, Kepuasan hidup, Remaja, GPAQ, SWLS

ABSTRACT
PHYSICAL ACTIVITY RELATIONSHIP WITH STUDENT'S LIFE
SATISFACTION IN SMAN 1,2,3 SUBANG IN THE ERA OF PANDEMIC
COVID-19

Aries Fadillah

NIM. 1601495

Advisor I : Dra. Yati Ruhayati, M.Pd.

Advisor II : Dr. dr. Imas Damayanti, M.Kes.

Physical activity is an important role needed for physical and mental health for all age groups including adolescents, this is because adolescence is a period where a person can move optimally, making it easier for someone to realize the true meaning of health both physically and spiritually. So the researchers wanted to test whether there was a relationship between physical activity and life satisfaction. The research method used in this research is a correlation study with a quantitative approach. A total of 163 high school students in the District of Subang were sampled in this study using a purposive sampling technique. The instruments used in this study were the GPAQ (global physical activity questionnaire) to measure the level of physical activity and the SWLS (The Satisfaction With Life Scale) to measure life satisfaction. The results of the study were analyzed using correlate bivariate in SPSS version 25 which states that data on physical activity and life satisfaction with a $\text{sig} = 0.050 \geq 0.05$, the results of this study, there is no significant relationship between physical activity and life satisfaction in adolescents.

Keywords: Physical activity, life satisfaction, adolescents, GPAQ, SWLS

DAFTAR ISI

HALAMAN PENGESAHAN SKRIPSI.....	i
HALAMAN PERNYATAAN KEABSAHAN SKRIPSI.....	ii
UCAPAN TERIMA KASIH.....	iii
ABSTRAK.....	v
ABSTRACT.....	vi
DAFTAR ISI.....	vii
DAFTAR TABEL.....	ix
DAFTAR GAMBAR.....	ix
DAFTAR LAMPIRAN.....	ix
BAB 1 PENDAHULUAN.....	1
1.1 Latar Belakang.....	1
1.2 Rumusan Masalah.....	4
1.3 Tujuan Penelitian.....	4
1.4 Manfaat Penelitian.....	4
1.5 Struktur Organisasi Skripsi.....	5
BAB II KAJIAN PUSTAKA.....	7
2.1 Aktivitas Fisik.....	7
2.1.1 Jenis Kegiatan dalam Aktivitas Fisik.....	8
2.1.2 Faktor Dan Kondisi Apa Yang Memengaruhi Aktivitas Fisik.....	9
2.2 Pengertian Kepuasan Hidup.....	9
2.2.1 Aspek Kepuasan Hidup.....	10
2.2.2 Faktor-faktor yang Mempengaruhi Kepuasan Hidup.....	11
2.3 COVID-19.....	13
2.4 Hakikat Remaja.....	14
2.5 Hasil Penelitian Terdahulu yang Relevan.....	15
2.6 Posisi Teoritis Penelitian.....	19
2.6.1 Teori Behavioristik.....	19
2.7 Kerangka Berpikir.....	20
2.8 Hipotesis Penelitian.....	20
BAB III METODE PENELITIAN.....	21
3.1 Desain Penelitian.....	21
3.2 Partisipan.....	21
3.3 Populasi dan Sampel.....	22
3.3.1 Populasi.....	22
3.3.2 Sampel.....	22
3.4 Instrumen Penelitian.....	22
3.5 Prosedur Penelitian.....	24
3.6 Teknik Pengambilan Data.....	25
3.7 Analisis Data.....	25

3.8	Prosedur Pengolahan Data.....	26
3.8.1	Deskriptif Data.....	26
3.8.2	Uji Normalitas Data.....	26
3.8.3	Uji Homogenitas Data	26
3.8.4	Uji Hipotesis	27
BAB IV	TEMUAN DAN PEMBAHASAN	28
4.1	Temuan Penelitian	28
4.1.1	Deskripsi Data dan Temuan Penelitian.....	28
4.1.2	Uji Normalitas.....	30
4.1.3	Uji Homogenitas Data	32
4.1.4	Uji Hipotesis	34
4.2	Pembahasan Temuan Penelitian	34
4.2.1	Aktivitas Fisik dengan Kepuasan Hidup	35
BAB V	SIMPULAN, IMPLIKASI DAN REKOMENDASI	37
5.1	Simpulan.....	37
5.2	Implikasi dan Rekomendasi.....	37
5.2.1	Implikasi	37
5.2.2	Rekomendasi.....	37
	DAFTAR PUSTAKA	39
	LAMPIRAN.....	51

DAFTAR TABEL

Tabel 2. 1	Jenis Kegiatan dalam Aktivitas Fisik.....	8
Tabel 3. 1	Kategori Tingkat Aktivitas Fisik.....	24
Tabel 4. 1	Deskriptif Data Statistik (Berdasarkan Gender)	29
Tabel 4. 2	Deskriptif Data Statistik (Berdasarkan Sekolah)	29
Tabel 4. 3	Deskriptif Data Statistik (Berdasarkan Keseluruhan).....	30
Tabel 4. 4	Uji Normalitas Data (Berdasarkan Gender).....	30
Tabel 4. 5	Uji Normalitas Data (Berdasarkan Sekolah).....	31
Tabel 4. 6	Uji Normalitas (Keseluruhan).....	31
Tabel 4. 7	Uji Homogenitas (Berdasarkan Gender).....	32
Tabel 4. 8	Uji Homogenitas (Berdasarkan Sekolah).....	33
Tabel 4. 9	Uji Nonparametrik Spearman's rho (Aktivitas Fisik dengan Kepuasan Hidup)	34

DAFTAR GAMBAR

Gambar 2. 1	Manfaat Aktivitas Fisik.....	7
Gambar 2. 2	Kerangka Berpikir	20
Gambar 3. 1	Desain Korelasi	21
Gambar 3. 2	Prosedur Penelitian.....	25

Gambar 4. 1 Data Sampel (Berdasarkan Sekolah).....	28
Gambar 4. 2 Data Sampel (Berdasarkan Gender).....	28

DAFTAR LAMPIRAN

Lampiran 1 Persetujuan Pembimbing Skripsi.....	50
Lampiran 2 Kuesioner Global Physical Activity Questionnaire (GPAQ)	51
Lampiran 3 Kuesioner The Satisfaction With Life Scale (SWLS)	53
Lampiran 4 Pengambilan Data Menggunakan Google Form	54
Lampiran 5 Hasil Analisis Menggunakan SPSS	55
Lampiran 6 Surat Keputusan Pembimbing Skripsi	58

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