

PERBANDINGAN *SITTING TIME* DAN INTENSITAS AKTIVITAS FISIK PADA PELAJAR
SMA BERDASARKAN *ACCELEROMETER PAL 4* DAN *IPAQ*

SKRIPSI

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Program Studi Ilmu Keolahragaan



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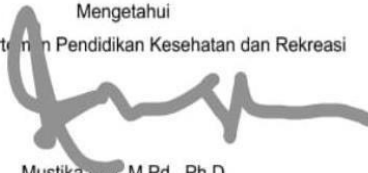
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ABSTRAK

PERBANDINGAN *SITTING TIME* DAN INTENSITAS AKTIVITAS FISIK PADA PELAJAR SMA BERDASARKAN *ACCELEROMETER PAL 4* DAN *IPAQ*

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Tujuan dari penelitian ini adalah untuk mengkaji perbedaan penghitungan *ActivPAL 4* *IPAQ* dan . Metode yang digunakan adalah kausal komparatif dengan desain penelitian *Comparative study*. Sampel dalam penelitian ini yaitu Siswa SMAN 3 Ciamis dengan jumlah sampel sebanyak 31 orang. Teknik pengambilan sampel menggunakan *cluster random sampling*. Instrumen yang digunakan adalah *ActivPAL4* dan *IPAQ* untuk mengukur *sitting time* dan aktivitas fisik. Analisis data menggunakan *Independent Sample t-Test* untuk menguji perbandingan *ActivPAL4* dan *IPAQ* terhadap *sitting time* dan Intensitas aktivitas fisik. Hasil analisis data menunjukkan terdapat perbedaan antara *ActivPAL* dan *IPAQ* terhadap *sitting time* ($Z=-6,773$, $p=0.000$). Hasil uji *Independent Sample t-Test* menunjukkan terdapat perbedaan penghitungan *sitting time* berdasarkan *ActivPAL4* dan *IPAQ* ($t=-6,409$, $p=0.000$). Jadi dapat disimpulkan bahwa terdapat perbedaan penghitungan *sitting time* dan intensitas aktivitas fisik berdasarkan Rekomendasi dari penelitian ini yaitu bandingkan. Rekomendasi dari penelitian ini yaitu bandingkan dengan variabel kepercayaan diri, tingkat kecemasan, gender, dan dengan instrument lain *WHOQOL-100*, *Self-Control Scale*, *GPAQ*.

Kata Kunci: *ActivPAL4*, *IPAQ*, Aktivitas fisik, *sitting time*.

DAFTAR ISI

HALAMAN PENGESAHAN	2
HALAMAN PERNYATAAN	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
UCAPAN TERIMA KASIH	Error! Bookmark not defined.
ABSTRAK	3
ABSTRACT	Error! Bookmark not defined.
DAFTAR ISI	4
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR GAMBAR	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB I PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang Penelitian	Error! Bookmark not defined.
1.2 Rumusan Masalah Penelitian	Error! Bookmark not defined.
1.3 Tujuan Penelitian	Error! Bookmark not defined.
1.4 Manfaat Penelitian	Error! Bookmark not defined.
1.4.1 Secara Teori	Error! Bookmark not defined.
1.4.2 Secara Kebijakan	Error! Bookmark not defined.
1.4.3 Secara Praktik	Error! Bookmark not defined.
1.4.4 Secara Aksi Sosial	Error! Bookmark not defined.
1.5 Struktur Organisasi	Error! Bookmark not defined.
BAB II KAJIAN PUSTAKA	Error! Bookmark not defined.
2.1 Aktivitas Fisik	Error! Bookmark not defined.
2.2 <i>Sedentary Behaviour</i> (Kebiasaan Menetap)	Error! Bookmark not defined.
2.3 IPAQ (International Physical Activity Questioner)	Error! Bookmark not defined.
2.4 Akselerometer (activPAL)	Error! Bookmark not defined.
2.5 Penelitian Terdahulu yang Relevan	Error! Bookmark not defined.
2.6 Asumsi Peneliti	Error! Bookmark not defined.
2.7 Hipotesis	Error! Bookmark not defined.
BAB III METODE PENELITIAN	Error! Bookmark not defined.
3.1 Desain Penelitian	Error! Bookmark not defined.
3.2 Partisipan	Error! Bookmark not defined.
3.3 Populasi dan Sampel	Error! Bookmark not defined.
3.3.1 Populasi penelitian	Error! Bookmark not defined.
3.3.2 Sampel Penelitian	Error! Bookmark not defined.
3.4 Instrumen Penelitian	Error! Bookmark not defined.
3.5 Prosedur Penelitian	Error! Bookmark not defined.
3.5.1 Deskriptif Data	Error! Bookmark not defined.
3.5.2 Uji Normalitas Data	Error! Bookmark not defined.
3.5.3 Uji Homogenitas Data	Error! Bookmark not defined.
3.5.4 Uji Hipotesis	Error! Bookmark not defined.

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BAB IV TEMUAN DAN PEMBAHASAN.....	Error! Bookmark not defined.
4.1 TEMUAN	Error! Bookmark not defined.
4.1.1 Deskripsi Data.....	Error! Bookmark not defined.
4.1.2 Uji Prasyarat.....	Error! Bookmark not defined.
4.1.2.1 Uji Normalitas.....	Error! Bookmark not defined.
4.1.2.2 Uji Homogenitas	Error! Bookmark not defined.
4.1.3 Uji Hipotesis	Error! Bookmark not defined.
4.1.3.1 Uji Hipotesis Intensitas Aktifitas Fisik (PA) Pada Siswa SMA Berdasarkan <i>ActivPAL</i> dan IPAQ	Error! Bookmark not defined.
4.1.3.2 Uji Hipotesis <i>Sitting Time</i> Pada Siswa SMA Berdasarkan <i>ActivPAL</i> dan IPAQ	Error! Bookmark not defined.
4.2 Pembahasan	Error! Bookmark not defined.
4.2.1 Perbedaan Intensitas Aktifitas Fisik Berdasarkan <i>ActivPAL</i> dan <i>IPAQ</i>	Error! Bookmark not defined.
4.2.2 Perbedaan <i>Sitting Time</i> Berdasarkan <i>ActivPAL</i> dan <i>IPAQ</i>	Error! Bookmark not defined.
BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI.....	Error! Bookmark not defined.
5.1. KESIMPULAN.....	Error! Bookmark not defined.
5.2. IMPLIKASI	Error! Bookmark not defined.
5.3. REKOMENDASI	Error! Bookmark not defined.
DAFTAR PUSTAKA	6
Lampiran – Lampiran	Error! Bookmark not defined.

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