

PERBANDINGAN *MENTAL TOUGHNESS* BERDASARKAN  
LEVEL AKTIVITAS FISIK MAHASISWA

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana  
Olahraga



oleh

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2020

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**Perbandingan *Mental Toughness* Berdasarkan  
Level Aktivitas Fisik Mahasiswa**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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## ABSTRAK

### PERBANDINGAN *MENTAL TOUGHNESS* BERDASARKAN LEVEL AKTIVITAS FISIK MAHASISWA

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Mental sangat diperlukan pada setiap manusia. Mental mampu berfungsi secara efektif untuk mengontrol diri sendiri dan bagaimana mengatasi sesuatu masalah. Berdasarkan penjelasan tersebut, peneliti memiliki tujuan untuk mengetahui perbedaan *mental toughness* berdasarkan level aktivitas fisik mahasiswa Ilmu Keolahragaan. Desain yang digunakan adalah *Causal Comparative*. Sampel dalam penelitian ini yaitu mahasiswa Ilmu Keolahragaan FPOK UPI sebanyak 102 orang. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini adalah adaptasi dari kuesioner *Mental Toughness Questionnaire 48* untuk menguji *mental toughness* dan *International Physical Activity Questionnaire-short* untuk menguji level aktivitas fisik. Analisis data menggunakan bentuk lain dari *One Way Anova* dalam hal non parametrik yaitu *Kruskal Wallis*. Hasil analisis yang didapat adalah Sig. p = 0,647 > 0,05. Dengan begitu hasil penelitian ini menunjukkan bahwa tidak terdapat perbandingan hasil *mental toughness* berdasarkan level aktivitas fisik mahasiswa.

**Kata Kunci:** *Mental Toughness*, Level Aktivitas Fisik, Mahasiswa

## ABSTRACT

### A COMPARISON OF MENTAL TOUGHNESS BASED ON LEVEL OF PHYSICAL ACTIVITY IN STUDENT COLLEGE

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Mental is very necessary in every human being. Mental is able to function effectively to control yourself and how to solve something problem. Based on this explanation, the researcher aims to determine the difference in mental toughness based on the level of physical activity of the Sport Science students. The design used is Causal Comparative. The sample in this study were 102 students of Sports Science FPOK UPI. The sampling technique uses purposive sampling technique. The instrument used in this study is an adaptation of the Mental Toughness Questionnaire 48 questionnaire to test mental toughness and the International Physical Activity Questionnaire-short to test the level of physical activity. Data analysis used another form of One Way Anova in non-parametric terms, namely Kruskal Wallis. The results of the analysis obtained are Sig.  $p = 0.647 > 0.05$ . Thus, the results of this study indicate that there is no comparison of mental toughness results based on students' physical activity levels

**Keywords:** Mental Toughness, Level of Physical Activity, Student

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