

PHYSICAL SELF CONCEPT BERDASARKAN LEVEL AKTIVITAS FISIK
PADA SISWA SMP

SKRIPSI

Diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana
Olahraga

Program Studi Ilmu Keolahragaan



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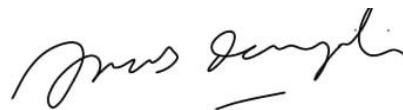
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ABSTRAK
PHYSICAL SELF CONCEPT BERDASARKAN LEVEL AKTIVITAS FISIK
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Physical self concept dan aktivitas fisik berperan penting dalam kesehatan fisik dan mental. Selain itu, aktivitas fisik sedang hingga kuat dapat meningkatkan prestasi akademik pada anak-anak dan remaja. Namun, masa remaja merupakan tahapan transisi dimana sebagian dari remaja tidak cukup aktif secara fisik. Oleh karena itu penelitian ini bertujuan untuk menguji apakah terdapat perbedaan *physical self concept* berdasarkan level aktivitas fisik pada siswa SMP. Sampel yang digunakan 20 siswa SMP yang terdapat di wilayah Kabupaten Garut. Instrumen yang digunakan dalam penelitian ini menggunakan *Accelerometer* dan *Physical Self Description Questionnaire Short Version (PSDQ-SV)*. *Accelerometer* yang digunakan yaitu *ActiGraph* untuk mengukur level aktivitas fisik dan PSDQ-SV untuk mengukur *Physical self concept*. Penelitian ini dianalisis menggunakan *Independent sample T-Test*. Hasil dari pengolahan serta analisis data menunjukkan bahwa nilai $p = 0.073 > 0.05$. Maka dinyatakan bahwa H_0 diterima yang berarti tidak terdapat perbedaan yang signifikan antara *physical self concept* berdasarkan level aktivitas fisik pada siswa SMP.

Kata Kunci : *Physical Self Concept*, Level Aktivitas Fisik, dan Siswa SMP

ABSTRACT
PHYSICAL SELF CONCEPT BASED ON LEVEL OF PHYSICAL
ACTIVITY IN JUNIOR HIGH SCHOOL STUDENTS

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Physical self concept and physical activity play an important role in physical and mental health. In addition, moderate to vigorous physical activity can improve academic achievement in children and adolescents. However, adolescence is a transitional stage where some of the adolescents are not physically active enough. Therefore this study aims to test whether there is a difference in physical self concept based on the level of physical activity in junior high school students. The sample used was 20 junior high school students in the garut regency area. The instruments used in this study used an Accelerometer and the physical self description questionnaire short version (PSDQ-SV). The accelerometer used is the ActiGraph to measure the level of physical activity and the PSDQ-SV to measure physical self concept. This study was analysed using the independent sample T-test. The result of processing and data analysis show that the p value is $0.073 > 0.05$. Then it is stated that H_0 is accepted, which means that there is no significant difference between the physical self concept based on the physical activity level of junior high school students.

Keyword : Physical self concept, physical activity and junior high school students

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