PHYSICAL SELF CONCEPT BERDASARKAN LEVEL AKTIVITAS FISIK PADA SISWA SD

SKRIPSI

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SITI KODARIAH

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ABSTRAK

PHYSICAL SELF CONCEPT BERDASARKAN LEVEL AKTIVITAS FISIK PADA SISWA SD

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Dosen Pembimbing I : Prof. Dr. H. Adang Suherman, M.A.

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Tujuan penelitian ini mengkaji perbedaan antara *physical self concept* berdasarkan level aktivitas fisik. Metode penelitian yang digunakan adalah kausal komparatif. Partisipasi dalam penelitian adalah 20 orang siswa sekolah dasar (SD) yang ada di Kabupaten Garut Jawa Barat. Instrument *Personal Self Description Quistionnaire* (PSDQ-SV) digunakan untuk mengukur *physical self concept*, sedangkan *Accelerometer (ActiGraph)* digunakan untuk mengukur level aktivitas fisik. Hasil penelitian menunjukkan bahwa tidak ada perbedaan yang signifikan antara *physical self concept* berdasarkan level aktivitas fisik pada siswa SD telah diperoleh hasil signifikan p (0,060) > 0.05.

Kata Kunci: *Physical Self Concept*, Level Aktivitas Fisik, Anak SD

ABSTACT

PHYSICAL SELF CONCEPT BASED ON LEVEL OF PHYSICAL ACTIVITY IN ELEMENTARY SCHOOL

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The purpose of this study is to examine the differences between physical self-concepts based on the level of physical activity. The research method used is causal comparative. Participation in the study were 20 elementary school (SD) students in Garut Regency, West Java. The Personal Description Quistionnaire (PSDQ) instrument is used to measure physical self-concept, while the Accelerometer (ActiGraph) is used to measure the level of physical activity. The results showed that there was no significant difference between physical self-concepts based on the level of physical activity in elementary school students. It was found that significant results were p (0.060)> 0.05.

Keywords: Physical Self Concept, Physical Activity level, Elementary School Children

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