

***PHYSICAL SELF CONCEPT* BERDASARKAN LEVEL AKTIVITAS
FISIK PADA SISWA SMA**

SKRIPSI

Diajukan Untuk Memenuhi Sebagian Syarat Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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Physical Self-Concept Berdasarkan Level Aktivitas Fisik pada Siswa SMA

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ABSTRAK
PHYSICAL SELF-CONCEPT BERDASARKAN LEVEL AKTIVITAS FISIK
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Dosen Pembimbing I : Prof. Dr. H. Adang Suherman, M.A.
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Tujuan dari penelitian ini yaitu untuk mengetahui apakah terdapat perbedaan pada *Physical Self-Concept* berdasarkan level aktivitas fisik pada siswa SMA. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian kausal komparasi. Pada pemilihan sampel digunakan teknik *Purposive Sampling* dengan total sampel sebanyak 20 siswa yang diantaranya 10 siswa SMAS Situwangi dan 10 siswa SMAN 4 Garut, kedua sekolah tersebut berada di daerah Cikajang, Kabupaten Garut, Jawa Barat. Terdapat dua instrumen penelitian yang digunakan yaitu PSDQ-S yang memuat 40 item pernyataan sebagai pengukur *Physical Self-Concept*, sedangkan untuk menghitung aktivitas fisik digunakan alat *Accelerometer ActiGraph* yang dipasang pada bagian perut kanan bawah sampel selama 7 hari. Pengolahan data menggunakan *Independent Sample T-Test* bertujuan untuk membandingkan skor dari dua kelompok yang berbeda, yaitu PSC dan aktivitas fisik. Hasil dari pengolahan data menyatakan bahwa nilai $p = 0.632 > 0.05$, yang menyatakan bahwa H_0 diterima dan hasilnya menunjukkan tidak terdapat perbedaan pada *Physical Self-Concept* berdasarkan level aktivitas fisik pada siswa SMA.

Kata kunci : *Physical Self-Concept*, Aktivitas Fisik, Siswa SMA.

ABSTRACT
**PHYSICAL SELF-CONCEPT BASED ON LEVEL OF PHYSICAL ACTIVITY IN SENIOR
HIGH SCHOOL**

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Adviser : **Prof. Dr. H. Adang Suherman, M.A.**
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The purpose of this research is to analyze if there is a difference in the Physical Self-Concept according to the level of Physical Activity on high school students. This study used a quantitative approach with a causal-comparative design. The sample selection used a purposive sampling technique with a total sample of 20 students, including 10 students of SMAS Situwangi and 10 students of SMAN 4 Garut, both schools were located in the Cikajang, Kabupaten Garut, West Java. There are two instruments used in this study, including the PSDQ-S which contains 40 question items used to calculate the Physical Self-Concept, then Accelerometer ActiGraph used for calculating Physical Activity which is attached to the lower right abdomen of the sample for 7 days. Data processing using the Independent Sample T-test aims to compare the scores of two different groups, namely Physical Self-Concept and Physical Activity. The results of data processing state that the p -value is $0.632 > 0.05$, which states that H_0 is accepted and the results show that there is no difference in Physical Self-Concept based on the level of Physical Activity in high school students.

Key Word : Physical Self-Concept, physical activity, high school students

DAFTAR ISI

HAK CIPTA	i
HALAMAN PENGESAHAN SKRIPSI	ii
PERNYATAAN	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
UCAPAN TERIMA KASIH	Error! Bookmark not defined.
DAFTAR ISI	v
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR GAMBAR	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB I	Error! Bookmark not defined.
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.
1.5 Struktur Organisasi Skripsi	Error! Bookmark not defined.
BAB II	Error! Bookmark not defined.
KAJIAN PUSTAKA	Error! Bookmark not defined.
2. 1 Kajian Teori.....	Error! Bookmark not defined.
2.1.1 <i>Physical Self-Concept</i>	Error! Bookmark not defined.
2.1.2 Aktivitas Fisik	Error! Bookmark not defined.
2. 2 Kaitan Physical Self-Concept dan Aktivitas Fisik	Error! Bookmark not defined.
defined.	
2. 3 Penelitian Relevan	Error! Bookmark not defined.
2. 4 Asumsi Penelitian	Error! Bookmark not defined.
2. 5 Hipotesis Penelitian	Error! Bookmark not defined.
BAB III	Error! Bookmark not defined.
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.
3.6	Analisis Data	Error! Bookmark not defined.
3.7	Prosedur Pengolahan Data	Error! Bookmark not defined.
3.7.1	Uji Deskriptif Data	Error! Bookmark not defined.
3.7.2	Uji Normalitas Data.....	Error! Bookmark not defined.
3.7.3	Uji Homogenitas Data	Error! Bookmark not defined.
3.7.4	Uji Hipotesis	Error! Bookmark not defined.
BAB IV	Error! Bookmark not defined.
TEMUAN DAN PEMBAHASAN	Error! Bookmark not defined.
4.1	Temuan Penelitian	Error! Bookmark not defined.
4.1.1	Deskripsi Data Temuan Penelitian	Error! Bookmark not defined.
4.1.2	Uji Normalitas Data.....	Error! Bookmark not defined.
4.1.3	Uji Homogenitas Data	Error! Bookmark not defined.
4.1.4	Uji Hipotesis	Error! Bookmark not defined.
4.2	Pembahasan Temuan Penelitian	Error! Bookmark not defined.
BAB V	Error! Bookmark not defined.
SIMPULAN, IMPLIKASI, DAN REKOMENDASI	Error! Bookmark not defined.
5.1	Simpulan	Error! Bookmark not defined.
5.2	Implikasi dan Rekomendasi	Error! Bookmark not defined.
5.2.1	Implikasi	Error! Bookmark not defined.
5.2.2	Rekomendasi.....	Error! Bookmark not defined.
DAFTAR PUSTAKA	viii
LAMPIRAN	Error! Bookmark not defined.

DAFTAR TABEL

Tabel 4.1 Deskriptif Data Statistik (<i>Physical Self-Concept</i> dengan Level Aktivitas Fisik)	Error! Bookmark not defined.
Tabel 4.2 Uji Normalitas Data (<i>Physical Self-Concept</i> dengan Level Aktivitas Fisik).....	Error! Bookmark not defined.
Tabel 4.3 Uji Homogenitas (<i>Physical Self-Concept</i> dengan Level Aktivitas Fisik).....	Error! Bookmark not defined.
Tabel 4.4 Uji Independent Sample t-Test (<i>Physical Self-Concept</i> dengan Level Aktivitas Fisik)	Error! Bookmark not defined.

DAFTAR GAMBAR

Gambar 3.1 Desain Kausal Komparatif.....	Error! Bookmark not defined.
Gambar 3.2 Purposive Sampling.....	Error! Bookmark not defined.
Gambar 3.3 ActiGraph GT3X.....	Error! Bookmark not defined.

DAFTAR LAMPIRAN

Lampiran 1. Surat Keputusan Pembimbing Skripsi.....	Error! Bookmark not defined.
Lampiran 1. Surat Keputusan Pembimbing Skripsi (Lanjutan)	Error! Bookmark not defined.
Lampiran 1. Surat Keputusan Pembimbing Skripsi (Lanjutan)	Error! Bookmark not defined.
Lampiran 2. Kartu Bimbingan.....	Error! Bookmark not defined.
Lampiran 3. Informed Consent.....	Error! Bookmark not defined.
Lampiran 4. Physical Self Description Questionnaire – Short Version (PSDQ-S).....	Error! Bookmark not defined.
Lampiran 4. Physical Self Description Questionnaire – Short Version (PSDQ-S) (lanjutan)	Error! Bookmark not defined.
Lampiran 4. Physical Self Description Questionnaire – Short Version (PSDQ-S) (lanjutan)	Error! Bookmark not defined.
Lampiran 5. Hasil Analisis Menggunakan SPSS..	Error! Bookmark not defined.
Lampiran 5. Hasil Analisis Menggunakan SPSS (lanjutan).....	Error! Bookmark not defined.

Lampiran 6. Dokumentasi Penelitian..... Error! Bookmark not defined.

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