PENGARUH PROGRAM AKTIVITAS FISIK DAN LINGKUNGAN SEKOLAH TERHADAP KEMAMPUAN GERAK, KEBUGARAN JASMANI DAN KESEHATAN MENTAL

DISERTASI

diajukan untuk memenuhi sebagian syarat memperoleh gelar
Doktor Pendidikan Olahraga

Oleh

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PROGRAM STUDI
PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2021

PENGARUH PROGRAM AKTIVITAS FISIK DAN LINGKUNGAN SEKOLAH TERHADAP KEMAMPUAN GERAK, KEBUGARAN JASMANI DAN KESEHATAN MENTAL

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Sebuah Disertasi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Doktor Pendidikan (Dr.) pada Sekolah Pascasarjana Universitas Pendidikan Indonesia

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PERNYATAAN KEASLIAN DAN BEBAS PLAGIARISM

Dengan ini saya menyatakan bahwa disertasi dengan judul "**Pengaruh Program Aktivitas Fisik dan Lingkungan Sekolah terhadap Kemampuan Gerak, Kebugaran Jasmani dan Kesehatan Mental**" ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Agustus 2021

Penulis

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ABSTRAK

Ahmad Chaeroni. 1707696. Pengaruh Program Aktivitas Fisik dan Lingkungan Sekolah terhadap Kemampuan Gerak, Kebugaran Jasmani dan Kesehatan Mental

Penelitian ini bertujuan untuk mengetahui dan menguji pengaruh program aktivitas fisik dan lingkungan sekolah terhadap kemampuan gerak, kebugaran jasmani dan kesehatan mental. Metode yang digunakan adalah kuasi eksperimen dengan desain *vactorial*. Populasi dalam penelitian ini adalah remaja di Sumatera Barat berjumlah 481.156 orang. Teknik pengambilan sampel menggunakan teknik *cluster sampling*, sehingga diperoleh siswa remaja umur 15-19 tahun (113 pria dan wanita) dijadikan sampel sesuai kebutuhan penelitian. Instrumen yang digunakan untuk mengetahui kemampuan gerak adalah *Barrow Motor Ability Test* (BMA), kebugaran jasmani menggunakan Tes Kebugaran Jasmani Indonesia (TKJI) dan kesehatan mental menggunkan angket. Eksperimen dilaksanakan selama 12 minggu dengan jumlah pertemuan sebanyak satu kali setiap minggu untuk program Pendidikan jasmani dari masing-masing kelompok perlakuan dan untuk program *Out of School Hours Activity* (OSHA) sebanyak tiga kali perminggu. Penelitian ini menerapkan empat kelompok perlakukan yaitu program aktivitas fisik berbasis pendidikan jasmani yang berada di lingkungan sekolah luas (X1) dan lingkungan sekolah sempit (X3), program aktivitas fisik berbasis pendidikan jasmani+OSHA yang berada di lingkungan sekolah luas (X2) dan lingkungan sekolah sempit (X4). Data di analisis menggunakan teknik uji *Kruskal Wallis* pada taraf signifikansi $\alpha = 0{,}05$.

Hasil penelitian menunjukkan bahwa: 1) Terdapat perbedaan pengaruh antara program aktivitas fisik Penjas dan Penjas+OSHA terhadap kemampuan gerak, kebugaran jasmani dan kesehatan mental siswa; 2) Tidak terdapat interaksi antara program aktivitas fisik dengan lingkungan sekolah terhadap kemampuan gerak, demikian pula pada variabel kesehatan mental siswa, akan tetapi pada variable kebugaran jasmani terdapat interaksi; 3) Terdapat perbedaan pengaruh antara program aktivitas fisik Penjas dan Penjas+OSHA terhadap kemampuan gerak, kebugaran jasmani dan kesehatan mental siswa pada lingkungan sekolah terbuka (luas); 4) Terdapat perbedaan pengaruh program aktivitas fisik Penjas dan Penjas+OSHA terhadap kemampuan gerak, kebugaran jasmani dan kesehatan mental siswa pada lingkungan sekolah terbatas (sempit).

Kata Kunci: Program Aktivitas Fisik, Lingkungan Sekolah, Kemampuan Gerak, Kebugaran Jasmani dan Kesehatan Mental**.**

ABSTRACT

Ahmad Chaeroni. 1707696. The Effect of Physical Activity Program and School Environment on Motor Ability, Physical Fitness and Mental Health

This study aims to determine and examine the effect of physical activity programs and school environment on motor ability, physical fitness and mental health. The method used is a quasi-experimental with a vactorial design. The population in this study were teenagers in West Sumatra found 481.156 people. The sampling technique used cluster sampling technique, so that teenagers aged 15-19 years (113 men and women) were sampled according to research needs. The instrument used to determine movement ability is the Barrow Motor Ability Test (BMA), physical fitness using the Indonesian Physical Fitness Test (TKJI) and mental health using a questionnaire. The experiment was carried out for 12 weeks with the number of meetings once a week for the physical education program of each treatment group and for the Out of School Hours (OSHA) program three times per week. This study applies four treatment groups, namely physical education physical activity programs located in large school environments (X1) and narrow school environments (X3), physical education-based physical activity programs + OSHA located in large school environments (X2) and narrow school environments (X4). Data analysis used the Kruskal Wallis test technique at a significance level of 0.05.

The results showed that: 1) There were differences in the effect of physical activity programs on Physical Education and Physical Education+OSHA on students' motor abilities, physical fitness and mental health; 2) There is no interaction between the physical activity program and the school environment on the ability to move, as well as on the students' mental health variables, but on the physical fitness variable there is an interaction; 3) There is a difference in the effect of physical activity programs on Physical Education and Physical Education + OSHA on the ability to move, physical fitness and mental health of students in an open school environment (wide); 4) There are differences in the effect of physical activity programs on Physical Education and Physical Education + OSHA on the ability to move, physical fitness and mental health of students in a limited (narrow) school environment.

Keywords: *Physical Activity Program, School Environment, Motor Ability, Physical fitness and Mental Health.*

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DAFTAR GAMBAR

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