

**HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT STRES PADA
MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA**

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



Oleh

Muhammad Rizky Mahendra

1607017

**PROGRAM STUDI ILMU KEOLAHRAGAAN
DEPARTEMEN PENDIDIKAN KESEHATAN DAN REKREASI
FAKULTAS PENDIDIKAN OLAAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

Muhammad Rizky Mahendra, 2021

*HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT STRES PADA MAHASISWA UNIVERSITAS PENDIDIKAN
INDONESIA*

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

HALAMAN PERNYATAAN KEASLIAN SKRIPSI

Dengan ini saya menyatakan bahwa skripsi saya dengan judul “Hubungan Aktivitas Fisik Dengan Tingkat Stres Pada Mahasiswa Universitas Pendidikan Indonesia ” 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 risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, April 2021

Pembuat Surat Pernyataan,

Muhammad Rizky Mahendra

NIM. 1607017

HALAMAN PENGESAHAN

Muhammad Rizky Mahendra

1607017

**HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT STRES PADA MAHASISWA
UNIVERSITAS PENDIDIKAN INDONESIA**

diajukan dan disahkan oleh pembimbing:

Pembimbing I

Prof. Dr. H. Yudha M.Saputra, M.Ed.

NIP. 19630312 198901 1 002

Mengetahui

Ketua Departemen Pendidikan Kesehatan dan Rekreasi

Agus Rusdiana, MA., Ph.D.

NIP. 19760812 200112 1 001

ABSTRAK
HUBUNGAN ANTARA AKTIFITAS FISIK DENGAN TINGKAT STRES PADA
MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA

Muhammad Rizky Mahendra

NIM : 1607017

Dosen Pembimbing : Prof. Dr. H. Yudha M.Saputra, M.Ed

Penelitian ini bertujuan untuk mengetahui tingkat stress pada mahasiswa Universitas Pendidikan Indonesia. Subjek dalam penelitian ini menggunakan *total sampling* yaitu mahasiswa UPI yang berjumlah 425 orang, Metode yang digunakan dalam penelitian ini adalah korelasi. Instrumen yang digunakan adalah *GPAQ* dan *PSQ* , tes ini yang bertujuan untuk mengetahui aktifitas fisik dan tingkat stress pada mahasiswa. Hasil penelitian ini diolah dengan menggunakan analisis korelasi bivariate dalam SPSS versi 25, hasilnya menunjukkan terdapat pengaruh yang signifikan dari *Aktifitas Fisik* dengan *Tingkat Stres* pada mahasiswa Universitas Pendidikan Indonesia.

Kata Kunci : Aktifitas Fisik, *Tingkat stres*, GPAQ, PSQ

ABSTRACT
RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND STRESS LEVEL IN
INDONESIA UNIVERSITY OF EDUCATION STUDENT

Muhammad Rizky Mahendra

Student Number 1607017

Advisor : Prof. Dr. H. Yudha M.Saputra, M.Ed

This study aims to determine the level of stress in students at the Indonesia University of education. The subjects in this study used total sampling, namely 425 Indonesia university of education students, The method used in this research is correlation. The instruments used are GPAQ and PSQ, this test aims to determine the physical activity and stress levels of students. The results of this study were processed using bivariate correlation analysis in SPSS version 25, the results showed that there was a significant effect of Physical Activity with Stress Levels on Indonesian University of Education students.

Keywords: Physical Activity, Stress Level, GPAQ, PSQ

DAFTAR ISI

HALAMAN PENGESAHAN	3
HALAMAN PERNYATAAN KEASLIAN SKRIPSI	2
KATA PENGANTAR	Error! Bookmark not defined.
UCAPAN TERIMA KASIH	3
ABSTRAK	4
ABSTRACT	5
DAFTAR ISI	6
BAB I	1
PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang Masalah.....	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) Manfaat Teoritis.....	Error! Bookmark not defined.
2) Manfaat dari Segi Kebijakan	Error! Bookmark not defined.
3) Manfaat Praktis	Error! Bookmark not defined.
1.5 Struktur Organisasi Skripsi	Error! Bookmark not defined.
BAB II	6
KAJIAN TEORI	Error! Bookmark not defined.
2.1 Aktivitas Fisik	Error! Bookmark not defined.
2.1.1 Manfaat Aktivitas Fisik.....	Error! Bookmark not defined.
2.1.2 Jenis Kegiatan Aktivitas Fisik	Error! Bookmark not defined.
2.1.3 Faktor dan Kondisi yang Mempengaruhi Aktifitas Fisik	Error! Bookmark not defined.
2.2 Stres.....	Error! Bookmark not defined.
2.2.1 Aspek – aspek Stres	Error! Bookmark not defined.
2.2.2 Tahapan Stres.....	Error! Bookmark not defined.
2.3 Penelitian yang Relevan	Error! Bookmark not defined.
2.4 Kerangka Berpikir	Error! Bookmark not defined.
2.5 Hipotesis Penelitian.....	Error! Bookmark not defined.
BAB III	13
METODOLOGI PENELITIAN	Error! Bookmark not defined.
3.1 Desain Penelitian.....	Error! Bookmark not defined.
3.2 Partisipan.....	Error! Bookmark not defined.

3.3	Instrumen Penelitian.....	Error! Bookmark not defined.
3.4	Prosedur Penelitian.....	Error! Bookmark not defined.
3.5	Analisis Data	Error! Bookmark not defined.
3.6	Prosedur Pengolahan Data	Error! Bookmark not defined.
3.7	Uji Hipotesis.....	Error! Bookmark not defined.
BAB IV	20
TEMUAN DAN PEMBAHASAN	Error! Bookmark not defined.
4.1	Temuan Penelitian.....	Error! Bookmark not defined.
4.1.1	Deskripsi Data dan 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.
4.2.1	Aktivitas Fisik dengan Tingkat Stress ..	Error! Bookmark not defined.
BAB V	29
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	9
LAMPIRAN	Error! Bookmark not defined.

DAFTAR TABEL

- Tabel 2. 1 Jenis Kegiatan dalam Aktivitas Fisik..... **Error! Bookmark not defined.**
Tabel 4. 1 Deskriptif Data Statistik (Berdasarkan Gender)**Error! Bookmark not defined.**
Tabel 4. 2 Deskriptif Data Statistik (Berdasarkan Fakultas)**Error! Bookmark not defined.**
Tabel 4. 3 Uji Normalitas Data (Berdasarkan Gender)**Error! Bookmark not defined.**
Tabel 4. 4 Uji Normalitas Data (Berdasarkan Fakultas)**Error! Bookmark not defined.**
Tabel 4. 5 Uji Homogenitas Data (Berdasarkan Gender)**Error! Bookmark not defined.**
Tabel 4. 6 Uji Homogenitas Data (Berdasarkan Fakultas)**Error! Bookmark not defined.**
Tabel 4. 7 Uji Nonparametrik Spearman's rho (Aktivitas Fisik dengan Tingkat Stres)**Error! Bookmark not defined.**

DAFTAR GAMBAR

- Gambar 2. 1 Kerangka Berpikir..... **Error! Bookmark not defined.**
Gambar 3. 1 Desain Penelitian Coralation..... **Error! Bookmark not defined.**
Gambar 3. 2 Metode Random Sampling (Sumber: (Fraenkel et al., 2012))**Error! Bookmark not defined.**
Gambar 3. 3 Tabel Issac dan Michael (Mulyatiningsih, 2011)**Error! Bookmark not defined.**
Gambar 3. 4 Prosedur Penelitian (Sumber: (Fraenkel et al., 2012))**Error! Bookmark not defined.**
Gambar 4. 1 Data Sampel (Berdasarkan Fakultas)..... **Error! Bookmark not defined.**
Gambar 4. 2 Data Sampel (Berdasarkan Gender)..... **Error! Bookmark not defined.**

DAFTAR PUSTAKA

- Almquist, Ashir, & Brännström. (2019). A guide to quantitative methods Almquist, Ashir & Brännström. *Stockholm University*.
- Biddle, S. J. H., & Mutrie, N. (2001). *Psychology of Physical Activity : Determinants , Well-being , and Interventions*. <https://doi.org/10.4324/9780203019320>
- Brown, D. W., Balluz, L. S., Heath, G. W., Moriarty, D. G., Ford, E. S., Giles, W. H., & Mokdad, A. H. (2003). Associations between recommended levels of physical activity and health-related quality of life: Findings from the 2001 Behavioral Risk Factor Surveillance System (BRFSS) survey. *Preventive Medicine*, 37(5), 520–528. [https://doi.org/10.1016/S0091-7435\(03\)00179-8](https://doi.org/10.1016/S0091-7435(03)00179-8)
- Bull, F. C., Maslin, T. S., & Armstrong, T. (2009). Global physical activity questionnaire (GPAQ): nine country reliability and validity study. *Journal of Physical Activity & Health*, 6(6), 790–804. <https://doi.org/10.1123/jpah.6.6.790>
- Dunn, A. L., Trivedi, M. H., Kampert, J. B., Clark, C. G., & Chambliss, H. O. (2005). Exercise Treatment for Depression Efficacy and Dose Response, 28(1), 1–8. <https://doi.org/10.1016/j.amepre.2004.09.003>
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). *How to Design and Evaluate Research in Education*. (M. Ryan, Ed.) (8th ed.). New York.
- Hallal, P. C., Andersen, L. B., Bull, F. C., Guthold, R., Haskell, W., Ekelund, U., ... Wells, J. C. (2012). Global physical activity levels: Surveillance progress, pitfalls, and prospects. *The Lancet*, 380(9838), 247–257. [https://doi.org/10.1016/S0140-6736\(12\)60646-1](https://doi.org/10.1016/S0140-6736(12)60646-1)
- Herrmann, S. D., Heumann, K. J., Der Ananian, C. A., & Ainsworth, B. E. (2013). Validity and reliability of the global physical activity questionnaire (GPAQ). *Measurement in Physical Education and Exercise Science*, 17(3), 221–235. <https://doi.org/10.1080/1091367X.2013.805139>
- Jacobson, B. H. (1996). Relationships Between Leisure Time Physical. *Relationships between Leisure Time Physical*, 315–321.
- Janssen, L. (2010). Systematic review of the health benefits of physical activity and fitness in

- school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity*, 7. <https://doi.org/1479-5868-7-40> [pii]r10.1186/1479-5868-7-40
- Kastelic, K., & Šarabon, N. (2019). Comparison of Self-Reported Sedentary Time on Weekdays with an Objective Measure (activPAL). *Measurement in Physical Education and Exercise Science*, 23(3), 227–236. <https://doi.org/10.1080/1091367X.2019.1603153>
- Kilpatrick, M., Hebert, E., & Bartholomew, J. (2005). College students' motivation for physical activity: Differentiating men's and women's motives for sport participation and exercise. *Journal of American College Health*, 54(2), 87–94. <https://doi.org/10.3200/JACH.54.2.87-94>
- Mulyatiningsih, E. (2011). *Riset Terapan*, 254.
- Nguyen-Michel, S. T., Unger, J. B., Hamilton, J., & Spruijt-Metz, D. (2006). Associations between physical activity and perceived stress/hassles in college students. *Stress and Health*, 22(3), 179–188. <https://doi.org/10.1002/smi.1094>
- Pallant, J. (2005). *SPSS SURVIVAL MANUAL: A step by step guide to data analysis using SPSS for Windows (Version 12)*.
- Ristekdikti. (2019). *SRV4 PDDIKTI Pangkalan Data Pendidikan Tinggi*.
- Sataloff, R. T., Johns, M. M., & Kost, K. M. (n.d.). No 主観的健康感を中心とした在宅高齢者における健康関連指標に関する共分散構造分析Title.
- Sellers, C., Dall, P., Grant, M., & Stansfield, B. (2016). Validity and reliability of the activPAL3 for measuring posture and stepping in adults and young people. *Gait and Posture*, 43, 42–47. <https://doi.org/10.1016/j.gaitpost.2015.10.020>
- Stults-Kolehmainen, M. A., & Sinha, R. (2014). *The effects of stress on physical activity and exercise. Sports Medicine (Vol. 44)*. <https://doi.org/10.1007/s40279-013-0090-5>
- Sugiyono. (2013). *METODE PENELITIAN KUANTITATIF, KUALITATIF DAN R & D*.
- Syahrum, & Salim. (2012). *METODOLOGI PENELITIAN KUANTITATIF.pdf*. Bandung: Ciptapusaka Media.
- Tabak, I., Oblacińska, A., & Jodkowska, M. (2012). Physical Activity and Sedentary Behaviour as Predictors of Adolescent Health in Rural and Urban Environments in Poland. *Physical Culture and Sport. Studies and Research*, 54(1), 68–77. <https://doi.org/10.2478/v10141-012-0008-1>
- Taylor, P., Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J., & Sigmund, E. (n.d.). European Journal of Sport Science Physical activity and sedentary behaviour in Czech adults : Results from the GPAQ study, (August 2013), 37–41.

<https://doi.org/10.1080/17461391.2013.822565>

- Thoits, P. A. (2010). Stress and Health: Major Findings and Policy Implications. *Journal of Health and Social Behavior*, 51(1_suppl), S41–S53. <https://doi.org/10.1177/0022146510383499>
- Tyson, P., Wilson, K., Crone, D., Brailsford, R., & Laws, K. (2010). Physical activity and mental health in a student population, 19(December), 492–499. <https://doi.org/10.3109/09638230902968308>
- Vankim, N. A., & Nelson, T. F. (2013). Vigorous physical activity, mental health, perceived stress, and socializing among college students. *American Journal of Health Promotion*, 28(1), 7–15. <https://doi.org/10.4278/ajhp.111101-QUAN-395>
- WHO(World Health Organization). (2006). *Physical activity and health in Europe*. copenhagen.
- Wijndaele, K., Matton, L., Duvigneaud, N., Lefevre, J., De Bourdeaudhuij, I., Duquet, W., ... Philippaerts, R. M. (2007). Association between leisure time physical activity and stress, social support and coping: A cluster-analytical approach. *Psychology of Sport and Exercise*, 8(4), 425–440. <https://doi.org/10.1016/j.psychsport.2006.08.001>
- World Health Organization. (2012). Global Physical Activity Questionnaire (GPAQ) Analysis Guide. *Geneva: World Health Organization*, 1–22.
- World Health Organization. (2013). Mental Health Action Plan 2013-2020. *World Health Organisation*, 1–44.