

**PENGARUH PENDEKATAN *STEM* (*SCIENCE, TECHNOLOGY
ENGINEERING AND MATHEMATICS*) MELALUI AKTIVITAS FISIK
TERHADAP *ACTIVE LIFESTYLE* DAN MOTIVASI BELAJAR**

TESIS

Diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister
Pendidikan Sekolah Pascasarjana Universitas Pendidikan Indonesia



Oleh:
GILANG GINANJAR
1802925

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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Oleh

Gilang Ginanjar

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister pada Sekolah Pascasarjana Jurusan Pendidikan Olahraga

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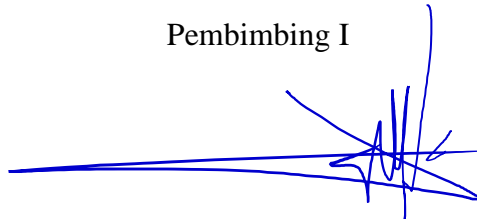
GILANG GINANJAR

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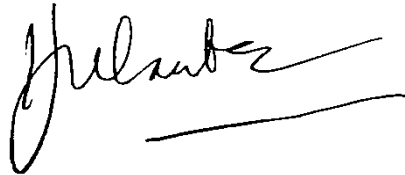
Pembimbing I



Dr. Yudy Hendrayana, M.Kes, AIFO.

NIP. 196207181988031004

Pembimbing II



Dr. Hj. Tite Juliantine, M.Pd

NIP. 196807071992032001

Mengetahui,

Ketua Program Studi Pendidikan Olahraga

Program Pasca Sarjana Universitas Pendidikan Indonesia



Prof. Dr. H. Amung Ma'mun, M.Pd.

NIP. 196001191986031002

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pendekatan STEM (*Science, Technology, Engineering, and Mathematics*) melalui aktivitas fisik terhadap *active lifestyle* dan motivasi belajar di SMP PGRI Cikembar Sukabumi. Metode penelitian yang digunakan yaitu metode eksperimen, dengan desain penelitian *The Matching-Only Pretest-Posttest Control Group Design*. Populasi dalam penelitian ini adalah peserta didik SMP PGRI Cikembar yang berada dikelas VIII. Pengambilan sampel dilakukan dengan teknik *random sampling* dan didapatkan 28 siswa kelompok kontrol dan 28 siswa kelompok eksperimen. Instrumen yang digunakan ada dua yaitu PAQ-C (*Physical Activity Questionnaire for Older Children*) dan IMI (*Intrinsic Motivation Inventory*). Teknik pengumpulan data antara lain tatap muka dilakukan menggunakan aplikasi *googlemeet*, materi dan tugas gerak diupload di *google classroom*, dan untuk angket kuesioner menggunakan *google form*. Hasil penelitian ini menunjukkan bahwa (1) Terdapat pengaruh yang positif dan signifikan dari pendekatan STEM terhadap *active lifestyle*. (2) Terdapat pengaruh yang positif dan signifikan dari pendekatan STEM terhadap motivasi belajar. Hal itu menunjukkan bahwa terdapat pengaruh pendekatan STEM (*science, technology, engineering, and mathematics*) melalui aktivitas fisik terhadap *active lifestyle* dan motivasi belajar.

Kata Kunci: *STEM, Active Lifestyle, Motivasi Belajar, Aktivitas Fisik*

ABSTRACT

This study aims to determine the effect of the STEM approach (Science, Technology, Engineering, and Mathematics) through physical activity on active lifestyle and learning motivation at SMP PGRI Cikembar Sukabumi. The research method used is the experimental method, with a research design of The Matching-Only Pretest-Posttest Control Group Design. The population in this study were students of SMP PGRI Cikembar who were in class VIII. Sampling was done by random sampling technique and obtained 28 students in the control group and 28 students in the experimental group. There are two instruments used, namely PAQ-C (Physical Activity Questionnaire for Older Children) and IMI (Intrinsic Motivation Inventory). Data collection techniques include face-to-face meetings using the GoogleMeet application, motion materials and assignments uploaded in Google Classroom, and for questionnaires using Google Forms. The results of this study indicate that (1) There is a positive and significant effect of the STEM approach on active lifestyle. (2) There is a positive and significant effect of the STEM approach on learning motivation. This shows that there is an influence of the STEM approach (science, technology, engineering, and mathematics) through physical activity on active lifestyle and learning motivation.

Keywords: STEM, Active Lifestyle, Learning Motivation, Physical Activity

DAFTAR ISI

	Halaman
PERNYATAAN	i
KATA PENGANTAR	ii
UCAPAN TERIMAKASIH	iii
ABSTRAK	v
ABSTRACT	vi
DAFTAR ISI	vii
DAFTAR TABEL	x
DAFTAR GAMBAR	xii
DAFTAR GAMBAR	xiii
BAB I PENDAHULUAN	
1.1 Latar Belakang	1
1.2 Rumusan Masalah	7
1.3 Batasan Masalah.....	7
1.4 Tujuan Penelitian	8
1.5 Manfaat Penelitian	8
1.6 Struktur Organisasi Tesis	8
BAB II KAJIAN PUSTAKA, KERANGKA BERFIKIR dan HIPOTESIS	
2.1 <i>STEM</i>	10
2.1.1 Pengertian Pembelajaran <i>STEM</i>	10
2.1.2 Tujuan Pembelajaran <i>STEM</i>	12
2.1.3 Langkah-langkah Model Pembelajaran <i>STEM</i>	13
2.1.4 Prinsip-prinsip Pelaksanaan Pembelajaran <i>STEM</i>	17
2.1.5 <i>STEM</i> Terintegritas Model-Model Pembelajaran	18
2.2 Aktivitas Fisik	22
2.2.1 Definisi Aktivitas Fisik	22
2.2.2 Manfaat Aktivitas Fisik	23
2.2.3 Jenis-Jenis Aktivitas Fisik	25
2.2.4 Fakto-Faktor yang Mempengaruhi Aktivitas Fisik	26
2.2.5 Kategori Aktivitas Fisik	27
2.3 <i>Active Lifestyle</i>	28

2.3.1 Hakikat <i>Active Lifestyle</i>	28
2.3.2 Faktor Pendukung <i>Active Lifestyle</i>	30
2.3.2.1 Mengatur Makanan dan Pola Makan	30
2.3.2.2 Mengatur Istirahat	31
2.3.2.3 Melakukan Aktivitas Fisik atau Olahraga	31
2.3.3 Hubungan <i>Active Lifestyle</i> dengan Kesehatan, Kebugaran dan Kesejahteraan	32
2.4 Motivasi	33
2.4.1 Pengertian Motivasi	33
2.4.2 Jenis-Jenis Motivasi	34
2.4.2.1 Motivasi Intrinsik	34
2.4.2.2 Motivasi Ekstrinsik	36
2.4.3 Faktor-Faktor yang Mempengaruhi Motivasi	37
2.4.4 Komponen Motivasi	38
2.5 Penelitian yang Relevan	40
2.6 Kerangka Berfikir	41
2.7 Hipotesis	43
BAB III METODE PENELITIAN	
3.1 Metode Penelitian	44
3.2 Desain Penelitian	44
3.3 Partisipan	45
3.4 Populasi dan Sampel	45
3.4.1 Populasi	45
3.4.2 Sampel	45
3.5 Langkah-Langkah Penelitian	46
3.6 Instrumen Penelitian	47
3.6.1 Kuesioner <i>Active Lifestyle</i>	47
3.6.2 Kuesioner <i>Motivasi</i>	52
3.6.2 Uji Validitas Instrumen	56
3.6.2 Uji Realibilitas Instrumen	59
3.7 Prosedur Penelitian	60
3.8 Analisis Data	60

3.8.1 <i>Gain Score</i>	60
3.8.2 Uji Normalitas	61
3.8.3 Uji Homogenitas.....	61
3.8.4 Uji Hipotesis.....	61
BAB IV HASIL PENELITIAN DAN PEMBAHASAN	
4.1 Hasil Penelitian	63
4.1.1 Deskripsi Data	63
4.1.2 <i>Gain Score</i>	64
4.1.3 Uji Normalitas	66
4.1.4 Uji Homogenitas.....	69
4.1.5 Uji Hipotesis.....	70
4.2 Pembahasan.....	72
4.2.1 Terdapat Pengaruh Pendekatan <i>STEM</i> terhadap <i>Active Lifestyle</i>	73
4.2.2 Terdapat Pengaruh Pendekatan <i>STEM</i> terhadap Motivasi	74
BAB V KESIMPULAN, IMPLIKASI dan REKOMENDASI	
5.1 Kesimpulan	76
5.2 Implikasi	76
5.3 Rekomendasi.....	76
DAFTAR PUSTAKA	78

DAFTAR TABEL

	Halaman
Tabel 2.1 Langkah-langkah Model Pembelajaran <i>STEM</i>	15
Tabel 2.2 Contoh Klasifikasi Aktivitas Fisik Berdasarkan Intensitasnya.....	25
Tabel 3.1 <i>Desain The Matching Only Pretest-Posttest Control Group</i>	44
Tabel 3.2 Bobot Penilaian <i>Physical Activity Questionnaire for Older Children</i> ..	48
Tabel 3.3 Kisi-Kisi Instrumen <i>Physical Activity Questionnaire</i>	48
Tabel 3.4 Instrumen Penelitian <i>Physical Activity Questionnaire</i>	50
Tabel 3.5 Kisi-Kisi <i>Intrinsic Motivation Inventory (IMI)</i>	53
Tabel 3.6 Instrumen <i>Intrinsic Motivation Inventory (IMI)</i>	53
Tabel 3.7 Hasil Uji Validitas Kuesioner <i>PAQ-C</i>	57
Tabel 3.8 Hasil Uji Validitas Kuesioner IMI.....	58
Tabel 3.9 Hasil Uji Reliabilitas	59
Tabel 4.1 Deskripsi Data <i>Active Lifestyle</i>	63
Tabel 4.2 Deskripsi Data Motivasi	64
Tabel 4.3 Pembagian Skor <i>Gain Score</i>	65
Tabel 4.4 Hasil <i>Gain Score</i>	66
Tabel 4.5 Uji Normalitas <i>Active Lifestyle</i>	67
Tabel 4.6 Uji Normalitas Motivasi	68
Tabel 4.7 Uji Homogenitas <i>Active Lifestyle</i>	69
Tabel 4.8 Uji Homogenitas Motivasi	70
Tabel 4.9 Uji normalitas Independent T test	71

Tabel 4.10 Uji Independent T test..... 71

DAFTAR GAMBAR

	Halaman
Gambar 2.1 Pelaksanaan <i>STEM</i>	17
Gambar 4.1 <i>Q-Q Plot of Kelompok Eksperimen Active Lifestyle</i>	67
Gambar 4.2 <i>Q-Q Plot of Kelompok Kontrol Active Lifestyle</i>	67
Gambar 4.3 <i>Q-Q Plot of Kelompok Eksperimen Motivasi</i>	68
Gambar 4.4 <i>Q-Q Plot of Kelompok Kontrol Motivasi</i>	68

DAFTAR LAMPIRAN

	Halaman
Lampiran 1. Program Penelitian/Treatment Pembelajaran	90
Lampiran 2. Hasil Pretest dan Posttest Kelompok Eksperimen dan Kontrol	101
Lampiran 3. Dokumentasi Penelitian.....	103
Lampiran 4. Lembar Kuesioner Penelitian	106
Lampiran 5. Surat Keterangan Validasi Instrumen oleh Ahli Bahasa	112
Lampiran 6. Surat Keputusan Penetapan Pembimbing.....	113
Lampiran 7. Surat Izin Penelitian.....	114
Lampiran 8. Surat Balasan Penelitian dari Sekolah.....	115
Lampiran 9. Surat Keterangan Publikasi	117
Lampiran 10. Lembar Bimbingan Tesis.....	118
Lampiran 11. Riwayat Hidup Penulis	124

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