

**PERBEDAAN SIKAP TERHADAP AKTIVITAS FISIK MAHASISWA
PADA MASA PANDEMI COVID-19**

SKRIPSI

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



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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
UNIVERSITAS PENDDIKAN INDONESIA
2021**

HAK CIPTA
PERBEDAAN SIKAP TERHADAP AKTIVITAS FISIK MAHASISWA PADA
MASA PENDEMI COVID-19

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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**PERBEDAAN SIKAP TERHADAP AKTIVITAS FISIK MAHASISWA PADA
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ABSTRAK

PERBEDAAN SIKAP TERHADAP AKTIVITAS FISIK MAHASISWA PADA MASA PANDEMI COVID-19

MOHAMMAD NIZAR PRIYA AVILA DHIYA

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Dosen Pembimbing Skripsi I :

Dra. Hj. Yati Ruhayati, M.Pd.

Tujuan dari penelitian ini adalah untuk menguji perbedaan sikap terhadap aktivitas fisik berdasarkan gender mahasiswa aktif Ilmu Keolahragaan pada masa pandemi covid-19. Metode yang digunakan dalam penelitian ini adalah kuantitatif dengan desain penelitian kausal komparatif. Teknik pengambilan sampel menggunakan *proportionate stratified random sampling* yaitu untuk dapat menggambarkan keadaan yang mewakili maka antara kelompok tersebut. Sampel dalam penelitian ini yaitu mahasiswa aktif Ilmu Keolahragaan Universitas Pendidikan Indonesia dengan jumlah sampel sebanyak 80 sampel kelompok laki-laki 56 orang dan sampel perempuan 24 orang. Instrument yang digunakan penelitian ini adalah ATPA (*Attitude Toward Physical Activity*) untuk mengukur perbedaan sikap terhadap aktivitas fisik. Hasil analisis data menggunakan uji parametrik *independent sampel t test* dan uji non-parametrik *mann-whitney u* yang menyimpulkan bahwa tidak terdapat perbedaan sikap terhadap aktivitas fisik berdasarkan gender pada mahasiswa Ilmu Keolahragaan Universitas Pendidikan Indonesia pada masa pandemi covid-19.

Kata Kunci: Sikap Terhadap Aktivitas Fisik, ATPA, *Attitude Toward Physical Activity*

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ABSTRACT

DIFFERENCES OF ATTITUDE TOWARD PHYSICAL ACTIVITY TO STUDENTS DURING PANDEMIC COVID-19

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Dra. Hj. Yati Ruhayati, M.Pd.

The purpose of this study was to examine differences in attitudes towards physical activity based on the gender of active Sports Science students during the covid-19 pandemic. The method used in this research is quantitative with a comparative causal research design. The sampling technique used proportionate stratified random sampling, namely to be able to describe representative conditions between the groups. The sample in this study were active students of Sports Science at the University of Education Indonesia with a total sample of 80 samples of 56 male groups and 24 female samples. The instrument used in this study is ATPA (Attitude Toward Physical Activity) to measure differences in attitudes towards physical activity. The results of data analysis using an parametric independent sample t test and a non-parametric Mann-Whitney test concluded that there were no differences in physical activity based on gender in Sports Science students at the Indonesian Education University during the COVID-19 pandemic.

Keywords: Attitude Toward Physical Activity, ATPA, Attitude Toward Physical Activity

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