

**PENGARUH VIRTUAL COMMUNITY FOR PHYSICAL ACTIVITY
TERHADAP PSYCHOLOGICAL AND SOCIAL WELLBEING
MAHASISWA DI ERA PANDEMI COVID-19**

SKRIPSI

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



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PENGARUH VIRTUAL COMMUNITY FOR PHYSICAL ACTIVITY TERHADAP
PSYCHOLOGICAL AND SOCIAL WELLBEING MAHASISWA DI ERA
PANDEMI COVID-19

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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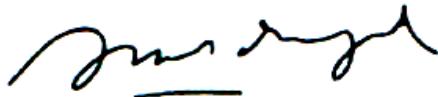
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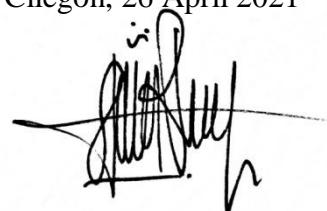
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LEMBAR PERNYATAAN KEASLIAN SKRIPSI

Dengan ini saya menyatakan bahwa skripsi saya yang berjudul “Pengaruh *Virtual Community For Physical Activity Terhadap Psychological And Social Wellbeing Mahasiswa Di Era Pandemi Covid-19*” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan pengutipan atau penjiplakan dengan cara-cara yang tidak sesuai dengan etika 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.

Cilegon, 26 April 2021



Shaula Anggi Rasallhaque

KATA PENGANTAR

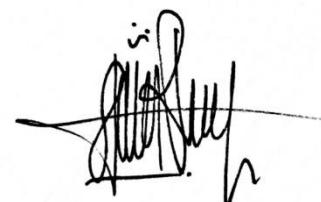
Puji syukur penulis panjatkan kepada Allah SWT yang telah memberikan rahmat serta karunianya sehingga penulis dapat menyelesaikan tugas akhir skripsi ini tepat pada waktunya, yaitu dengan judul **“Pengaruh Virtual Community For Physical Activity Terhadap Psychological And Social Wellbeing Mahasiswa Di Era Pandemi Covid-19”**.

Dengan selesainya penulisan skripsi ini tidak terlepas dari bantuan dan dukungan dari banyak pihak serta memberikan masukan-masukan kepada penulis. Untuk itu penulis mengucapkan banyak terimakasih.

Penulis berharap dengan adanya skripsi ini semoga nantinya dapat bermanfaat dan dapat memberikan wawasan mengenai hal-hal yang dapat berguna sebagai acuan dan petunjuk pemahaman yang berguna bagi penelitian selanjutnya.

Penulis menyadari bahwa masih banyak kekurangan dalam penulisan skripsi ini, baik dari segi materi maupun teknik penyajiannya, mengingat kurangnya pengetahuan dan pengalaman penulis. Oleh karena itu saran dan kritik yang membangun penulis sangat diharapkan demi tercapainya kesempurnaan dari skripsi ini.

Cilegon, 26 April 2021



Penulis

ABSTRAK

**PENGARUH VIRTUAL COMMUNITY FOR PHYSICAL ACTIVITY
TERHADAP PSYCHOLOGICAL AND SOCIAL WELLBEING
MAHASISWA DI ERA PANDEMI COVID-19**

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Dosen Pembimbing: Dr. dr. Imas Damayanti, M.Kes

Tujuan dari penelitian ini dilakukan yaitu untuk mengetahui pengaruh dari *Virtual Community for Physical Activity* terhadap *Psychological* dan *Social Wellbeing* mahasiswa di masa pandemi. Metode penelitian yang digunakan yaitu *Pre-experimental* dengan jenis *One Group Pretest-Posttest Design*. Sempel yang digunakan dalam penelitian yaitu menggunakan teknik *Purposive Sampling* dan sampel yang digunakan merupakan mahasiswa dari Universitas Pendidikan Indonesia yang berjumlah 12 orang perempuan. Instrumen yang digunakan berjumlah 3 kuisioner yaitu *Physical Activity Enjoyment Scale* (PACES), *Multideminsional Personality Questioner* (MPQ), *UCLA Loneliness Scale* (UCLA). Analisis data penelitian yaitu menggunakan uji *Paired Sample t-test* untuk mengetahui hasil dari data pretest dan posttest apakah terdapat pengaruh terhadap penelitian. Hasil penelitian ini yaitu terdapat pengaruh terhadap *psychological* dan tidak terdapat pengaruh terhadap *social wellbeing*.

Kata Kunci: *Virtual Community for Physical Activity, Mahasiswa, Psychological, Social Wellbeing.*

ABSTRACT

THE EFFECT OF VIRTUAL COMMUNITY FOR PHYSICAL ACTIVITY ON PSYCHOLOGICAL AND SOCIAL WELLBEING STUDENTS IN THE ERA OF PANDEMIC COVID-19

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The purpose of this study was to determine the effect of the Virtual Community for Physical Activity on the Psychological and Social Wellbeing of students during the pandemic. The research method used is pre-experimental with the type of One Group Pretest-Posttest Design. The sample used in the study used purposive sampling technique and the number of samples used was 12 students from the University Pendidikan Indonesia. The instruments used were 3 questionnaires, namely the Physical Activity Enjoyment Scale (PACES), Multidimensional Personality Questionnaire (MPQ), UCLA Loneliness Scale (UCLA). Analysis of research data using Paired Sample t-test to determine the results of the pretest and posttest data whether there is an effect on the research. The results of this study are that there is an effect on psychological and there is no influence on social wellbeing.

Key Word: *Virtual Community for Physical Activity, college student, Psychological, Social Wellbeing*

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