

**PENGARUH *PHYSICAL ACTIVITY* TERHADAP *MENTAL HEALTH*
PADA ANAK DAN REMAJA : SUATU TINJAUAN SISTEMATIS REVIU**

TESIS

Diajukan Untuk Memenuhi Syarat Untuk Memperoleh Gelar Magister Pendidikan
Olahraga Konsentrasi Pendidikan Olahraga



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**PENGARUH *PHYSICAL ACTIVITY* TERHADAP *MENTAL HEALTH*
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Magister Pendidikan (M.PD.) pada Program Studi Pendidikan Olahraga Pascasarjana

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**PENGARUH *PHYSICAL ACTIVITY* TERHADAP *MENTAL HEALTH* PADA
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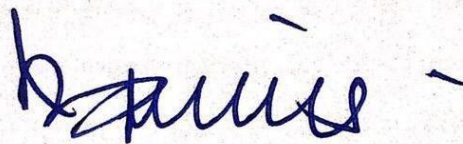
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ABSTRAK

Danta M. Sibarani NIM. 1906955 Tesis: Pengaruh Physical Activity Terhadap Mental Health Pada Anak Dan Remaja: Suatu Tinjauan Sistematis Reviu. Tesis ini dibimbing oleh Prof. Dr. Beltasar Tarigan, MS., AIFO dan Dr. H. Dian Budiana M.Pd. Program Studi Pendidikan Olahraga. Pascasarjana. Universitas Pendidikan Indonesia

Penelitian ini bertujuan untuk mengetahui pengaruh aktivitas fisik terhadap kesehatan mental serta untuk mengetahui jenis dan tingkatan aktivitas fisik yang berpengaruh terhadap kesehatan mental. Metode penelitian yang digunakan adalah *Systematic Literature Review (SLR)*. *Systematic Literature Review* memiliki 6 tahapan yaitu mendesain perencanaan penelitian, pengumpulan data, penelaian kualitas studi, merancang analisis data dan merancang sintesis data. Alat analisis data yang digunakan peneliti yaitu *Mendeley-Desktop-1.19.8-win32*. Hasil kajian penelitian menunjukkan terdapat pengaruh positif aktivitas fisik terhadap kesehatan mental ditinjau dari jenis serta tingkatan aktivitas fisik yang dilakukan. Berbagai tingkatan aktivitas fisik yang dilakukan secara signifikan berpengaruh terhadap kesehatan mental khususnya pada usia anak-anak dan remaja. Aktivitas fisik dengan intensitas sedang hingga kuat mencakup 3.000-6.000 langkah perhari adalah sangat baik bagi kesehatan mental. Dosis yang disarankan untuk jenis olahraga intensitas sedang adalah 30 menit setiap hari atau 3-5x seminggu. Aktivitas fisik sederhana seperti berjalan kaki, berenang, hiking, menari, jalan cepat, jogging, bersepeda atau melakukan olahraga yang populer menjadi salah satu kegiatan aktivitas fisik dapat mempengaruhi psikologis serta kesehatan mental anak dan remaja. Kesimpulan dari 20 studi yang ditinjau, 80% (16 studi) menyatakan terdapat pengaruh positif tentang aktivitas fisik terhadap kesehatan mental anak dan remaja. Serta 65% (13 studi) mengemukakan berbagai kegiatan aktivitas fisik dengan tingkatan serta jenis yang beragam dapat mempengaruhi terhadap kesehatan mental khususnya pada usia anak-anak dan remaja.

Kata kunci : Aktivitas fisik, kesehatan mental, anak dan remaja.

ABSTRACT

Danta M. Sibarani NIM. 1906955 Thesis: The Effect of Physical Activity on Mental Health in Children and Adolescents: A Systematic Review. This thesis is guided by Prof. Dr. Beltasar Tarigan, MS., AIFO and Dr. H. Dian Budiana M.Pd. Sports Education Study Program. Postgraduate. Indonesian education university

This study aims to determine the effect of physical activity on mental health and to determine the type and level of physical activity that affects mental health. The research method used is Systematic Literature Review (SLR). The Systematic Literature Review has 6 stages, namely designing research plans, collecting data, assessing study quality, designing data analysis and designing data synthesis. The data analysis tool used by the researcher is Mendeley-Desktop-1.19.8-win32. The results of the study that based on the results of the study there was a positive influence of physical activity on mental health in terms of the type and level of physical activity carried out. Various levels of physical activity performed significantly affect mental health, especially at the age of children and adolescents. Moderate to vigorous intensity physical activity spanning 3,000-6,000 steps is good for mental health. The recommended dose for moderate-intensity exercise is 30 minutes every day or 3-5 times a week. Simple physical activities such as walking, swimming, hiking, dancing, brisk walking, jogging, cycling or doing sports that are popular as physical activities can affect the psychological and mental health of children and adolescents. The conclusion of the 20 studies reviewed, 80% (16 studies) stated that there is a positive effect of physical activity on the mental health of children and adolescents. And 65% (13 studies) stated that various physical activities with various levels and types can affect mental health, especially at the age of children and adolescents.

Keywords: Physical activity, mental health, children and adolescents.

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