

**DAMPAK AKTIVITAS BERSEPEDA TERHADAP  
KESEHATAN MENTAL DAN *SELF-ESTEEM* PADA LANSIA**

**TESIS**

diajukan untuk memenuhi sebagian syarat untuk  
memperoleh gelar Magister Pendidikan  
Program Studi Pendidikan Olahraga



oleh

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MENTAL DAN *SELF-ESTEEM* PADA LANSIA**

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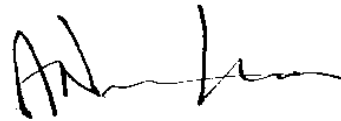
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## PERNYATAAN KEASLIAN

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## UCAPAN TERIMA KASIH

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## ABSTRAK

### DAMPAK AKTIVITAS BERSEPEDA TERHADAP KESEHATAN MENTAL DAN *SELF-ESTEEM* PADA LANSIA

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Penelitian ini bertujuan untuk mengetahui dampak aktivitas bersepeda terhadap kesehatan mental dan *self-esteem* pada lansia. Metode penelitian yang digunakan dalam penelitian ini metode *causal-comparative research (Expost-Facto)*. Teknik pengambilan sampling yaitu *purposive sampling*. Sampel dalam penelitian ini berjumlah 40 orang dibagi dalam 2 kelompok, yaitu lansia yang berusia 45-59 tahun dan lansia yang berusia 60-74 tahun. Hasil penelitian berdasarkan uji independent sampel T menunjukkan bahwa, Terdapat perbedaan kesehatan mental pada lansia usia 45-59 tahun antara yang aktif bersepeda dengan yang tidak aktif berolahraga. Terdapat perbedaan *self-esteem* pada lansia usia 45-59 tahun antara yang aktif bersepeda dengan yang tidak aktif berolahraga. Terdapat perbedaan kesehatan mental pada lansia usia 60-74 tahun antara yang aktif bersepeda dengan yang tidak aktif berolahraga. Terdapat perbedaan *self-esteem* pada lansia usia 60-74 tahun antara yang aktif bersepeda dengan yang tidak aktif berolahraga. Untuk peneliti selanjutnya, disarankan meneliti menggunakan metodologi yang berbeda serta memperluas variabel dan berfokus pada faktor-faktor kajian yang berdasarkan gender, latar belakang pendidikan.

**Kata Kunci** : Sepeda, Kesehatan Mental, *Self-Esteem*, Lansia

## ABSTRACT

### IMPACT OF CYCLING ON MENTAL HEALTH AND SELF-ESTEEM IN THE ELDERLY

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Purpose of this study was to determine the impact of cycling activity on mental health and self-esteem in the elderly. The method used in this study is a causal-comparative (Expost-Facto) research method. Sampling technique is purposive sampling. The sample in this study amounted to 40 people divided into 2 groups, namely the elderly aged 45-59 years and the elderly aged 60-74 years. The results of the study based on independent tests of T samples showed, There is a difference in mental health in the elderly aged 45-59 years between those who actively cycle and those who do not actively exercise. There is a difference in self-esteem in the elderly aged 45-59 years between those who actively cycle and those who do not actively exercise. There is a difference in mental health in the elderly aged 60-74 years between those who actively cycle and those who do not actively exercise. There is a difference in self-esteem in the elderly aged 60-74 years between those who actively cycle and those who do not actively exercise. For the next research, it is recommended to research using different methodologies as well as expanding variables and focusing on study factors based on gender, educational background.

**Keywords:** Bicycle, Mental Health, Self-Esteem, Elderly



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