

**HUBUNGAN ANTARA PARTISIPASI OLAHRAGA DAN MOTIVASI  
BELAJAR DENGAN PENURUNAN KECEMASAN SISWA DI MASA  
PANDEMI COVID-19**

TESIS

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister  
Pendidikan Olahraga



oleh

Rahmat Wahyudiansyah

NIM. 1803228

**PROGRAM STUDI PENDIDIKAN OLAHRAGA**

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*HUBUNGAN ANTARA PARTISIPASI OLAHRAGA DAN MOTIVASI BELAJAR DENGAN PENURUNAN  
KECEMASAN SISWA DI MASA PANDEMI COVID-19*

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**HAK CIPTA**

**HUBUNGAN ANTARA PARTISIPASI OLAHRAGA DAN MOTIVASI  
BELAJAR TERHADAP PENURUNAN KECEMASAN SISWA DI MASA  
PANDEMI COVID-19**

Oleh  
Rahmat Wahyudiansyah

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga Sekolah  
Pascasarjana

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HALAMAN PENGESAHAN

Rahmat Wahyudiansyah

HUBUNGAN ANTARA PARTISIPASI OLAHRAGA DAN MOTIVASI  
BELAJAR TERHADAP PENURUNAN KECEMASAN SISWA DI MASA  
PANDEMI COVID-19

Disetujui dan disahkan oleh

Pembimbing 1



Dr. Yunyun Yudiana, M.Pd.  
NIP. 196506141990011001

Pembimbing 2



Dr. Agus Mahendra, MA.  
NIP. 196308241989031002

Diketahui Oleh  
Ketua Program Studi Pendidikan Olahraga



Prof. Dr. H. Amung Ma'mun, M.Pd.  
NIP. 196001191986031002

## **PERNYATAAN KEASLIAN**

Dengan ini saya menyatakan bahwa tesis dengan judul hubungan antara partisipasi olahraga dan motivasi belajar terhadap penurunan kecemasan siswa di masa pandemi Covid-19 ini beserta seluruh isinya adalah benar-benar karya saya sendiri dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko atau sanksi yang dijatuhkan kepada saya apabila di kemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Januari 2022  
Penulis,

Rahmat Wahyudiansyah  
NIM. 1803228

# **HUBUNGAN ANTARA PARTISIPASI OLAHRAGA DAN MOTIVASI BELAJAR DENGAN PENURUNAN KECEMASAN SISWA DI MASA PANDEMI COVID-19**

## **ABSTRAK**

Penelitian ini bertujuan untuk menguji hubungan antara partisipasi olahraga dan motivasi belajar dengan penurunan kecemasan siswa pada masa pandemic Covid19. Populasi penelitian ini adalah siswa SMK Kesehatan Annisa Kota Bogor sebanyak 254 siswa dengan jumlah sampel 58 dengan teknik pengambilan sampel menggunakan *Nomogram Harry King*. Metode yang digunakan dalam penelitian ini adalah deskriptif-korelasional dengan teknik pengambilan data menggunakan kuesioner, serta pengolahan data menggunakan SPSS versi 22. Hasil penelitian ini 1) terdapat hubungan antara partisipasi olahraga dengan penurunan kecemasan; 2) terdapat hubungan antara motivasi belajar dengan penurunan kecemasan; 3) Terdapat hubungan partisipasi olahraga dan motivasi belajar secara bersama-sama dengan Penurunan Kecemasan. Kesimpulan, partisipasi olahraga dan motivasi belajar memiliki hubungan dengan penurunan kecemasan siswa, semakin tinggi motivasi belajar dan partisipasi olahraga maka semakin rendah tingkat kecemasan; dan berlaku sebaliknya semakin rendah partisipasi olahraga dan motivasi belajar maka semakin tinggi tingkat kecemasan.

Kata kunci: partisipasi olahraga, motivasi belajar, kecemasan, Covid19

**RELATIONSHIP BETWEEN SPORT PARTICIPATION AND LEARNING  
MOTIVATION AND REDUCING STUDENTS' ANXIETY IN THE COVID-19  
PANDEMIC**

**ABSTRACT**

*This study aims to examine the relationship between sports participation and learning motivation with a decrease in student anxiety during the Covid19 pandemic. The population of this research is the students of SMK Kesehatan Annisa Bogor City as many as 254 students with a total sample of 58 with the sampling technique using the Harry King Nomogram. The method used in this research is descriptive-correlation with data collection techniques using a questionnaire and data processing using SPSS version 22. The results of this study 1) there is a relationship between sports participation and decreased anxiety; 2) there is a relationship between learning motivation and decreased anxiety; 3) There is a relationship between sports participation and learning motivation together with Anxiety Reduction. In conclusion, sports participation and motivation have a relationship with decreasing student anxiety, increasing motivation and sports participation, the lower the level of anxiety; and conversely the lower the sports participation and learning motivation, the higher the level of anxiety.*

*Keywords: sports participation, learning motivation, anxiety, Covid19*

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Penulis,

Rahmat Wahyudiansyah  
NIM. 1803228



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