

**PENGARUH AKTIVITAS FISIK TERHADAP *SUBJECTIVE WELL-BEING* PADA SISWA SLTA DI BANDUNG RAYA**

**SKRIPSI**

Diajukan untuk Memenuhi Syarat Memperoleh Gelar Sarjana Psikologi pada  
Departemen Psikologi Fakultas Ilmu Pendidikan  
Universitas Pendidikan Indonesia



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# **Pengaruh Aktivitas Fisik terhadap Siswa SLTA di Bandung Raya**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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## ABSTRAK

**Zaynullah Muhammad Aydi (1504894).** Pengaruh Aktivitas Fisik terhadap *Subjective well-being* pada siswa SLTA di Bandung Raya. Skripsi. Departmen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2021).

Penelitian ini bertujuan untuk mengetahui Pengaruh Aktivitas Fisik terhadap *Subjective well-being* pada siswa SLTA di Bandung Raya. Metode penelitian yang digunakan adalah metode kuantitatif dengan responden berjumlah 300 siswa SLTA di Bandung Raya. Instrumen penelitian ini adalah *International Physical Activity Questionnaire (IPAQ)* untuk mengukur aktivitas fisik, *Scale of Positive and Negative Experience (SPANE)*, dan *The Satisfaction with Life Scale (SWLS)* untuk mengukur *subjective well-being*. Teknik analisis data menggunakan *Spearman Correlation Rank*. Uji signifikansi dilakukan dengan membandingkan nilai koefisien korelasi ( $r$  hitung) dan nilai  $r$  tabel pada tingkat signifikansi 5% ( $\alpha = 0,05$ ). Hasil penelitian menunjukkan: 1) Tidak terdapat pengaruh yang signifikan dari aktivitas fisik terhadap *subjective well-being*, 2) Bahkan setiap intensitas dari aktivitas fisik tidak berpengaruh terhadap *subjective well-being*.

**Kata Kunci:** Aktivitas fisik, *subjective well-being*, siswa SLTA di Bandung Raya.

## ABSTRACT

**Zaynullah Muhammad Aydi (1504894).** The Effect of Physical Activity on Subjective Well-Being of Senior High School Students in Bandung Raya. Unpublished research paper. Department of Psychology, Faculty of Education, Indonesian University of Education. Bandung. (2021).

The study aims to determine the effect of physical activity on subjective well-being of senior high school students in Bandung Raya. The method used is quantitative method with sample amounts 300 senior high school students in Bandung Raya. The instruments used in this research include International Physical Activity Questionnaire (IPAQ) to measure physical activity, Scale of Positive and Negative Experience (SPANE), and The Satisfaction with Life Scale (SWLS) to measure subjective well-being. Data analysis technique used is Spearman Correlation Rank. Significance test is done with comparing the value of coefficient correlation ( $r$ ) and the value of  $r$  table on significance level 5% ( $\alpha = 0,05$ ). This research found that: 1) There's no significant effect from physical activity towards subjective well-being, 2) Moreover on every physical activity intensity has no significant effect towards subjective well-being.

**Keywords:** Physical activity, subjective well-being, senior high school students in Bandung Raya.

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