

**HUBUNGAN PARTISIPASI OLAHRAGA DAN  
*SELF-EFFICACY* DENGAN PRESTASI AKADEMIK  
BERDASARKAN TINJAUAN GENDER**

**TESIS**

Diajukan untuk memenuhi sebagian syarat  
Memperoleh gelar Magister  
Pendidikan Program Studi Pendidikan Olahraga



oleh

**Ilham Truly Fajri**

**NIM 2002525**

**SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA  
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**HUBUNGAN PARTISIPASI OLAHRAGA DAN SELF-EFFICACY  
DENGAN PRESTASI AKADEMIK BERDASARKAN TINJAUAN  
GENDER**

Oleh  
Ilham Truly Fajri

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Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana

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Universitas Pendidikan Indonesia  
Agustus 2022

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**HALAMAN PENGESAHAN**

Ilham Truly Fajri

**HUBUNGAN PARTISIPASI OLAHRAGA DAN *SELF-EFFICACY*  
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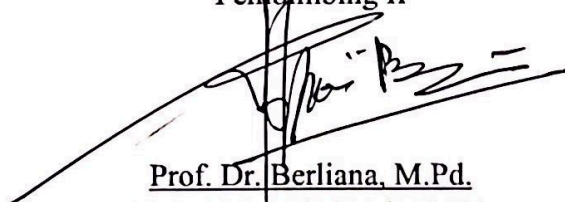
Disetujui dan Disahkan Oleh:

Pembimbing I  
25/7/22



Prof. Dr. Hj. Nina Sutresna, M.Pd.  
NIP. 196412151989012001

Pembimbing II



Prof. Dr. Berliana, M.Pd.  
NIP. 196205131986022001

Ketua Program Studi

Pendidikan Olahraga



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

## ABSTRAK

### **Ilham Truly Fajri, 2002525, Hubungan Partisipasi Olahraga dan *Self-Efficacy* dengan Prestasi Akademik Berdasarkan Tinjauan Gender**

Prestasi akademik menjadi acuan keberhasilan seseorang dalam belajar dan menjadi salah satu indikator yang dapat digunakan untuk melihat kualitas seseorang dalam memahami ilmu pengetahuan. Banyak faktor-faktor yang dapat mempengaruhi prestasi akademik, salah satunya adalah partisipasi olahraga, *self-efficacy*, dan perbedaan jenis kelamin. Penelitian ini membahas mengenai hubungan antara partisipasi olahraga dan *self-efficacy* dengan prestasi akademik pada tinjauan gender. Penelitian ini menggunakan metode deskriptif dengan *correlational design* dan sebanyak 105 siswa SMA Pasundan 3 Bandung dipilih sebagai sampel dengan menggunakan teknik *cluster random sampling*. Instrumen yang digunakan dalam penelitian ini terdiri dari Angket Partisipasi Olahraga, *General Self-Efficacy Scale*, dan dokumentasi nilai rapor siswa. *Bivariate Correlation* dengan SPSS versi 25 digunakan sebagai analisis data penelitian. Hasil penelitian ini menunjukkan bahwa terdapat hubungan positif yang signifikan antara partisipasi olahraga dengan prestasi siswa laki-laki dan siswa perempuan. Dan menunjukkan bahwa *self-efficacy* memiliki hubungan positif yang signifikan dengan prestasi akademik siswa laki-laki dan siswa perempuan. Serta menunjukkan bahwa terdapat hubungan positif yang simultan antara partisipasi olahraga dan *self-efficacy* dengan prestasi olahraga siswa laki-laki dan siswa perempuan.

**Kata Kunci: Jender dan Olahraga, Partisipasi Olahraga, *Self-Efficacy*, Prestasi Akademik**

## **ABSTRACT**

### **Ilham Truly Fajri, 2002525, *The Relationship between Sports Participation and Self-Efficacy and Its Relation to Academic Achievement Based on Gender Review***

*Academic achievement is a reference for one's success in learning. Academic achievement is one indicator that can be used to see a person's quality in understanding science. Many factors can affect academic achievement, one of which is sports participation, self-efficacy, and gender differences. This study discusses the relationship between sports participation and self-efficacy with academic achievement on a gender review. This study used a descriptive method with a correlational design and as many as 105 students of SMA Pasundan 3 Bandung were selected as samples using the cluster random sampling technique. The instruments used in this study consisted of a Sports Participation Questionnaire, General Self-Efficacy Scale, and documentation of student report cards. Bivariate Correlation with SPSS version 25 was used as research data analysis. The results of this study indicate that there is a significant positive relationship between sports participation on male student achievement and female student achievement. And shows that self-efficacy has a significant positive relationship with the academic achievement on male students and female students. And also, shows a simultaneous positive relationship between sports participation and self-efficacy with the sports achievements of male and female students.*

**Keywords: Gender and Sports, Sports Participation, Self-Efficacy, Academic Achievement**

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