

**HUBUNGAN ANTARA KONSUMSI SUPLEMEN DENGAN
RESPON PSIKOLOGIS DAN AKTIVITAS FISIK ATLET
BELA DIRI**

TESIS

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Magister
Pendidikan



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

HUBUNGAN ANTARA KONSUMSI SUPLEMEN DENGAN RESPON PSIKOLOGIS DAN AKTIVITAS FISIK ATLET BELA DIRI

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan pada Sekolah Pascasarjana

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Agustus 2021

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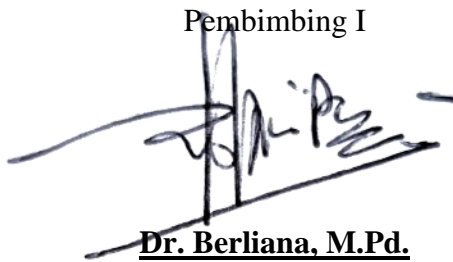
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PERNYATAAN

Saya menyatakan bahwa tesis dengan judul “**HUBUNGAN ANTARA KONSUMSI SUPLEMEN DENGAN RESPON PSIKOLOGIS DAN AKTIVITAS FISIK ATLET BELA DIRI**” ini sepenuhnya adalah karya saya sendiri. Tidak ada bagian di dalamnya yang merupakan plagiat dari karya orang lain dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan, khususnya dilingkungan UPI. Atas pernyataan ini, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila kemudian ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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Puji dan syukur penulis sampaikan ke hadirat Tuhan Yang Maha Esa karena atas segala rahmat dan karunia-Nya penulisan karya ilmiah dalam bentuk tesis ini berjalan dengan lancar dan bisa diselesaikan dengan baik. Tanpa kuasa-Nya, karya ilmiah ini tidak akan pernah ada. Tidak lupa juga penulis mengucapkan terima kasih kepada setiap pihak yang telah berjasa bagi penulis selama proses perkuliahan dan penulisan tesis ini.

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ABSTRAK

Hubungan antara Konsumsi Suplemen dengan Respon Psikologis dan Aktivitas Fisik Atlet Bela Diri

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Dosen Pembimbing I : Dr. Berliana, M.Pd.

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Atlet bela diri telah lazim mengonsumsi suplemen untuk berbagai tujuan dalam olahraga. Namun sayangnya, tidak semua atlet bela diri memiliki pengetahuan yang baik terkait konsumsi suplemen yang kita ketahui memiliki hubungan dengan respon psikologis dan aktivitas fisik. Penelitian ini bertujuan untuk mengkaji hubungan antara konsumsi suplemen dengan respon psikologis, aktivitas fisik, dan hubungan yang simultan antar ketiga variabel tersebut. Metode deskriptif dengan *correlational design* digunakan dalam penelitian ini. Sebanyak 145 atlet dari 9 cabang olahraga bela diri terlibat sebagai sampel penelitian yang dipilih dari populasi menggunakan teknik *total sampling*. Instrumen yang digunakan dalam penelitian ini terdiri dari *SCQ*, *PSIS-Youth*, *Balke VO2 Max. Test* dan *400-Metre Sprint Test* yang diberikan satu kali kepada sampel pada bulan April-Mei 2021. *Bivariate correlation* dan *Kruskal Wallis-Test* dengan SPSS versi 24 digunakan sebagai analisis data penelitian. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara konsumsi suplemen dengan respon psikologis (23,7%), aktivitas fisik (16,7%) dan secara bersama-sama (7,7%) pada atlet bela diri. Selain itu juga, atlet bela diri memberikan respon psikologis dan aktivitas fisik yang berbeda antar jenis kelamin. Penelitian ini memberikan kesimpulan bahwa konsumsi suplemen berhubungan secara signifikan dengan respon psikologis dan aktivitas fisik atlet bela diri, baik secara parsial ataupun simultan. Penulis memberikan saran untuk lebih memperhatikan dan mengevaluasi konsumsi suplemen pada atlet bela diri karena akan memiliki efek bagi atlet, baik secara psikologis maupun aktivitas fisiknya. Jika konsumsi suplemen yang dilakukan tidak tepat, maka manfaat yang seharusnya diperoleh tidak akan tercapai dengan maksimal.

Kata Kunci: Konsumsi Suplemen, Respon Psikologis, Aktivitas Fisik, Atlet Bela Diri

ABSTRACT

The Relationship between Supplement Consumption with Psychological Responses and Physical Activity of Martial Art Athletes

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Martial athletes have commonly taken supplements for various purposes in sports. But unfortunately, not all martial arts athletes have good knowledge regarding the consumption of supplements which we know have a relationship with psychological responses and physical activity. This study aims to examine the relationship between supplement consumption with psychological responses, physical activity, and the simultaneous relationship between the three variables. Descriptive method with correlational design is used in this study. A total of 145 athletes from 9 martial arts sports were involved as research samples selected from the population using a total sampling technique. The instruments used in this study consisted of SCQ, PSIS-Youth, Balke VO2 Max. Test and 400-Metre Sprint Test administered once to the sample in April-May 2021. Bivariate correlation and *Kruskal Wallis-Test* with SPSS version 24 were used for analysis of research data. The results showed that there was a significant relationship between supplement consumption and psychological responses (23.7%), physical activity (16.7%) and jointly (7.7%) in martial arts athletes. In addition, martial arts athletes provide different psychological responses and physical activities between sexes. This study concludes that supplement consumption is significantly related to the psychological response and physical activity of martial arts athletes, either partially or simultaneously. The author gives advice to pay more attention to and evaluate the consumption of supplements in martial arts athletes because it will have an effect on athletes, both psychologically and physically. If the consumption of supplements is done incorrectly, then the benefits that should be obtained will not be achieved to the maximum.

Keywords: Supplement Consumption, Psychological Response, Physical Activity, Martial Art Athletes'

KATA PENGANTAR

Puji dan syukur penulis ucapkan ke hadirat Tuhan Yang Maha Esa karena atas segala rahmat dan karunia-Nya penulisan karya ilmiah dalam bentuk tesis ini berjalan dengan lancar dan bisa diselesaikan dengan baik. Tanpa kuasa-Nya, karya ilmiah ini tidak akan pernah ada. Tesis ini memiliki judul “**HUBUNGAN ANTARA KONSUMSI SUPLEMEN DENGAN RESPON PSIKOLOGIS DAN AKTIVITAS FISIK ATLET BELA DIRI**” dan dibuat guna memenuhi salah satu syarat untuk memperoleh gelar Magister Pendidikan pada Program Studi Pendidikan Olahraga Sekolah Pascasarjana Universitas Pendidikan Indonesia.

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DAFTAR ISI

HALAMAN JUDUL	i
HALAMAN PENGESAHAN	ii
PERNYATAAN KEASLIAN	iii
UCAPAN TERIMA KASIH	iv
ABSTRAK	vii
ABSTRACT	viii
KATA PENGANTAR	ix
DAFTAR ISI	x
DAFTAR TABEL	xii
DAFTAR GAMBAR	xiii
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah	6
1.3 Tujuan Penelitian	6
1.4 Manfaat Penelitian	7
1.5 Struktur Organisasi Penelitian	7
BAB II KAJIAN PUSTAKA	9
2.1 Suplemen dalam Olahraga	9
2.2 Respon Psikologis	17
2.3 Aktivitas Fisik	28
2.4 Penelitian Relevan	37
2.5 Kerangka Berpikir	40
2.6 Hipotesis	43
BAB III METODE PENELITIAN	44
3.1 Metode Penelitian	44
3.2 Desain Penelitian	44
3.3 Populasi dan Sampel	45
3.4 Instrumen Penelitian	47
3.5 Prosedur Penelitian	48

3.6 Analisis Data	49
BAB IV TEMUAN DAN PEMBAHASAN	50
4.1 Temuan.....	50
4.2 Pembahasan.....	59
BAB V SIMPULAN, IMPLIKASI DAN SARAN	74
5.1 Simpulan	74
5.2 Implikasi.....	74
5.3 Saran.....	74
DAFTAR PUSTAKA	76
LAMPIRAN.....	90

DAFTAR TABEL

	Halaman
Tabel 2.1 Kategori Suplemen berdasarkan Penggunaan	13
Tabel 3.1 Populasi Penelitian	46
Tabel 4.1 Data Demografis	50
Tabel 4.2 Deskripsi Statistik	51
Tabel 4.3 Uji Normalitas	51
Tabel 4.4 Uji Korelasi	52
Tabel 4.5 Uji Simultan	52
Tabel 4.6 Uji Perbedaan Respon Psikologis (<i>Ranks</i>)	53
Tabel 4.7 Uji Perbedaan Respon Psikologis (<i>Test Statistics</i>)	53
Tabel 4.8 Uji Perbedaan Aktivitas Fisik (<i>Ranks</i>)	54
Tabel 4.9 Uji Perbedaan Aktivitas Fisik (<i>Test Statistics</i>)	54
Tabel 4.10 Tingkat Pengetahuan terkait Suplemen	57

DAFTAR GAMBAR

	Halaman
Gambar 2.1 Grafik Ambang An-Aerobik	36
Gambar 3.1 Desain Penelitian.....	45
Gambar 3.2 Prosedur Penelitian.....	48
Gambar 4.1 Jenis Suplemen yang digunakan	55
Gambar 4.2 Durasi Konsumsi Suplemen	55
Gambar 4.3 Sumber Informasi terkait Suplemen.....	56
Gambar 4.4 Tujuan Konsumsi Suplemen	56
Gambar 4.5 Persentase Respon Psikologis	58
Gambar 4.6 Persentase Aktivitas Fisik	59

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