

AKTIVITAS FISIK GENERASI ZILLENIAL BERDASARKAN GENDER

SKRIPSI

Diajukan Sebagai Salah Satu Syarat Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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Aktivitas Fisik Generasi Zillenial Berdasarkan Gender

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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ABSTRAK

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Penelitian ini bertujuan untuk menguji perbedaan tingkat aktivitas fisik generasi zillenial (Gen Z) berdasarkan gender. Metode yang digunakan dalam penelitian ini adalah metode penelitian kuantitatif dengan pendekatan kausal komparatif. Populasi penelitian ini yaitu generasi zillenial di Kota Bandung. Sampel dalam penelitian ini sebanyak 134 orang dengan teknik pengambilan sampel menggunakan *Convenience Sampling*. Instrumen aktivitas fisik dalam pengambilan data menggunakan *Global Physical Activity Questionnaire* (GPAQ) yang dikembangkan oleh WHO. Data di analisis menggunakan Uji *Mann Whitney U*. Aktivitas fisik generasi zillenial berdasarkan domain GPAQ diketahui bahwa pada domain aktivitas belajar, aktivitas perjalanan dan aktivitas menetap tidak terdapat perbedaan berdasarkan gender. Sedangkan pada domain aktivitas rekreasi terdapat perbedaan berdasarkan gender. Dapat digambarkan bahwa aktivitas fisik generasi zillenial di Kota Bandung masuk kategori sedang (47%). Hasil analisis data diperoleh nilai sig. $p=0.453 > 0.05$, maka data tersebut signifikan. Dilihat dari analisis data tersebut disimpulkan bahwa tidak terdapat perbedaan aktivitas fisik generasi Zillenial berdasarkan gender.

Kata Kunci : aktivitas fisik, generasi zillenial, *global physical activity quisioner*

ABSTRACT

ZILLENIAL GENERATION OF PHYSICAL ACTIVITY BASED ON GENDER

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The purpose of this study was to examine differences in the level of physical activity of zillennial generation based on gender. The method used is a quantitative research method with a comparative causal approach. The population of this study is generation Z who live in Kota Bandung. The sample in this study was 134 people with the sampling technique using Convenience Sampling. The physical activity instrument in data collection uses the Global Physical Activity Questionnaire (GPAQ). Data was analyzed using Mann Whitney U test. The description of the physical activity of the zillennial generation based on the GPAQ domain shows that in the domain of activity at work/study, travel to and from places and sedentary behavior there are no differences based on gender. Which shows that Generation Z does a lot of moderate physical activity. While in the domain of recreational activities there are differences based on gender. The results of the data analysis show the value of sig. $p=0.453 > 0.05$, data is significant. The results of this study concluded that there was no difference in the physical activity of zillennial generation based on gender.

Keyword : physical activity, zillennial generation, global physical activity quisioner

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