

**TINGKAT MOTIVASI AKTIVITAS FISIK REMAJA di KABUPATEN
BANDUNG**

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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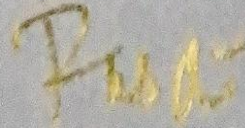
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ABSTRAK

TINGKAT MOTIVASI AKTIVITAS FISIK REMAJA di KABUPATEN BANDUNG

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Pembimbing I : Dra. Hj. Yati Ruhayati, M.Pd

Tiga tahun terakhir Dunia dihadapkan dengan masalah yang besar yaitu pandemic. Salah satu cara untuk mengatasi hal ini yaitu dengan memutus mata rantai penyebaran covid-19 dengan mulai membiasakan hidup melalui adaptasi kebiasaan baru (AKB). Tujuan dari penelitian ini adalah untuk menguji hubungan motivasi melakukan aktivitas fisik berdasarkan level aktivitas fisik dan gender. Metode yang digunakan adalah metode penelitian kuantitatif dengan pendekatan kausal komparatif. Populasi penelitian ini yaitu remaja yang berdomisili di Kab. Bandung dengan jumlah sampel sebanyak 110 orang. Teknik pengambilan sampel menggunakan convenience sampling. Instrumen yang digunakan yaitu *Global Physical Activity Questionnaire* untuk mengukur level aktivitas fisik dan *The Behavioral Regulation In Exercise Questionnaire* untuk mengukur motivasi aktivitas fisik. Hasil penelitian menunjukkan bahwa rata-rata remaja di kab bandung melakukan aktivitas fisik sedang. Hasil analisis data uji independent sample T-test menunjukkan ($p=0.183>0.05$) tidak terdapat perbedaan tingkat motivasi remaja dalam melakukan aktivitas fisik berdasarkan gender dan hasil uji Kruskal Wallis H ($p=0.410<0.05$) menunjukkan tidak terdapat perbedaan motivasi remaja dalam melakukan aktivitas fisik berdasarkan level aktivitas.

Kata Kunci: aktivitas fisik, motivasi, adaptasi kebiasaan baru

ABSTRACT

PHYSICAL ACTIVITY LEVEL AND MOTIVATION OF ADOLESCENTS in BANDUNG REGENCY

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In the last three years, the world has been dealing with a big problem, namely a pandemic. One way to overcome this is to break the chain of distribution of Covid-19 by starting to get used to life through adaptation to new habits. The purpose of this study was to examine the relationship between motivation to engage in physical activity based on the level of physical activity and gender. The method used is a quantitative research method with a comparative causal approach. The population of this study is adolescents who live in Kab. Bandung with a total sample of 110 people. The sampling technique uses convenience sampling. The instruments used are the Global Physical Activity Questionnaire to measure the level of physical activity and The Behavioral Regulation In Exercise Questionnaire to measure the motivation for physical activity. The results showed that the average adolescent in Bandung district did moderate physical activity. The results of the analysis of the Independent Sample T-test data showed ($p=0.183 > 0.05$) there was no difference in the level of motivation of adolescents in carrying out physical activity based on gender and the analysis of Kruskal Wallis H ($p=0.741 < 0.05$) there was no difference in the motivation of adolescents in carrying out physical activity based on the level of activity.

Keywords: physical activity, motivation, new normal condition

DAFTAR ISI

LEMBAR PENGESAHAN	i
HALAMAN PERNYATAAN KEABSAHAN SKRIPSI.....	ii
KATA PENGANTAR	iii
UCAPAN TERIMAKASIH.....	iv
ABSTRAK	vi
ABSTRACT	vii
DAFTAR ISI.....	viii
DAFTAR TABEL.....	x
DAFTAR GAMBAR	xi
DAFTAR LAMPIRAN.....	xii
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang	1
1.2 Rumusan Masalah	3
1.3 Tujuan	3
1.4 Manfaat	4
1.5 Struktur Organisasi	4
BAB II KAJIAN PUSTAKA	6
2.1 Kajian Teori	6
2.1.1 Motivasi	6
2.1.2 Aktivitas Fisik.....	7
2.1.3 Karakteristik Remaja.....	8
2.2 Penelitian Terdahulu	9
2.3 Teori Relevan	10
2.4 Kerangka Berpikir	11
BAB III METODE PENELITIAN	12
3.1 Metode Penelitian.....	12
3.2 Desain Penelitian.....	12
3.3 Partisipan Penelitian.....	13

3.4 Populasi dan Sampel Penelitian	13
3.5 Instrumen Penelitian.....	13
3.6 Prosedur Penelitian.....	14
3.7 Analisis Data	15
BAB IV TEMUAN DAN BAHASAN	16
4.1 Temuan Penelitian.....	16
4.1.1 Deskripsi Data Temuan Penelitian.....	16
4.1.3 Uji Hipotesis	19
BAB V SIMPULAN IMPLIKASI DAN REKOMENDASI	Error! Bookmark not defined.
5.1 Simpulan	24
5.2 Implikasi.....	24
5.3 Rekomendasi	24
DAFTAR PUSTAKA	26
RIWAYAT HIDUP.....	46

DAFTAR TABEL

Tabel 4.1 Deskripsi Data Statistik.....	16
Tabel 4.2 Persentase Tingkat Aktivitas Fisik.....	17
Tabel 4.3 Persentase Motivasi Aktivitas Fisik.....	18
Tabel 4.4 Uji Normalitas Data	19
Tabel 4.5 Uji Hipotesis Independent Sample T-test	19
Tabel 4.6 Uji Hipotesis Independent Sample T-test	20
Table 4.7 Hasil Uji Hipotesis Kruskal Wallis H.....	20

DAFTAR GAMBAR

Gambar 2.1 Kerangka Berpikir	11
Gambar 3.1 Desain Penelitian Kausal Komparatif	12
Gambar 4.1 Grafik Sampel Gender	16
Gambar 4.2 Grafik Tingkat Aktivitas Fisik	17
Gambar 4.3 Grafik Tingkat Aktivitas Fisik	18

DAFTAR LAMPIRAN

Lampiran 1. Lembar Pengesahan	30
Lampiran 2. Kuesioner <i>Behavior Regulation Exercise Questionnaire</i> (BREQ-2)	31
Lampiran 3. Kuesioner <i>Global Physical Activity Questionnaire</i> (GPAQ)	32
Lampiran 4. Penunjukan SK Pembimbing Skripsi	35
Lampiran 5. Surat Ijin Penelitian	38
Lampiran 6. <i>Inform Concern</i>	39
Lampiran 7. Hasil Output Data SPSS	40
Lampiran 8. Kartu Bimbingan	41

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