

**PENGARUH APLIKASI MAHASISWA BUGAR TERHADAP
PENINGKATAN MOTIVASI BEROLAHRAGA**

SKRIPSI

diajukan untuk memenuhi sebagian dari syarat untuk memperoleh gelar

Sarjana Olahraga Program Studi Ilmu Keolahragaan



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ABSTRAK

PENGARUH APLIKASI MAHASISWA BUGAR TERHADAP PENINGKATAN MOTIVASI BEROLAHRAGA

Studi ini bertujuan untuk menguji pengaruh intervensi aplikasi mahasiswa bugar terhadap peningkatan motivasi berolahraga, juga untuk meneliti ada tidaknya perbedaan motivasi mahasiswa yang diberi intervensi aplikasi dan yang tidak diberi intervensi. Metode yang digunakan pada penelitian ini adalah metode *pre test post test control group design*. Partisipan pada penelitian ini merupakan mahasiswa Universitas Pendidikan Indonesia jenjang S1 sebanyak 62 orang. Penelitian ini dilakukan selama 8 minggu dan *treatment* dilakukan secara mandiri oleh sampel. The Behavioral Regulation Questionnaire 2 (BREQ-2) digunakan sebagai instrumen untuk mengukur motivasi. Data kemudian dianalisis menggunakan uji *wilcoxon* dan uji *mann-whitney*. Hasil analisis data uji *wilcoxon* menunjukkan tidak ada pengaruh intervensi aplikasi mahasiswa bugar terhadap motivasi berolahraga, baik pada kelompok control ($p= 0.056 > 0.05$), maupun pada kelompok eksperimen ($p= 0.991 > 0.05$). Dari studi ini juga tidak ada perbedaan motivasi mahasiswa yang diberi intervensi aplikasi dengan yang tidak ($p=0.202 > 0.05$).

Kata kunci: Aktivitas fisik, aplikasi kebugaran, motivasi

ABSTRACT

THE EFFECT OF MAHASISWA BUGAR APPLICATION ON INCREASING EXERCISE MOTIVATION

The purpose of this study was to examine the effect of intervention application of Mahasiswa Bugar on exercise motivation, also to see the differences in motivation between collage student who were given the intervention and those who does not given. The method used in this research is the pretest-post test control group design. The participants in this study were 62 participants that takes from undergraduate students at the Universitas Pendidikan Indonesia. This research was conducted in 8 weeks and the treatment was taken from the participants that already given the intervention of application and have been implemented independently by the sample. The Behavioral Regulation Questionnaire 2 (BREQ-2) was used in this research to measure the participants motivation to do excercise. The results of the Wilcoxon test data analysis showed that there was no effect of intervention application of mahasiswa bugar on exercise motivation, both in the control group ($p=0.056 > 0.05$), and in the experimental group ($p=0.991 > 0.05$). From this research its proved that no difference in the motivation of students who were given the application intervention and those who were not given the intervention ($p=0.202 > 0.05$).

Keywords: *Physical Activity, fitness app, motivation*

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