

**APLIKASI MAHASISWA BUGAR UNTUK MENINGKATKAN
*PHYSICAL SELF-CONCEPT***

SKRIPSI

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



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ABSTRAK

APLIKASI MAHASISWA BUGAR UNTUK MENINGKATKAN *PHYSICAL SELF-CONCEPT*

Penelitian ini bertujuan untuk meningkatkan physical self-concept dengan menggunakan aplikasi mahasiswa bugar. Metode yang digunakan dalam penelitian ini *randomized kontrol trial* dengan *Pretest – Post Test Kontrol Group Design*. Sebanyak 62 mahasiswa aktif dari 8 fakultas yang berada di Universitas Pendidikan Indonesia dengan menggunakan teknik *purposive sampling*. Instrumen yang digunakan Physical Self-Description Questionnaire - Short Version (PSDQ-S) untuk mengukur *physical self-concept*. Data dianalisis dengan menggunakan uji Wilcoxon dan Mann-Whitney, hasil analisis uji Wilcoxon menunjukkan adanya peningkatan physical self-concept pada sampel yang diberikan intervensi aplikasi selama 8 minggu ($p = 0.00 < 0.05$). Nilai uji Mann-whitney ($p = 0.00 < 0.05$), maka terdapat perbedaan yang signifikan antara kelompok yang diberikan intervensi aplikasi dan kelompok kontrol yang tidak diberikan intervensi.

Kata Kunci : Aktivitas fisik, aplikasi kebugaran, physical self-concept

ABSTRACT

MAHASISWA BUGAR APPLICATION FOR INCREASE PHYSICAL SELF-CONCEPT

This study aims to improve physical self-concept by using fit student applications. The method used in this study was a randomized control trial with a Pretest – Post Test Control Group Design. A total of 62 active students from 8 faculties at the Indonesian University of Education used a purposive sampling technique. The instrument used is the Physical Self-Description Questionnaire - Short Version (PSDQ-S) to measure physical self-concept. Data were analyzed using the Wilcoxon and Mann-Whitney tests, the results of the Wilcoxon test analysis showed an increase in physical self-concept in the sample given the application intervention for 8 weeks ($p = 0.00 < 0.05$). The value of the Mann-Whitney test ($p = 0.00 < 0.05$), means that there is a significant difference between the group that was given the application intervention and the control group that was not given the intervention.

Keywords : *Physical activity, fitness application, physical activity*

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