

**MOTIVASI MAHASISWA UPI DALAM KEGIATAN OLAHRAGA
DAN AKTIVITAS FISIK DARI PERSPEKTIF GENDER**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



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

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Mei 2023

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ABSTRAK

Tasya Salsabila, 2002716, Motivasi Mahasiswa UPI dalam Kegiatan Olahraga dan Aktivitas Fisik dari Perspektif Gender

Penelitian ini bertujuan untuk menganalisis motivasi mahasiswa UPI dalam kegiatan olahraga dan aktivitas fisik dari perspektif gender. Penelitian dilakukan dengan menggunakan metode deskriptif teknik survey terhadap 386 mahasiswa UPI angkatan 2021, terdiri atas 198 mahasiswa laki-laki dan 188 mahasiswa perempuan. *Simple random sampling* dipilih dan ditentukan sebagai teknik penyampelan dengan menggunakan formula *Slovin*. Terdapat 2 (dua) instrumen penelitian yang digunakan yaitu *International Physical Activity Questionnaire* (IPAQ) dan *Sport Motivation Scale-II* (SMS-II). Semua data yang dikumpulkan, dianalisis menggunakan SPSS versi 25. Hasil analisis menunjukkan bahwa gambaran motivasi mahasiswa UPI angkatan 2021 dalam kegiatan olahraga berada pada kategori baik dan kategori cukup untuk motivasi pada aktivitas fisik. Motivasi mahasiswa laki-laki dan perempuan dalam kegiatan olahraga tidak terdapat perbedaan yang signifikan. Sedangkan motivasi mahasiswa laki-laki dan perempuan dalam aktivitas fisik terdapat perbedaan yang signifikan, dimana motivasi pada aktivitas fisik mahasiswa laki-laki lebih tinggi daripada mahasiswa perempuan. Sesuai dengan hasil penelitian maka motivasi dalam kegiatan olahraga dan aktivitas fisik dapat dipengaruhi oleh gender.

Kata Kunci: Motivasi Berolahraga, Kegiatan Olahraga, Aktivitas Fisik, Jender dan Olahraga

ABSTRACT

Tasya Salsabila, 2002716, UPI Student Motivation in Sports and Physical Activities from a Gender Perspective

This study aims to analyze the motivation of UPI students in sports and physical activity from a gender perspective. The research was conducted using a descriptive survey technique method on 386 UPI students class of 2021, consisting of 198 male students and 188 female students. Simple random sampling was selected and determined as a sampling technique using the Slovin formula. There are 2 (two) research instruments used, namely the International Physical Activity Questionnaire (IPAQ) and the Sport Motivation Scale-II (SMS-II). All data collected was analyzed using SPSS version 25. The results of the analysis shows that the motivation of UPI 2021 students in sports activities is in the good category and the sufficient category for physical activity motivation. There is no significant difference in the motivation of male and female students in sports activities. While the motivation of male and female students in physical activity there is a significant difference, where the motivation for physical activity of male students is higher than female students. In accordance with the results of the study, motivation in sports activities and physical activity can be influenced by gender..

Keywords: Exercise Motivation, Sports Activities, Physical Activities, Gender and Sports

DAFTAR ISI

HALAMAN PENGESAHAN.....	Error! Bookmark not defined.
PERNYATAAN.....	Error! Bookmark not defined.
UCAPAN TERIMAKASIH	Error! Bookmark not defined.
ABSTRAK	iii
ABSTRACK.....	iv
KATA PENGANTAR.....	Error! Bookmark not defined.
DAFTAR TABEL	vii
DAFTAR GAMBAR.....	viii
DAFTAR LAMPIRAN	i
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
1.1. Latar Belakang	Error! Bookmark not defined.
1.2. Rumusan Masalah	Error! Bookmark not defined.
1.3. Tujuan Penelitian.....	Error! Bookmark not defined.
1.4. Manfaat Penelitian.....	Error! Bookmark not defined.
1.4.1. Secara Teoritis	Error! Bookmark not defined.
1.4.2. Secara Praktis	Error! Bookmark not defined.
1.5. Struktur Penulisan	Error! Bookmark not defined.
BAB II KAJIAN PUSTAKA	Error! Bookmark not defined.
2.1. Aktivitas Fisik (<i>Physical Activity</i>).....	Error! Bookmark not defined.
2.1.1. Definisi Aktivitas Fisik	Error! Bookmark not defined.
2.1.2. Klasifikasi Aktivitas Fisik	Error! Bookmark not defined.
2.1.3. Manfaat Aktivitas Fisik	Error! Bookmark not defined.
2.2. Olahraga (<i>Sport</i>).....	Error! Bookmark not defined.
2.3. Motivasi Berolahraga	Error! Bookmark not defined.
2.3.1. Definisi Motivasi	Error! Bookmark not defined.
2.3.2. Teori Motivasi	Error! Bookmark not defined.
2.3.2.1. Teori Kebutuhan <i>The Need Hierarchy Model</i> ...	Error! Bookmark not defined.
2.3.2.2. Teori Motivasi Prestasi	Error! Bookmark not defined.
2.3.3. Faktor-faktor Motivasi	Error! Bookmark not defined.
2.4. Partisipasi Perempuan dan Laki-laki dalam Olahraga	Error! Bookmark not defined.
2.5. Penelitian Relevan.....	Error! Bookmark not defined.
2.6. Kerangka Berpikir	Error! Bookmark not defined.

2.7. Hipotesis.....	Error! Bookmark not defined.
BAB III METODOLOGI PENELITIAN	Error! Bookmark not defined.
3.1. Metode Penelitian.....	Error! Bookmark not defined.
3.2. Populasi dan Sampel Penelitian	Error! Bookmark not defined.
3.3. Instrumen Penelitian.....	Error! Bookmark not defined.
3.3.1. International Physical Activity Questionnaire (IPAQ) ...	Error! Bookmark not defined.
3.3.2. Sport Motivation Scale-II (SMS-II)	Error! Bookmark not defined.
3.4. Prosedur Penelitian.....	Error! Bookmark not defined.
3.5. Analisis Data	Error! Bookmark not defined.
3.5.1. Deskriptif Statistik.....	Error! Bookmark not defined.
3.5.2. Uji Normalitas	Error! Bookmark not defined.
3.5.3. Uji Hipotesis.....	Error! Bookmark not defined.
BAB IV TEMUAN DAN PEMBAHASAN	Error! Bookmark not defined.
4.1. Temuan.....	Error! Bookmark not defined.
4.1.1. Deskripsi Data	Error! Bookmark not defined.
4.1.2. Uji Prasyarat	Error! Bookmark not defined.
4.1.2.1. Uji Normalitas	Error! Bookmark not defined.
4.1.2.2. Uji Hipotesis.....	Error! Bookmark not defined.
4.2. Pembahasan.....	Error! Bookmark not defined.
4.2.1. Motivasi mahasiswa perempuan dan laki-laki di UPI dalam kegiatan olahraga.....	Error! Bookmark not defined.
4.2.2. Motivasi mahasiswa perempuan dan laki-laki di UPI dalam aktivitas fisik	Error! Bookmark not defined.
4.2.3. Perbedaan motivasi mahasiswa perempuan dan laki-laki di UPI dalam kegiatan olahraga ..	Error! Bookmark not defined.
4.2.4. Perbedaan motivasi mahasiswa perempuan dan laki-laki di UPI dalam Aktivitas Fisik	Error! Bookmark not defined.
BAB V SIMPULAN, IMPLIKASI, REKOMENDASI.....	Error! Bookmark not defined.
5.1. Simpulan.....	Error! Bookmark not defined.
5.2. Implikasi.....	Error! Bookmark not defined.
5.3. Rekomendasi	Error! Bookmark not defined.
DAFTAR PUSTAKA	ii
LAMPIRAN.....	Error! Bookmark not defined.

DAFTAR TABEL

Tabel 3.1	Kategori Instrumen Setiap Butir Pertanyaan.....	30
Tabel 3.2	Kategori Persentase Pencapaian.....	31
Tabel 4.1	Data Jenis Kelamin.....	34
Tabel 4.2	Data Fakultas.....	34
Tabel 4.3	Data Demografi.....	34
Tabel 4.4	Deskripsi Tingkat Aktivitas Fisik Selama 7 Hari Mahasiswa Perempuan dan Mahasiswa Laki-Laki.....	38
Tabel 4.5	Uji <i>One Sample Kolmogorov Smirnov (K-S)</i> : Uji Normalitas Data dari setiap Variabel.....	39
Tabel 4.6	Hasil Uji Mann Whitney.....	40

DAFTAR GAMBAR

Gambar 2.1	Teori <i>The Need Hierarchy Model</i>	15
Gambar 3.1	Metode <i>Simple Random Sampling</i>	28
Grafik 4.1	Persentase Hasil Tingkat Capaian Responden (TCR) Mahasiswa Perempuan dan Mahasiswa Laki-laki dalam Kegiatan Olahraga.....	36
Grafik 4.2	Persentase Hasil Tingkat Capaian Responden (TCR) Mahasiswa Perempuan dan Mahasiswa Laki-laki dalam Aktivitas Fisik.....	37

DAFTAR LAMPIRAN

Lampiran 1.	Surat Keputusan Tesis.....	59
Lampiran 2.	Surat Izin Penelitian.....	61
Lampiran 3.	Surat Keterangan Publikasi.....	62
Lampiran 4.	Instrumen Penelitian <i>International Physical Activity Questionnaire (IPAQ)</i>	63
Lampiran 5.	Instrumen Penelitian <i>Sport Motivation Scale-II (SMS-II)</i>	65
Lampiran 6.	Hasil <i>Output SPSS</i>	67

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