

**NEGOSIASI PARTISIPASI PROGRAM AKTIVITAS FISIK
DAN OLAHRAGA MAHASISWA PERGURUAN TINGGI**

DISERTASI

*Diajukan Sebagai Salah Satu Syarat
Memperoleh Gelar Doktorat Pendidikan Olahraga*



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SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN OLAHRAGA
2023**

Negosiasi Partisipasi Program Aktivitas Fisik dan Olahraga Mahasiswa Perguruan Tinggi

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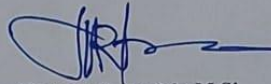
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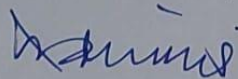
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ABSTRAK

NEGOSIASI PARTISIPASI PROGRAM AKTIVITAS FISIK DAN OLAHRAGA MAHASISWA PERGURUAN TINGGI

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Peralihan dari sekolah menengah atas ke Perguruan Tinggi seringkali disertai dengan perubahan perilaku tidak sehat, seperti penurunan aktivitas fisik dan perilaku menetap. Masa-masa kritis adalah masa remaja (15-19 tahun) dan masa dewasa muda (20-25 tahun), ketika aktivitas fisik dan olahraga sangat menurun. Namun hal tersebut tidak terjadi di salah satu Perguruan Tinggi Indonesia yaitu Institut Teknologi Bandung yang memiliki berbagai kegiatan jasmani dan olahraga, baik terencana maupun sukarela dan mandiri. Sehingga tujuan penelitian ini adalah untuk mengungkap Negosiasi aktivitas fisik dan olahraga yang terjadi yang berdampak pada tingginya aktivitas fisik dan olahraga yang dilakukan mahasiswa. Wawancara, Observasi dan Dokumentasi digunakan dalam pengumpulan data, dimana para pemangku kebijakan, Tim Dosen, dan Mahasiswa merupakan partisipan dalam penelitian ini dengan pendekatan studi kasus. Berdasarkan identifikasi dan analisis data, temuan dari penelitian ini mengungkapkan bahwa Negosiasi yang terungkap di ITB diantaranya, Kurikulum Mata Kuliah Olahraga, Aktivitas Perkuliahan, Sarana Prasarana (Aksesibilitas dan Aktivitas Fisik yang Dilakukan), *Personality*, Motivasi dan Interpersonal. Dengan demikian dapat dijadikan rujukan para pembuat kebijakan Perguruan Tinggi dalam menciptakan strategi negosiasi agar meningkatkan partisipasi aktivitas fisik dan olahraga yang dilakukan mahasiswa.

Kata Kunci: Negosiasi, Aktivitas Fisik, Olahraga, Perguruan Tinggi, ITB

ABSTRACT

NEGOTIATION PARTICIPATION OF PHYSICAL ACTIVITIES AND SPORTS PROGRAM OF COLLEGE STUDENTS

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The transition from high school to college is often accompanied by changes in unhealthy behavior, such as decreased physical activity and sedentary behavior. Critical periods are adolescence (15-19 years) and young adulthood (20-25 years), when physical activity and sports decline greatly. However, this does not happen in one of the Indonesian tertiary institutions, namely the Bandung Institute of Technology, which has various physical and sports activities, both planned and voluntary and independent. So, the purpose of this study was to reveal the negotiations on physical and sports activities that occurred which had an impact on the high physical and sports activities carried out by students. Interviews, observations and documentation were used in data collection, where stakeholders, the team of lecturers and students were participants in this research using a case study approach. Based on the identification and analysis of data, the findings of this study reveal that the negotiations revealed at ITB include the Sports Course Curriculum, College Activities, Infrastructure (Accessibility and Physical Activity), Personality, Motivation and Interpersonal. Thus, it can be used as a reference for higher education policy makers in creating negotiation strategies to increase participation in physical and sports activities by students.

Keywords: Negotiation, Physical Activity, Sports, College, ITB

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