

Peran kontrol diri dan self-determined motivation pada kebiasaan berolahraga = The roles of self control and self determined motivation in exercise habit

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Abstrak

ABSTRAK

Berolahraga secara rutin dinilai memberikan manfaat fisiologis maupun psikologis bagi yang melakukannya. Rutinitas dari olahraga tersebut dapat dijelaskan melalui kebiasaan, yakni proses otomatis untuk melakukan perilaku yang timbul sebagai respon individu terhadap tanda-tanda kontekstual. Penelitian sebelumnya menemukan bahwa kontrol diri dan self-determined motivation masing-masing memiliki hubungan dengan kebiasaan berolahraga. Penelitian ini bertujuan untuk menguji peran self-determined motivation sebagai moderator yang memengaruhi hubungan kontrol diri dan kebiasaan berolahraga. Sampel yang merupakan orang Indonesia berusia di 18-25 tahun N=436 diminta mengisi 3 alat ukur secara online, yakni Brief Self-Control Scale, Behavioral Regulation in Exercise Questionnaire ndash; 2, dan Self-Report Habit Index yang sudah diterjemahkan ke Bahasa Indonesia. Hasil dari penelitian ini membuktikan bahwa kontrol diri $b = 0,32$, $t_{432} = 4,89$, $p < 0,01$ dan self-determined motivation $b = 0,27$, $t_{432} = 11,28$, $p < 0,01$ memprediksi kebiasaan berolahraga secara signifikan. Namun, belum ditemukan efek moderasi yang signifikan dari self-determined motivation pada hubungan kontrol diri dan kebiasaan berolahraga $b = 0,00$, $t_{432} = 1,27$, $p > 0,05$. Diskusi, limitasi dan saran penelitian dipaparkan di akhir laporan penelitian ini.

ABSTRACT

Exercising regularly provides physiological and psychological benefits. Routinity in exercise can be explained by the force of habit, an underlying automatic process to perform behavior as a response to contextual cues. Several studies have found the relationship between each of self control and self determined motivation to exercise habit. This study aims to test the moderating effect of self determined motivation in the relationship between self control and exercise habit. Indonesian sample from 18 25 years old N 436 were asked to complete 3 online measures, which is Brief Self Control Scale, Behavioral Regulation in Exercise Questionnaire ndash 2, and Self Report Habit Index that has been translated to Indonesian. Result found that self control $b .32$, $t_{432} 4.89$, $p .01$ and self determined motivation $b .27$, $t_{432} 11.28$, $p .01$ significantly predict exercise habit in Indonesian sample. However, no significant moderation effect of self determined motivation has been found on the relationship between self control and exercise habit $b .00$, $t_{432} 1.27$, $p .05$. Discussion, limitation, and suggestions are presented in the end of this study report.