

**MOTIF PENGLIBATAN MAHASISWA UPI DAN UKM DALAM  
AKTIVITI SUKAN DAN REKREASI SATU KAJIAN  
PERBANDINGAN**

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**UNIVERSITI KEBANGSAAN MALAYSIA**

**BANGI**

**2000**

## **PENGAKUAN**

Saya akui karya ini adalah hasil kerja saya sendiri kecuali nukilan dan ringkasan yang tiap-tiap satunya telah saya jelaskan sumbernya.

24 November 2009

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P 43247

## PENGHARGAAN

Bismilah hirahman nirahim.

Alhamdulillah, penulis bersyukur kepada Allah S.W.T di atas rahmat dan izinNya tesis ini dapat disiapkan mengikut jadual.

Setinggi penghargaan dan Ucapan terima kasih ditujukan kepada penyelia tesis ini, iaitu Encik Mohd Taib bin Harun yang telah banyak memberi bimbingan dan tunjuk ajar yang amat bermakna dari awal sehingga tesis ini siap ditulis.

Penulis juga ingin mengucapkan terima kasih kepada semua pensyarah yang telah mendidik dan mencurahkan ilmu pengetahuan sepanjang masa, sewaktu penulis menuntut di UKM, kepada Dekan, Timbalan Dekan dan kakitangan di Fakulti Pendidikan UKM yang sentiasa memberi bantuan apabila diperlukan. Serta kepada semua sahabat dan insan yang turut memberi sokongan, dorongan dan bantuan untuk menyiapkan kajian ini.

Penghargaan ini juga penulis rakamkan kepada Fakultas Pendidikan Olahraga dan Kesehatan UPI Bandung, kepada Nani darmayanti, Farida Mochtar, Seni Mauliyani dan Syafrani Fitri yang telah membantu mengedarkan soal selidik ke UKM dan UPI. Kepada sahabat Nisa Felicia Faridz yang mendorong dan membantu dalam menyelesaikan kajian ini, serta kepada semua mahasiswa yang terlibat dengan kajian ini dari UKM dan UPI.

Akhir sekali, Penghargaan khas kepada suami Edi Suwarto, anak yang dikasihi Raditya Alwyn Suwarto, ibunda Tien Sumartini dan ibu mertua Wartinah, ayahanda Ahmad Daryanto dan Ayah mertua Sucipto Astam Sadi. Yang dihormati semua ahli keluarga yang disayangi dan yang sentiasa memahami, memberi dorongan dan sokongan dalam menyempurnakan kajian ini. Jasa kalian tetap dikenang dan hanya Allah yang dapat membalasnya.

## ABSTRAK

Kajian ini bertujuan untuk mengetahui perbandingan motif penglibatan pelajar dalam aktiviti sukan dan rekreasi di Universiti Pendidikan Indonesia (UPI) Bandung Indonesia dan Universiti Kebangsaan Malaysia (UKM) Bangi Malaysia. Responden kajian seramai 200 orang terbahagi kepada 100 orang mahasiswa UPI dan 100 orang mahasiswa UKM yang terdiri daripada jantina dan taraf pendidikan yang pelbagai. Tumpuan kajian ini adalah untuk mengetahui perbezaan motif mahasiswa di UPI dan UKM mengikut faktor-faktor motif Kecergasan Jasmani, keseronokan, pembebasan tenaga, kerjasama sepasukan, kemahiran, persahabatan, dan status/pengiktirafan berdasarkan jantina dan taraf pendidikan. Kajian ini menggunakan soal selidik yang telah di bentuk dan digunakan oleh pengkaji-pengkaji terdahulu iaitu *Participation Motive Questionnaire (PMQ)* daripada Gill, Gross, Huddleston (1983) yang telah diubahsuai sesuai dengan tujuan kajian ini. Dalam kajian ini data yang diperoleh melalui soal selidik akan diproses dan dianalisis dengan menggunakan program SPSS (*statistical Packages For Social Science*) versi 14.0. Berdasarkan persoalan-persoalan kajian yang telah dibina, analisis data adalah menggunakan statistik deskriptif (min, sisihan piawai, kekerapan dan peratusan) dan statistik inferens (Univariate), aras signifikan .05 ditetapkan sebagai asas untuk menerima atau menolak hipotesis nol. Hasil kajian menunjukkan motif pendorong yang paling dominan bagi mahasiswa UPI dan UKM dalam aktiviti sukan dan rekreasi adalah motif kecergasan jasmani. Aktiviti sukan dan rekreasi yang paling di gemari mahasiswa UPI adalah aktiviti kecergasan jasmani (senaman aerobik, yoga, tai-chi, bebanan, seni bela diri cina, dan lain-lain), manakala bagi mahasiswa UKM aktiviti sukan dan rekreasi yang paling di gemari adalah aktiviti luar (alat merempuh halangan, jalan pantas, jogging, hiking, *skateboard*, kasut roda, luncur ais, dan lain-lain). Hasil pengujian hipotesis menunjukkan bahawa  $H_01 (F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.689, p = 0.504 > 0.05)$ ,  $H_02 (F = 1.251, p = 0.291 > 0.05)$  dan  $(F = 0.161, p = 0.851 > 0.05)$ ,  $H_03 (F = 1.078, p = 0.345 > 0.05)$  dan  $(F = 0.207, p = 0.813 > 0.05)$ ,  $H_04 (F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.531, p = 0.590 > 0.05)$ ,  $H_06 (F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.531, p = 0.590 > 0.05)$  dan  $H_07 (F = 1.700, p = 0.188 > 0.05)$  dan  $(F = 0.627, p = 0.536 > 0.05)$  yang di uji diterima, tidak terdapat perbezaan yang signifikan antara mahasiswa UPI dan UKM mengenai motif Kecergasan Jasmani, keseronokan, pembebasan tenaga, persahabatan, dan status/pengiktirafan dalam aktiviti sukan dan rekreasi berdasarkan jantina dan taraf pendidikan. Dapatan kajian juga mendapati bahawa  $H_05 (F = 4.413, p = 0.015 < 0.05)$  dan  $(F = 0.518, p = 0.598 > 0.05)$  yang diajukan ditolak, terdapat perbezaan yang signifikan mengenai motif kemahiran mahasiswa UPI dan UKM dalam aktiviti sukan dan rekreasi berdasarkan jantina dan taraf pendidikan.

## COMPARISON STUDY OF PARTICIPATION MOTIVE FOR STUDENTS IN UPI AND UKM IN SPORT AND RECREATION ACTIVITIES

### ABSTRACT

The aim of this research is to recognize the motive of student in sport & recreation activities in two universities namely Universitas Pendidikan Indonesia (UPI) Bandung Indonesia and Universiti Kebangsaan Malaysia (UKM) Bangi Malaysia. Total respondents are 200 university students, divided by 100 students from UPI and 100 others from UKM with different sex and educational level. The focus of this research is to recognize the different motive of UPI and UKM students based on motive factors such as fitness, enjoyment, energy release, team, skill, friendship, and status/recognition. This research is using questioner which being created and used by earlier researchers is *Participation Motive Questionnaire (PMQ)* by Gill, Gross, Huddleston (1983) which had modified for this research. In this research, the data from questioner will be process and analyze using *Statistical Packages for Social Science (SPSS)* program version 14.0. Based on created questioner, data analysis is using descriptive statistic (mean, standard deviation, frequency, and percentage) and inference statistic (Univariate), significant level 0.5 are selected as a base for accept or reject the null hypotheses. The most dominant motive for UPI and UKM students in sport and recreation activities is fitness. The most popular sport and recreation activities for UPI students are fitness activity (aerobic dance, yoga, tai-chi, weight training, Chinese martial arts, etc.). The most popular sport and recreation activities for UKM students are outdoor activity (wall climbing, speed walking, jogging, hiking, skate boarding, roller skating, ice skating, etc.). The result of hypotheses test showed that  $H_01(F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.689, p = 0.504 > 0.05)$ ,  $H_02(F = 1.251, p = 0.291 > 0.05)$  dan  $(F = 0.161, p = 0.851 > 0.05)$ ,  $H_03(F = 1.078, p = 0.345 > 0.05)$  dan  $(F = 0.207, p = 0.813 > 0.05)$ ,  $H_04(F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.531, p = 0.590 > 0.05)$ ,  $H_06(F = 0.626, p = 0.537 > 0.05)$  dan  $(F = 0.531, p = 0.590 > 0.05)$  dan  $H_07(F = 1.700, p = 0.188 > 0.05)$  dan  $(F = 0.627, p = 0.536 > 0.05)$  are accepted, there are no significant differences in the motive of fitness, enjoyment, energy release, teamwork, friendship, and status/recognition in sport and recreation activities between UPI and UKM students based on sex and level of education. However,  $H_05(F = 4.413, p = 0.015 < 0.05)$  dan  $(F = 0.518, p = 0.598 > 0.05)$  is rejected, there is significant difference in the motive of skill in sport and recreation between UPI and UKM students based on sex and level of education.

## KANDUNGAN

		<b>Halaman</b>
<b>PENGAKUAN</b>		ii
<b>PENGHARGAAN</b>		iii
<b>ABSTRAK</b>		iv
<b>ABSTRACT</b>		v
<b>KANDUNGAN</b>		vi
<b>SENARAI JUDUL</b>		xi
<b>SENARAI ILUSTRASI</b>		xiii
<b>BAB I</b>	<b>Pengenalan</b>	
1.1	Pendahuluan	1
1.2	Latar Belakang Kajian	1
1.3	Pernyataan Masalah	9
1.4	Tujuan Kajian	13
1.5	Objektif Kajian	14
1.6	Persoalan Kajian	15
1.7	Hipotesis Kajian	16
1.8	Kerangka Konseptual	17
1.9	Kepentingan Kajian	18
1.10	Batasan Kajian	19
1.11	Definisi Istilah	19
1.12	Rumusan	21
<b>BAB II</b>	<b>Kajian Kepustakaan</b>	
2.1	Pendahuluan	22
2.2	Motif Penglibatan	22

2.3	Definisi Aktiviti Sukan dan Rekreasi	25
2.4	Fungsi Aktiviti Sukan dan Rekreasi	28
2.5	Teori-Teori Berkaitan Motif Penglibatan Aktiviti Sukan dan Rekreasi	31
	2.5.1 <i>Motivation as Personal Investment model</i>	31
	2.5.2 Teori Penilaian Kognitif	33
	2.5.3 Teori Kognitif Sosial	34
2.6	Kajian Motif Penglibatan Dalam Aktiviti Sukan dan Rekreasi	35
2.7	Kajian Dalam Penglibatan dan Kepuasan Terhadap Aktiviti Sukan dan Rekreasi	39
2.8	Rumusan	41
<b>BAB III</b>	<b>METODELOGI KAJIAN</b>	
3.1	Pendahuluan	42
3.2	Reka bentuk Kajian	42
3.3	Prosedur Kajian	42
3.4	Sampel Kajian	43
3.5	Instrumen Kajian	44
3.6	Tata cara Penganalisan Data	46
3.7	Kajian Rintis	47
	3.7.1 Informasi Demografi Responden	49
	3.7.2 Soal Selidik Motif Penglibatan Aktiviti Sukan dan Rekreasi	50
3.8	Rumusan	52
<b>BAB IV</b>	<b>DAPATAN KAJIAN</b>	
4.1	Pendahuluan	53
4.2	Profil Responden Kajian	54

	4.2.1	Latar Belakang Jantina dan Taraf Pendidikan	54
	4.2.2	Latar Belakang Kekerapan, Waktu, Masa, Kos dalam Aktiviti Sukan dan Rekreasi	55
4.3		Dapatan Statistik Deskriptif	58
	4.3.1	Tahap Penglibatan Mahasiswa Dalam Aktiviti Sukan Dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	59
	4.3.2	Motif Mahasiswa Dalam Penglibatan Aktiviti Sukan dan Rekreasi	61
	4.3.3	Latar Belakang Jenis Sukan dan Rekreasi yang Di Gemari Mahasiswa	62
4.4		Keputusan Pengujian Hipotesis	64
	4.4.1	Perbezaan Motif Kecergasan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	64
	4.4.2	Perbezaan Motif Keseronokan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	66
	4.4.3	Perbezaan Motif Pembebasan Tenaga Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	67
	4.4.4	Perbezaan Motif Kerjasama Sepasukan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	69
	4.4.5	Perbezaan Motif Kemahiran Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	70
	4.4.6	Perbezaan Motif Persahabatan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	72



4.4.7	Perbezaan Motif Status/Pengiktirafan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	73
4.5	Rumusan	75
<b>BAB V PENUTUP</b>		
5.1	Pendahuluan	76
5.2	Ringkasan Kajian	76
5.3	Perbincangan	77
5.3.1	Tahap Penglibatan Mahasiswa Dalam Aktiviti Sukan Dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	79
5.3.2	Motif Mahasiswa Dalam Penglibatan Aktiviti Sukan dan Rekreasi	80
5.3.3	Aktiviti Sukan dan Rekreasi yang Di Gemari Mahasiswa	81
5.3.4	Perbezaan Motif Kecergasan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	82
5.3.5	Perbezaan Motif Keseronokan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	82
5.3.6	Perbezaan Motif Pembebasan Tenaga Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	83
5.3.7	Perbezaan Motif Kerjasama Sepasukan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	83
5.3.8	Perbezaan Motif Kemahiran Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	84

5.3.9	Perbezaan Motif Persahabatan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	84
5.3.10	Perbezaan Motif Status/Pengiktirafan Mahasiswa UPI dan UKM Dalam Aktiviti Sukan dan Rekreasi Berdasarkan Jantina dan Taraf Pendidikan	85
5.4	Rumusan Kajian	86
5.4.1	Implikasi Teoretikal	86
5.4.2	Implikasi Praktikal	87
5.5	Cadangan	88
5.6	Kesimpulan	89
	<b>RUJUKAN</b>	90
	<b>LAMPIRAN</b>	
<b>A</b>	Soal Selidik Bahasa Indonesia	101
<b>B</b>	Soal Selidik Bahasa Melayu	104
<b>C</b>	Latar Belakang Responden	107
<b>D</b>	Analisis Deskriptif UPI	110
<b>E</b>	Analisis Deskriptif UKM	113
<b>F</b>	Uji Hipotesis UPI	116
<b>G</b>	Uji Hipotesis UKM	130

## SENARAI JADUAL

No. Jadual		Halaman
1.1	Perbelanjaan dan peruntukan pembangunan program sukan 2001-2010 (RM Juta)	5
1.2	Hierarki Maslow	8
2.1	Jenis aktiviti sukan dan rekreasi	27
2.2	Nilai-nilai aktiviti sukan dan rekreasi	30
3.1	Tatacara analisis data	46
3.2	Kebolehpercayaan soal selidik PMQ yang diubahsuai	48
3.3	Soal selidik <i>PMQ</i> yang diubahsuai	50
4.1	Latar belakang responden berdasarkan jantina dan taraf pendidikan	54
4.2	Latar Belakang Responden Berdasarkan Kekerapan per minggu, Waktu, dan Masa Aktiviti Sukan dan Rekreasi	57
4.3	Interpretasi skor min berdasarkan Sanger, Spikler, Williams, dan Belau (2007)	59
4.4	Interpretasi skor min berdasarkan Sanger, Spikler, Williams, dan Belau (2007) yang di ubahsuai	59
4.5	Tahap penglibatan mahasiswa dalam aktiviti sukan dan rekreasi	60
4.6	Motif dalam penglibatan aktiviti sukan dan rekreasi	61
4.7	Aktiviti Sukan dan Rekreasi yang digemari Mahasiswa	63
4.8	<i>Levene's Test of Equality of Error Variances</i> motif kecergasan mahasiswa UPI dan UKM	65
4.9	Ujian Univariate Perbezaan motif kecergasan mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	65

4.10	<i>Levene's Test of Equality of Error Variances</i> motif keseronokan mahasiswa UPI dan UKM	66
4.11	Ujian Univariate Perbezaan motif keseronokan mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	67
4.12	<i>Levene's Test of Equality of Error Variances</i> motif pembebasan tenaga mahasiswa UPI dan UKM	68
4.13	Ujian Univariate Perbezaan motif pembebasan tenaga mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	68
4.14	<i>Levene's Test of Equality of Error Variances</i> motif kerjasama sepasukan mahasiswa UPI dan UKM	69
4.15	Ujian Univariate Perbezaan motif kerjasama sepasukan mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	70
4.16	<i>Levene's Test of Equality of Error Variances</i> motif kemahiran mahasiswa UPI dan UKM	71
4.17	Ujian Univariate Perbezaan motif kemahiran mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	71
4.18	<i>Levene's Test of Equality of Error Variances</i> motif persahabatan tenaga mahasiswa UPI dan UKM	72
4.19	Ujian Univariate Perbezaan motif persahabatan mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	73
4.20	<i>Levene's Test of Equality of Error Variances</i> motif status/pengiktirafan tenaga mahasiswa UPI dan UKM	74
4.21	Ujian Univariate Perbezaan motif status/pengiktirafan mahasiswa UPI dan UKM berdasarkan jantina dan taraf pendidikan.	74
5.1	Perbandingan motif penglibatan mahasiswa dalam aktiviti sukan dan rekreasi di UPI dan UKM	77

**SENARAI ILUSTRASI**

No. Rajah		Halaman
1.1	Kerangka Konseptual	17
1.2		

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