

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER

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Hubungan Aktivitas Olahraga Terhadap Adaptasi Stres Dalam Melaksanakan Tugas Anggota Resimen Mahasiswa di Koordinator Wilayah III Jember, 2018

Xiii + 115 hal + 1 bagan + 16 tabel + 17 lampiran

Abstrak

Aktivitas olahraga merupakan kegiatan mengolah raga dan jasmani yang termasuk salah satu kegiatan mingguan resimen mahasiswa yang mengacu pada TNI namun sistem semi militer, tuntutan kegiatan dan tanggung jawab pada setiap anggota menyebabkan stres dan harus melakukan adaptasi. Tujuan penelitian ini yaitu menjelaskan hubungan aktivitas olahraga terhadap adaptasi stres dalam melaksanakan tugas pada anggota resimen mahasiswa di Koordinator wilayah III Jember. Desain penelitian ini adalah korelasional dengan pendekatan *cross sectional* dan pemilihan sampel dilakukan secara *Cluster Sampling* pada 44 sampel orang. Hasil penelitian menunjukkan 30 orang (68,2%) melakukan olahraga teratur artinya anggota resimen mahasiswa melaksanakan kegiatan olahraga dengan rutin. Sedangkan untuk adaptasi stres didapatkan jumlah terbanyak mengalami adaptif yaitu 26 orang (59.1%). Hasil uji korelasi *Chi Square* diperoleh  $p= 0,611$  ( $\alpha > 0,05$ ), berarti  $H_1$  ditolak yaitu tidak ada hubungan antara aktivitas olahraga terhadap adaptasi stres dalam melaksanakan tugas pada anggota resimen mahasiswa di koordinator wilayah III Jember dengan korelasi (+). Rekomendasi penelitian yaitu komandan satuan resimen mahasiswa harus bisa mengatur jadwal harian dan mingguan untuk anggota sehingga anggota bisa melaksanakan tatanan kehidupan yang sehat dan dapat istirahat.

Kata Kunci: Aktivitas Olahraga, Resimen Mahasiswa, Stres, Adaptasi

Daftar Pustaka 31 (2007 - 2016)

Abstract

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Relationships Sports Activity Against Stress Adaptation Task Undertaking Members  
Coordinator of Student Regiment in Region III Jember, 2018

Xiii + 115 case + 1 chart + 16 tables + 17 attachments

Abstract

Activities of sports is sports and physical activity to process that included one student regiment weekly activities referring to the military but a system of semi-military, the demands of activities and responsibilities of each member causes stress and must adapt. The purpose of this study is explain the relationship of sports activities to adaptation stress in executing tasks on student regiment members in Jember region III Coordinator. The research design was correlational with cross sectional approach and selection of samples is done by cluster sampling in 44 samples of people. The results showed 30 (68.2%), regular exercise regiment member means students carry out activities with regular exercise. As for stress adaptation obtained undergo adaptive highest number with 26 persons (59.1%). Chi Square correlation test results obtained  $p = 0.611$  ( $\alpha > 0.05$ ), means H1 accepted that there is no relationship between sporting activity to adaptation stress in executing tasks on student regiment members in Jember III regional coordinator with the correlation (+). Recommendations research that unit commanders regiment student should be able to schedule the daily and weekly to members so that members can carry out the order of life healthy and can break.

Keywords: Activities Sports, Student Regiment, Stress, Adaptation

Bibliography 31 (2007 - 2016)