

HUBUNGAN PERSEPSI HAMBATAN DENGAN KOMITMEN PERILAKU OLAHRAGA LARI DALAM HEALTH BELIEF MODEL

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INTISARI

Aktivitas olahraga lari merupakan salah satu bentuk aktivitas fisik yang efisien untuk menjaga kesehatan tubuh dan kebugaran mental, namun konsistensi pelaksanaannya sering kali terhambat oleh berbagai faktor internal maupun eksternal. Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi hambatan (*perceived barriers*) dengan komitmen perilaku olahraga lari pada anggota komunitas *Dentistry Runners* Jember dalam perspektif *Health Belief Model*. Pendekatan kuantitatif korelasional digunakan dalam penelitian ini dengan melibatkan 100 anggota komunitas sebagai subjek penelitian. Pengumpulan data dilakukan menggunakan instrumen kuesioner yang mencakup skala persepsi hambatan (7 item $\alpha = 0,748$) dan skala komitmen perilaku olahraga lari (10 item $\alpha = 0,827$). Analisis data untuk pengujian hipotesis mengandalkan teknik analisis korelasi Product Moment dengan bantuan Jamovi versi 2.6.44. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara *Perceived Barriers* dengan komitmen perilaku olahraga lari ($r = -0,606$; $p < 0,05$). Arah hubungan negatif mengindikasikan bahwa semakin tinggi persepsi hambatan yang dirasakan oleh individu, maka semakin rendah tingkat komitmen yang dimiliki dalam menjalankan aktivitas olahraga lari secara konsisten. Analisis deskriptif menunjukkan bahwa mayoritas responden berada pada kategori persepsi hambatan tinggi (58,0%) dan tingkat komitmen perilaku olahraga lari dalam kategori rendah (64,0%). Hasil penelitian ini menegaskan pentingnya intervensi untuk mengurangi persepsi hambatan individu guna meningkatkan komitmen berolahraga lari secara berkelanjutan.

Kata Kunci: *Health Belief Model*, Komitmen perilaku olahraga lari, Komunitas lari, *Perceived Barriers*.

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1. Peneliti
 2. Dosen Pembimbing 1
 3. Dosen Pembimbing 2

THE RELATIONSHIP BETWEEN PERCEIVED BARRIERS AND BEHAVIORAL COMMITMENT TO RUNNING WITHIN THE HEALTH BELIEF MODEL

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ABSTRACT

Running is one form of physical activity that is effective for maintaining physical health and mental fitness; however, maintaining consistent participation in running activities is often hindered by various internal and external factors. This study aimed to determine the relationship between perceived barriers and behavioral commitment to running among members of the Dentistry Runners Jember community from the perspective of the Health Belief Model. A quantitative correlational approach was employed, involving 100 community members as research participants. Data were collected using questionnaire instruments consisting of a perceived barriers scale (7 items, $\alpha = 0.748$) and a behavioral commitment to running scale (10 items, $\alpha = 0.827$). Hypothesis testing was conducted using Product Moment correlation analysis with the assistance of Jamovi version 2.6.44. The results showed a significant negative relationship between perceived barriers and behavioral commitment to running ($r = -0.606$; $p < 0.05$). The negative direction indicates that the higher the perceived barriers experienced by individuals, the lower their level of commitment to engaging in running activities consistently. Descriptive analysis showed that the majority of respondents were categorized as having high perceived barriers (58.0%) and low behavioral commitment to running (64.0%). These findings emphasize the importance of interventions aimed at reducing individuals perceived barriers to improve their commitment to engaging in running activities sustainably.

Keywords: Behavioral Commitment, *Dentistry Runners Jember*, Perceived Barriers, Running.

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