

ABSTRACT

Fadli Gusliandi (2019)

Effects of Hemoglobin, Exercise Motivation, Motion Activity on Aerobic Endurance Ability of Pekanbaru States 5 Vocational High School Students

Based on observations of students of Pekanbaru States 5 Vocational High School, it was found that the aerobic endurance produced was still low. Aerobic endurance is influenced by many factors, including those allegedly influenced by hemoglobin, exercise motivation, motion activity. This study aims to determine the direct effect of exogenous and endogenous variables, namely to find out the magnitude of the direct influence of hemoglobin, exercise motivation, motion activity on aerobic endurance.

This research is quantitative research through descriptive approach and path analysis (path analysis). The population in this study were all extracurricular students in class XI of Pekanbaru States 5 Vocational High School in the 2018/2019 school year, totaling 113 people. The sampling technique was done by random sampling populations, with a total sample of 35 people. Data were collected using questionnaires to obtain motivation exercise results, bleep test tests to measure aerobic endurance, filling in physical activity questionnaires to measure motion activity, and hemoglobin level tests using the easy touch test tool to obtain hemoglobin data.

The results of data analysis showed that: (1) There was a significant direct effect of hemoglobin on aerobic endurance at 11.42%. (2) There is a significant direct influence on the Motivation of exercise on aerobic endurance by 16.81%. (3) There is a significant direct effect on the motion activity of aerobic endurance at 7.18%. (4) There is an indirect influence of hemoglobin on aerobic endurance through motion activity of 19.3% (5) There is an indirect effect of motivation to exercise on aerobic endurance through motion activity of 23.53% (6) There is an influence of hemoglobin, exercise motivation, and motion activity simultaneous on aerobic endurance through motion activity by 42,51%.

Keywords : ***Hemoglobin, Exercise Motivation, Motion Activity, and Aerobic Endurance***

ABSTRAK

Fadli Gusliandi (2019) : Pengaruh Hemoglobin, Motivasi Latihan, Aktivitas Gerak terhadap Kemampuan Dayatahan Aerobik siswa Sekolah Menengah Kejuruan Negeri 5 Pekanbaru.

Berdasarkan pengamatan terhadap siswa SMK Negeri 5 Pekanbaru ditemukan bahwa dayatahan aerobik yang dihasilkan masih rendah. Dayatahan aerobik dipengaruhi oleh banyak faktor, diantaranya diduga dipengaruhi oleh hemoglobin, motivasi latihan, aktivitas gerak. Penelitian ini bertujuan untuk mengetahui pengaruh langsung antara variabel eksogen dengan endogen yaitu menemukan besarnya pengaruh langsung hemoglobin, motivasi latihan, aktivitas gerak terhadap dayatahan aerobik.

Penelitian ini merupakan penelitian kuantitatif melalui pendekatan deskriptif dan analisis jalur (*path analysis*). Populasi dalam penelitian ini adalah seluruh siswa ekstrakurikuler kelas X1 SMK Negeri 5 Pekanbaru pada tahun ajaran 2018/2019 yang berjumlah 113 orang. Teknik pengambilan sampel dilakukan dengan cara populasi *random sampling*, dengan jumlah sampel sebanyak 35 orang. Data dikumpulkan dengan menggunakan Kuisisioner untuk mendapatkan hasil Motivasi Latihan, tes *bleep test* untuk mengukur dayatahan aerobik, pengisian kuisisioner aktivitas fisik untuk mengukur aktivitas gerak, dan tes kadar hemoglobin menggunakan alat tes *easy touch* untuk mendapatkan hasil data hemoglobin.

Hasil analisis data menunjukkan bahwa: (1) Terdapat pengaruh langsung yang signifikan Hemoglobin terhadap dayatahan aerobik sebesar 11,42%. (2) Terdapat pengaruh langsung yang signifikan motivasi latihan terhadap dayatahan aerobik sebesar 16,81%. (3) Terdapat pengaruh langsung yang signifikan aktivitas gerak terhadap dayatahan aerobik sebesar 7,18%. (4) Terdapat pengaruh tidak langsung hemoglobin terhadap dayatahan aerobik melalui aktivitas gerak sebesar 19,3% (5) Terdapat pengaruh tidak langsung motivasi latihan terhadap dayatahan aerobik melalui aktivitas gerak sebesar 23,53%. (6) Terdapat pengaruh kadar hemoglobin, motivasi latihan dan aktivitas gerak secara simultan terhadap dayatahan aerobik melalui aktivitas gerak sebesar 42,51%.

Kata Kunci : Hemoglobin, Motivasi Latihan, Aktivitas Gerak
Dan Dayatahan Aerobik,