ABSTRAK

CATHERINE UNIQUE SARAGI. NIM 6211210014. Pengaruh Variasi Permainan Aktivitas Fisik Terhadap Lansia. (Pembimbing: Zulaini). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2025.

Penelitian ini bertujuan untuk mengetahui sejauh mana pemberian variasi permainan yang melibatkan aktivitas fisik dapat memengaruhi tingkat kebahagiaan pada lansia yang menjadi anggota Posyandu Lansia Yayasan Gudiseju. Jenis penelitian yang digunakan adalah pendekatan kuantitatif dengan metode eksperimen, menggunakan desain *One Group Pre-test Post-test Design*, di mana satu kelompok subjek diberikan perlakuan tanpa kelompok pembanding. Subjek penelitian terdiri dari 10 orang lansia, yang seluruhnya dipilih menggunakan teknik *total sampling*, artinya semua anggota populasi dijadikan sampel penelitian. Instrumen pengumpulan data yang digunakan adalah *Oxford Happiness Questionnaire (OHQ)* yang diberikan dua kali, yaitu pada *pre-test* dan *post-test*, untuk mengukur perubahan tingkat kebahagiaan responden. Data hasil penelitian kemudian dianalisis menggunakan uji *N-Gain* dengan bantuan perangkat lunak *Microsoft Excel* guna mengetahui peningkatan skor kebahagiaan setelah diberikan perlakuan. Hasil analisis menunjukkan adanya peningkatan yang signifikan pada tingkat kebahagiaan lansia, dengan nilai rata-rata *post-test* sebesar 91,38 dan *pre-test* sebesar 49,94, serta standar deviasi masing-masing 6,148 dan 6,984. Berdasarkan hasil tersebut dapat disimpulkan bahwa pemberian variasi permainan aktivitas fisik berpengaruh secara signifikan terhadap peningkatan tingkat kebahagiaan lansia di Posyandu Lansia Yayasan Gudiseju.

Kata kunci: Aktivitas Fisik, Variasi Permainan, Tingkat Kebahagiaan Lansia

ABSTRACT

CATHERINE UNIQUE SARAGI. NIM 6211210014. The Effect of Variations in Physical Activity Games on the Elderly. (Supervisor: Zulaini). Thesis, Faculty of Sports Science (FIK), UNIMED 2025.

This study aims to determine the extent to which providing a variety of games involving physical activity can affect the level of happiness in the elderly who are members of the Gudiseju Foundation Elderly Integrated Health Service Post. The type of research used is a quantitative approach with an experimental method, using a One Group Pre-test Post-test Design, where one group of subjects is given treatment without a comparison group. The research subjects consisted of 10 elderly people, all of whom were selected using a total sampling technique, meaning that all members of the population were used as research samples. The data collection instrument used was the Oxford Happiness Questionnaire (OHQ) which was administered twice, namely in the pre-test and post-test, to measure changes in the respondents' level of happiness. The research data were then analyzed using the N-Gain test with the help of Microsoft Excel software to determine the increase in happiness scores after being given treatment. The results of the analysis showed a significant increase in the level of happiness of the elderly, with an average post-test value of 91.38 and a pre-test of 49.94, and standard deviations of 6.148 and 6.984, respectively. Based on these results, it can be concluded that providing a variety of physical activity games has a significant effect on increasing the level of happiness of the elderly at the Gudiseju Foundation Elderly Integrated Health Service Post.

Keywords: *Physical Activity, Game Variations, Elderly Happiness Level*

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