

ABSTRAK

Suci Amalia Lubis (NIM: 6221111058) “SURVEY MOTIVASI IBU-IBU DALAM MENGIKUTI SENAM RITMIK DI KABUPATEN MANDAILING NATAL.”

(Dosen Pembimbing: Afri Tantri).

Skripsi: Fakultas Ilmu Keolahragaan Universitas Negeri Medan, 2026

Penelitian ini bertujuan untuk mengetahui tingkat motivasi Ibu-Ibu dalam mengikuti senam ritmik di Kabupaten Mandailing Natal. Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan survei. Pengumpulan data dilakukan melalui penyebaran angket kepada 63 responden yang mengikuti kegiatan senam ritmik. Instrumen penelitian awalnya terdiri dari 70 butir pernyataan, kemudian diuji validitas dan reliabilitasnya sehingga diperoleh 38 butir pernyataan yang valid dan reliabel untuk digunakan dalam penelitian. Angket disusun berdasarkan lima indikator kebutuhan, yaitu kebutuhan fisiologis, kebutuhan rasa aman, kebutuhan sosial, kebutuhan penghargaan, dan kebutuhan aktualisasi diri.

Hasil penelitian menunjukkan bahwa motivasi Ibu-Ibu dalam mengikuti senam ritmik di Kabupaten Mandailing Natal secara keseluruhan berada pada kategori tinggi dengan persentase rata-rata sebesar 77,95%. Secara rinci, kebutuhan fisiologis memperoleh persentase 77,70% (kategori tinggi), kebutuhan rasa aman 76,39% (kategori tinggi), kebutuhan sosial 79,66% (kategori tinggi), kebutuhan penghargaan 76,98% (kategori tinggi), dan kebutuhan aktualisasi diri 79,01% (kategori tinggi). Berdasarkan hasil tersebut, dapat disimpulkan bahwa motivasi Ibu-Ibu dalam mengikuti senam ritmik tergolong positif karena kegiatan senam memberikan manfaat dari segi kesehatan, kenyamanan, interaksi sosial, dan kepuasan diri. Namun demikian, motivasi tersebut masih perlu dipertahankan dan ditingkatkan agar mencapai kategori yang lebih optimal yaitu sangat tinggi.

Kata kunci: motivasi, senam ritmik, survei

ABSTRACT

Suci Amalia Lubis (NIM: 6221111058). “A Survey of Mothers’ Motivation in Participating in Rhythmic Gymnastics in Mandailing Natal Regency.”

(Supervisor: Afri Tantri).

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This study aims to determine the level of motivation of mothers in participating in rhythmic gymnastics in Mandailing Natal Regency. This research uses a quantitative descriptive method with a survey approach. Data collection was carried out by distributing questionnaires to 63 respondents who participated in rhythmic gymnastics activities. The research instrument initially consisted of 70 statement items, which were then tested for validity and reliability, resulting in 38 valid and reliable items used in this study. The questionnaire was structured based on five need indicators, namely physiological needs, safety needs, social needs, esteem needs, and self-actualization needs.

The results showed that the motivation of mothers in participating in rhythmic gymnastics in Mandailing Natal Regency was overall in the high category with an average percentage of 77.95%. In detail, physiological needs obtained a percentage of 77.70% (high category), safety needs 76.39% (high category), social needs 79.66% (high category), esteem needs 76.98% (high category), and self-actualization needs 79.01% (high category). Based on these results, it can be concluded that the motivation of mothers in participating in rhythmic gymnastics is positive, as the activity provides benefits in terms of health, comfort, social interaction, and self-satisfaction. However, this motivation still needs to be maintained and improved in order to reach a more optimal category, namely very high

Keywords: motivation, rhythmic gymnastics, survey