

## ABSTRAK

**Latar Belakang:** Secara global 81% remaja berusia 11-17 tahun dilaporkan kurang melakukan aktivitas fisik (AF) sedang dan berat sesuai rekomendasi *World Health Organization* (WHO). Proporsi kurang AF di Indonesia meningkat dari 26.1% pada tahun 2013 menjadi 33.8% di tahun 2018. Di Kota Depok proporsi kurang AF adalah 39.45% di tahun 2018. Banyak penelitian yang telah menganalisis faktor determinan dari perilaku AF pada remaja, namun penelitian yang menganalisis hubungan semua determinan dalam suatu kerangka konsep masih jarang ditemukan.

**Metode:** Penelitian ini menggunakan desain studi *cross sectional* dengan teknik pengambilan sampel *cluster sampling* dan *random sampling*. Sampel yang diambil adalah siswa SMA/SMK dari 14 sekolah yang terdapat di 11 Kecamatan di Kota Depok. Jumlah responden yang didapatkan adalah 351 orang. Analisis data menggunakan metode *Structural Equation Modeling* (SEM) dengan menggunakan software SMART PLS 3.0.

**Hasil:** Hasil penelitian menunjukkan bahwa sekitar 60% remaja belum melakukan aktivitas fisik (AF) sedang-berat sesuai rekomendasi. Pada analisis model struktural didapatkan *self-efficacy* (SE) berpengaruh positif terhadap *outcome expectation* (OE) dengan  $\rho = 0.880$ , SE berpengaruh positif terhadap *self-regulation* (SR) ( $\rho = 0.243$ ), SE berpengaruh positif terhadap persepsi dukungan ( $\rho = 0.910$ ), SE berpengaruh negatif terhadap persepsi hambatan ( $\rho = -0.919$ ), OE berpengaruh positif terhadap perilaku AF ( $\rho = 0.919$ ), OE berpengaruh positif terhadap SR ( $\rho = 0.137$ ), SR berpengaruh positif terhadap perilaku AF ( $\rho = 0.188$ ), persepsi dukungan berpengaruh positif terhadap SR ( $\rho = 0.320$ ), persepsi hambatan berpengaruh negatif terhadap SR ( $\rho = -0.248$ ), dan SE berpengaruh positif terhadap AF ( $\rho = 0.489$ ).

**Kesimpulan:** Terdapat pengaruh yang signifikan antara keyakinan remaja, penetapan target, keyakinan manfaat, dukungan sosial dan hambatan dengan perilaku aktivitas fisik pada remaja.

**Kata Kunci:** aktivitas fisik, remaja, SCT, *self-efficacy*

## ABSTRACT

**Background:** Globally, 81% of adolescents aged 11-17 years reported not doing moderate and vigorous physical activity (PA) according to the recommendations of the World Health Organization (WHO). The proportion of lack of PA in Indonesia increased from 26.1% in 2013 to 33.8% in 2018. In Depok City, the proportion of lack of PA was 39.45% in 2018. Many studies have analysed the determinants of PA behaviour in adolescents, but research that analyses the relationship of all determinants in a conceptual framework is still rarely found.

**Method:** The study uses cross sectional study design with cluster sampling and random sampling techniques. The samples taken were high school students from 14 schools in 11 sub-districts in Depok City. The number of respondents obtained is 351 students. Data analysis using Structural Equation Modelling (SEM) method with SMART PLS 3.0 software.

**Result:** The results showed that about 60% of adolescents had not done moderate-heavy physical activity (PA) according to the recommendations. In the structural model analysis, self-efficacy (SE) has a positive effect on outcome expectations (OE) with path coefficient ( $\rho = 0.880$ ), SE has a positive effect on self-regulation (SR) ( $\rho = 0.243$ ), SE has a positive effect on perceived support ( $\rho = 0.910$ ), SE has a negative effect on perceived barriers ( $\rho = -0.919$ ), OE has a positive effect on PA behaviour ( $\rho = 0.919$ ), OE has a positive effect on SR ( $\rho = 0.137$ ), SR has a positive effect on PA behaviour ( $\rho = 0.188$ ), perception of support has a positive effect on SR ( $\rho = 0.320$ ), perceived barriers have a negative effect to SR ( $\rho = -0.248$ ), and SE had a positive effect on PA ( $\rho = 0.489$ ).

**Conclusion:** There is a significant effect between adolescent beliefs, target setting, beliefs of benefits, social support and barriers to physical activity behaviour in adolescents.

**Keywords:** physical activity, adolescents, SCT, self-efficacy