

THE EFFECT OF PHYSICAL ACTIVITY ON INHIBITION

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ABSTRACT

Inhibition is an important component in human life. Inhibition plays a role in controlling the behavior of individuals. Low inhibitory ability can have a negative effect on humans. Efforts to maintain and improve these abilities are done in various ways, one of them by doing physical activity. Several studies have shown that physical activity can improve inhibition. In addition, regular physical activity has various benefits for humans, both psychologically and physiologically. However, as many as 26.1% of Indonesia's population is still classified as less active or sedentary behavior. This study aims to determine the effect of physical activity on inhibition. Between subjects design is used in this study. A total of 45 people aged 18-24 years who were then grouped randomly into a walking experimental group ($n = 15$), jogging experimental group ($n = 15$), and control group ($n = 15$). The ability of inhibition is measured using Computerized Stroop Color-Word Test (CSCWT). Check manipulation in this study was done by measuring the blood pressure of the subject. There was significant difference in the value of inhibition in one group between three study groups [$F(2,42)=4,43;p=0,018$], where experimental group 1 was significant against the control group ($p=0,005;p<0,05$). Further differences in each group are described in the discussion.

Keyword: *inhibition, physical activity, sedentary behavior, computerized stroop color-word test, blood pressure*

PENGARUH AKTIVITAS FISIK TERHADAP INHIBISI

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ABSTRAK

Inhibisi merupakan komponen yang penting dalam kehidupan manusia. Inhibisi berperan dalam mengontrol perilaku yang dilakukan individu. Rendahnya kemampuan inhibisi dapat memiliki pengaruh negatif bagi manusia. Upaya untuk menjaga dan meningkatkan kemampuan tersebut dilakukan dengan berbagai cara, salah satunya dengan melakukan aktivitas fisik. Beberapa penelitian menunjukkan bahwa melakukan aktivitas fisik mampu meningkatkan kemampuan inhibisi. Selain itu, melakukan aktivitas fisik secara rutin memiliki berbagai manfaat bagi manusia, baik itu secara psikis maupun fisiologis. Namun, sebanyak 26,1% penduduk Indonesia masih tergolong kurang aktif atau sedentary behavior. Penelitian ini bertujuan untuk mengetahui pengaruh aktivitas fisik terhadap inhibisi. Between subjects design digunakan dalam penelitian ini. Subjek dalam penelitian ini berjumlah 45 orang dengan usia 18-24 tahun yang kemudian dikelompokkan secara acak kedalam kelompok eksperimen berjalan ($n=15$), kelompok eksperimen jogging ($n=15$), dan kelompok kontrol ($n=15$). Kemampuan inhibisi diukur menggunakan Computerized Stroop Color-Word Test (CSCWT). Cek manipulasi dalam penelitian ini dilakukan dengan mengukur tekanan darah subjek. Terdapat perbedaan nilai inhibisi yang signifikan pada salah satu kelompok diantara tiga kelompok penelitian [$F(2,42)=4,43; p=0,018$], dimana kelompok eksperimen 1 signifikan terhadap kelompok kontrol ($p=0,005; p<0,05$). Perbedaan lebih lanjut pada setiap kelompok dijelaskan dalam pembahasan.

Kata kunci: inhibisi, aktivitas fisik, sedentary behavior, computerized stroop color-word test, tekanan darah