

ABSTRAK

Tobby Ikhsan Mahendra. *Survei Motivasi Latihan Member Fitness di CBE Pacitan Tahun 2022.* Skripsi. Pacitan: STKIP PGRI Pacitan, 2022.

Penelitian ini bertujuan untuk mengetahui motivasi berlatih member bulanan CBE *Gym* Pacitan tahun 2022. Penelitian ini merupakan penelitian survei dengan pendekatan kualitatif dengan jenis diskriptif. Subjek penelitian ini adalah member bulanan CBE *Gym* Pacitan sebanyak 30 orang.

Penentuan subjek menggunakan teknik *Random sampling*. Instrumen utama penelitian ini yaitu peneliti sendiri (*Human Instrument*) dengan instrumen bantu yaitu observasi dan dokumentasi.

Tingginya motivasi member bulanan CBE *gym* tidak terlepas dari faktor fisiologis, faktor psikologis dan lingkungan tempat latihan yang baik pada diri member *gym*. Faktor fisiologis dalam motivasi berlatih pada member *fitness* CBE *Gym* dapat di kategorikan sangat tinggi dengan prosentase sebesar 89%. Kategori motivasi pada aspek psikologis ini adalah sangat tinggi dengan prosentase skor 88%. Prosentase dampak lingkungan terhadap motivasi berlatih member *fitness* CBE *Gym* yaitu sebesar 82% dengan kategori sangat tinggi. Prosentase motivasi berlatih pada aspek alat-alat atau sarana prasarana yang digunakan dalam berlatih yaitu sebesar 82% dengan kategori sangat tinggi. Kesimpulan dari penelitian ini adalah faktor internal dan eksternal berpengaruh cukup besar terhadap motivasi latihan member bulanan CBE *gym*.

Kata Kunci: Motivasi latihan, CBE *Gym*, Psikologis.

ABSTRACT

Tobby Ikhsan Mahendra. *Fitness Member Exercise Motivation Survey at CBE Pacitan 2022.* Thesis. Pacitan: STKIP PGRI Pacitan, 2022.

This study aims to determine the motivation to practice monthly members of CBE Gym Pacitan in 2022. This study is a survey research with a qualitative approach with a descriptive type. The subjects of this research are 30 monthly members of CBE Gym Pacitan.

Determination of the subject using a random sampling technique. The main instrument of this research is the researcher himself (Human Instrument) with auxiliary instruments, namely observation, and documentation.

The high motivation of monthly CBE gym members is inseparable from physiological factors, psychological factors, and a good training environment for gym members. Physiological factors in the motivation to train CBE Gym fitness members can be categorized as very high with a percentage of 89%. The category of motivation in this psychological aspect is very high with a score percentage of 88%. The percentage of environmental impact on the motivation to practice CBE Gym fitness members is 82% with a very high category. The percentage of motivation to practice on the aspects of the tools or infrastructure used in practice is 82% with a very high category. This study concludes that internal and external factors have a large enough influence on the motivation to exercise monthly among members of the CBE gym.

Key words: *Exercise motivation, CBE Gym, Psychological.*