

SELF-CONFIDENCE OVERVIEW OF MEMBERS OF FITNESS CENTER FURION GYM JAMBI

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ABSTRACT

BACKGROUND Some people are now more concerned about health and appearance. One aspect of appearance that is discussed by the public is body shape or posture which makes them less confident. Judging from the enthusiasm of the public who try various types of sports that are increasingly in demand. Some people choose the method by registering themselves as members at a fitness center to exercise. One of the fitness centers in the city of Jambi is Furion Gym Jambi. The reason members join fitness is to maintain health or fitness, besides that it is also to increase self-confidence.

OBJECTIVE To see how the self-confidence of Members of the Fitness Center Furion Gym Jambi

METHOD This research is a quantitative descriptive type with a purposive sampling technique. The research sample consisted of 43 respondents. Valid self-confidence measuring instrument as many as 26 items with a reliability coefficient value (α) = 0.699.

RESULTS The results of this study indicate that more Fitopia fitness center members have low self-confidence, namely 19 respondents (44.2%). Then followed by high self-confidence as many as 16 respondents (37.2%). Furion Gym Jambi members aged 20-40 years, male, and a Bachelor's degree.

CONCLUSION The level of self-confidence of Fitness Center Furion Gym Jambi members is mostly low self-confidence. Then reviewed from the age of 21-40 years, the gender is mostly male, and the level of education is mostly diploma/bachelor.

Keywords: Self-confidence, Fitness Center Members

GAMBARAN KEPERCAYAAN DIRI PADA MEMBER FITNESS CENTER FURION GYM JAMBI

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ABSTRAK

LATAR BELAKANG Sebagian masyarakat kini sudah lebih peduli tentang kesehatan dan penampilan. Salah satu aspek penampilan yang di perbincangkan masyarakat yaitu bentuk tubuh atau postur tubuh yang membuat mereka menjadi kurang percaya diri. Dilihat dari antusias masyarakat yang mencoba berbagai jenis olahraga yang kian hari kian diminati. Sebagian masyarakat memilih cara dengan mendaftarkan dirinya sebagai member di fitness center untuk berolahraga. Salah satu fitness center di kota Jambi yaitu Furion Gym Jambi. Alasan para member mengikuti fitness untuk menjaga kesehatan atau kebugaran, selain itu juga untuk meningkatkan kepercayaan diri.

TUJUAN Untuk melihat bagaimana gambaran kepercayaan diri pada Member Fitness Center Furion Gym Jambi

METODE Penelitian ini berjenis kuantitatif deskriptif dengan teknik purposive sampling. Sampel penelitian berjumlah 43 responden. Alat ukur kepercayaan diri yang valid sebanyak 26 item dengan nilai koefisien reliabilitas (α) = 0,699.

HASIL Hasil penelitian ini menunjukkan bahwa lebih banyak member Fitopia fitness center yang memiliki kepercayaan diri rendah yaitu jumlah 19 responden (44,2%). Lalu disusul dengan kepercayaan diri tinggi sebanyak 16 responden (37,2%). Member Furion Gym Jambi yang berusia 20-40 tahun, berjenis kelamin laki-laki, dan tingkat pendidikan Sarjana.

KESIMPULAN Tingkat kepercayaan diri Member Fitness Center Furion Gym Jambi didapatkan terbanyak kepercayaan diri rendah. Lalu ditinjau dari usia 21-40 tahun, jenis kelamin terbanyak laki-laki, dan tingkat pendidikan terbanyak adalah diploma/sarjana.

Kata Kunci : Kepercayaan Diri, Member Fitness Center