

ABSTRACT

BAYU PRIYA RAHADI. "The relationship between health knowledge and attitudinal patterns of healthy living with the habit of Sports Swimming Club members on the Faculty of sports science of the University of Jakarta" thesis, Jakarta: the Faculty of Sport Science University Jakarta, July 2017.

This research aims to know the: (1) the relationship between health knowledge with custom sports swimming club members on the Faculty of sports science of the University of Jakarta, (2) the relationship between the attitudes of the pattern of healthy living with the habit of sports swimming club members on the Faculty of sports science State University of Jakarta, and (3) the relationship between health knowledge and attitudinal patterns of healthy living with healthy sports habits with custom sports swimming club members on the Faculty of sports science of the University of Jakarta.

Data retrieval is done at the Faculty of sports science of the University of Jakarta, JL. Pemuda Rawamangun No.10 Kec. Pulo Gadung, East Jakarta. These studies use quantitative methods with techniques, sampling correlation studies that used IE swimming club members FIO UNJ as many as 20 people, sampling by using purposive sampling technique. The technique of hypothesis testing is performed by using statistical analysis techniques of regression equations and binary correlation continued with the correlation coefficient using the keberartian test test-t and-f in significant extent $\alpha = 0.05$.

The results showed: first, there is a relationship between health knowledge with custom sports known equation linear line $= 30.39 + 0,392X_1$, keberartian correlation coefficient test results X_1 obtained a value of Y against t-calculate the t-value is 1.81 and 1.73 table on significant levels of 5%. Thus the t-value calculate $>$ t-table that indicates that the zero hypothesis (H_0) was rejected, the correlation coefficient test result keberartian (ry_1) = 0.392 is mean and the coefficient of determination (ry_1^2) = 0.1539 this 15.39% sports habits influenced by health knowledge. Second, there is a relationship between attitudes towards healthy living patterns of habit of sport known equation linear line $= 15.64 + 0,687X_2$, keberartian correlation coefficient test results against Y X_2 t-value is obtained to calculate the t-value of 4.01 and 1.73 table on a significant level of 5%. Thus the t-value calculate $>$ t-table that indicates that the zero hypothesis (H_0) was rejected, test results keberartian coefficient of correlation (ry_2) = 0.687 is mean and the coefficient of determination (ry_2^2) = 0,4723 this 47.23% sports habits influenced by attitudes of healthy life patterns. Third, there is a relationship between health knowledge and attitudinal patterns of healthy living with the habit of exercise known the equation a linear line $= 0,326 + 0,237X_1 + 0,756X_2$, keberartian

correlation coefficient test results X_1 and X_2 against Y be obtained f -value to calculate the f -value and 12.641 table 4.45 on a significant level of 5%. Thus the f -value calculate $>$ f -table that indicates that the zero hypothesis (H_0) was rejected, test results keberartian coefficient correlation $R_{y_{1-2}} = 0.695$ is mean and the coefficient of determination $(R_{y_{1-2}})^2 = 0.4836$ this 48.36% sports habits influenced by attitudes of health knowledge and healthy life patterns.

So the calculation result States that there exists a relationship between health knowledge and attitudinal patterns of healthy living with the habit of sports on Club members pool FIO UNJ.