

## **SUMMARY**

Relationship of Body Mass Index With Student Motivation Following Futsal Extracurricular Activities In SMPN 213 Jakarta

## **ABSTRACT**

The purpose of this study was to determine the relationship of body mass index to the motivation of students who participated in extracurricular activities futsal in State Junior High School 213 Jakarta. The research was conducted at State Junior High School 213 Jakarta which is located at Jl. Malaka I Perumnas Klender East Jakarta from May to June 2017. This research used survey technique which was done by measuring body mass index through height and weight measurement and using student motivation questionnaire given to the respondent as many as 25 people.

From this research, the following results show that there is a negative relationship between body mass index and student's motivation that follow extracurricular futsal activity in State Junior High School 213 Jakarta which stated by regression equation  $\hat{Y} = 93,10 - 0,29 X$ . This means if mass index The body is high then the motivation is low and vice versa when the low body mass index hence the motivation is high.

Based on the calculation results obtained  $t_{ct} = 1.1851$  and at  $\alpha = 5\%$  with  $dk = n-2 = 25-2 = 23$  obtained  $t_{table} = 2.069$ . Because  $t_{hitung} = 1.1851 < t_{table} = 2.069$ , it can be concluded that there is a negative relationship between body mass index (X) with motivation (Y) students who follow extracurricular activities futsal State Junior High School 213 Jakarta.

**Keywords: Body Mass Index, Motivation**