

TINGKAT KEDISIPLINAN ATLET CABANG OLAHRAGA PERMAINAN
BOLA BESAR (BOLA VOLI DAN BOLA BASKET) PADA MASA
ADAPTASI KEBIASAAN BARU DI KABUPATEN BULELENG

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ABSTRAK

Aktivitas fisik masa pandemi Covid-19 tetap perlu dilakukan agar tubuh sehat dan bugar. Tujuan penelitian ini mendapatkan data empirik tingkat kedisiplinan atlet bola voli dan bola basket pada masa adaptasi kebiasaan baru di Kabupaten Buleleng. Penelitian deskriptif ini menggunakan *simple random sampling*, jumlah sampel atlet bola voli sebanyak 48 orang dan atlet bola basket sebanyak 60 orang. Instrumen penelitian berbentuk angket tertutup dalam *google form*. Analisis data menggunakan deskriptif kuantitatif-kualitatif. Hasil penelitian menunjukkan :1) atlet bola voli yang termasuk kategori sangat disiplin sebanyak 16 orang (49%), kategori disiplin berjumlah 25 orang (52%), dan kategori cukup disiplin mencapai 7 orang (15%). Skor rerata responden atlet bola voli mencapai 99,31, dan 2) atlet bola basket di Kabupaten Buleleng termasuk kategori sangat disiplin sebanyak 29 orang (48%), kategori disiplin berjumlah 24 orang (40%), kategori cukup disiplin mencapai 7 orang (12%). Berdasarkan analisis data dan pembahasan, kesimpulan penelitian ini: 1) tingkat kedisiplinan atlet bola voli di Kabupaten Buleleng termasuk kategori disiplin, dan 2) tingkat kedisiplinan atlet bola basket termasuk pada kategori disiplin. Disarankan kepada masyarakat Kabupaten Buleleng untuk tetap melakukan aktivitas fisik dengan menerapkan protokol kesehatan yang ketat, istirahat yang teratur dan menjaga kesehatan tubuh.

Kata kunci: *disiplin, permainan, new normal.*

LEVEL OF DISCIPLINE ATHLETES BRANCH SPORTS BIG BALL (VOLLEY BALL AND BASKETBALL) DURING THE ADAPTATION OF NEW HABITS IN BULELENG DISTRICT

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ABSTRACT

Physical activity during the Covid-19 pandemic still needs to be done so that the body is healthy and fit. The purpose of this study was to obtain empirical data on the level of discipline of volleyball and basketball athletes during the adaptation period of new habits in the Buleleng Regency. This descriptive study uses simple random sampling, the number of samples of volleyball athletes is 48 people and basketball athletes are 60 people. The research instrument is in the form of a closed questionnaire in the google form. Data analysis used quantitative-qualitative descriptive. The results showed: 1) volleyball athletes who were included in the very disciplined category were 16 people (49%), the discipline category was 25 people (52%), and the fairly disciplined category reached 7 people (15%). The average score of volleyball athlete respondents reached 99.31, and 2) basketball athletes in Buleleng Regency included in the very disciplined category as many as 29 people (48%), the discipline category amounted to 24 people (40%), the moderately disciplined category reached 7 people (12 %). Based on data analysis and discussion, the conclusions of this study are: 1) the level of discipline of volleyball athletes in Buleleng Regency is included in the discipline category, and 2) the level of discipline of basketball athletes is included in the discipline category. It is recommended to the people of Buleleng Regency to continue to do physical activity by implementing strict health protocols, taking regular breaks, and maintaining a healthy body.

Keywords: *discipline, game, new normal.*