

**PEMBELAJARAN YANG REPETITIF MENINGKATKAN KELUHAN  
MUSCULOSKELETAL DAN STRESS AKIBAT BELAJAR SERTA  
MENURUNKAN MOTIVASI BELAJAR SISWA DI SMAN 10 DENPASAR**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui penerapan pembelajaran yang repetitif meningkatkan keluhan *musculoskeletal* dan stres akibat belajar serta menurunkan motivasi belajar. Jenis penelitian ini adalah eksperimen semu (quasi experimental) dengan rancangan *nonequivalent randomized pre dan post test control group design*. Variabel terikat penelitian ini meliputi: (1) keluhan *musculoskeletal* didata menggunakan kuesioner Nordic Body Map, (2) stres akibat belajar didata dengan kuesioner stres akibat belajar, (3) motivasi belajar didata dengan menggunakan kuesioner motivasi belajar. Data dianalisis dengan uji t independent sampel dengan taraf signifikansi 5%. Hasil penelitian ini menunjukkan bahwa (1) pembelajaran yang repetitif meningkatkan keluhan *musculoskeletal* secara bermakna pada peserta didik sebesar 27,95 %, (2) pembelajaran yang repetitif meningkatkan stres akibat belajar secara bermakna sebesar 13,79%, (3) pembelajaran yang repetitif menurunkan motivasi belajar secara bermakna sebesar 3,36%.

Kata kunci: keluhan *musculoskeletal*, motivasi belajar, pembelajaran yang repetitif, stres akibat belajar

**REPETITIONAL LEARNING  
INCREASED MUSCULOSKELETAL COMPLAINTS  
AND STRESS DUE TO LEARNING AND DECREASE STUDENTS' LEARNING  
MOTIVATION AT SMAN 10 DENPASAR**

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**ABSTRACT**

*This study aims to determine the application of repetitive learning increases musculoskeletal complaints and stress due to learning and decreases learning motivation. This type of research is a quasi-experimental study with a nonequivalent randomized pre and post test control group design. The dependent variables of this study include: (1) musculoskeletal complaints were recorded using the Nordic Body Map questionnaire, (2) stress due to learning was recorded using the stress questionnaire due to learning, (3) learning motivation was recorded using the learning motivation questionnaire. Data were analyzed using an independent sample t-test with a significance level of 5%. The results of this study indicate that (1) repetitive learning significantly increases musculoskeletal complaints in students by 27.95%, (2) repetitive learning significantly increases stress due to learning by 13.79%, (3) repetitive learning significantly decreases learning motivation by 3.36%.*

**Keywords:** *musculoskeletal disorders learning motivation, repetitive learning, stress due to learning,*