

## ABSTRAK

### GAMBARAN MOTIVASI INTRINSIK MEMBER MENGIKUTI LATIHAN BEBAN DI *FITNESS X* DENPASAR DALAM PERSPEKTIF *SELF-DETERMINATION THEORY*

**Intisari.** Tujuan penelitian ini untuk mengetahui motivasi intrinsik pada individu yang melakukan latihan beban/kebugaran di *Fitness X* Denpasar berdasarkan *Self-Determination Theory*. Penelitian ini menggunakan tipe penelitian kuantitatif deskriptif dengan melibatkan 161 orang yang menjadi member di *Fitness X* Denpasar melalui teknik *probability sampling*. Penelitian ini menggunakan metode survei dengan skala *likert* berbasis *Self-Determination Theory* (autonomy, relatedness, dan competence) untuk mengukur motivasi intrinsik member *Fitness X* Denpasar, di mana setelah melalui uji validitas dan reliabilitas diperoleh 21 aitem valid dengan nilai *Cronbach's Alpha* sebesar 0,968 yang menunjukkan alat ukur sangat reliabel. Hasil penelitian menunjukkan bahwa berdasarkan karakteristik demografis (jenis kelamin, usia, pendidikan, dan pekerjaan), mayoritas responden di *Fitness X* Denpasar memiliki motivasi intrinsik yang berada pada kategori tinggi hingga sangat tinggi menurut *Self-Determination Theory*. Analisis deskriptif menunjukkan bahwa motivasi intrinsik individu dalam melakukan latihan beban di *Fitness X* Denpasar tergolong tinggi berdasarkan *Self-Determination Theory*, dengan rata-rata skor 75,80 dan mayoritas responden berada pada kategori tinggi hingga sangat tinggi. Temuan ini menegaskan bahwa *self determination* berperan penting dalam membentuk dan mempertahankan motivasi intrinsik individu untuk melakukan latihan kebugaran

**Kata Kunci:** *Self-Determination*, Motivasi Intrinsik, Latihan Beban

### *DESCRIPTION OF INTRINSIC MOTIVATION AMONG MEMBERS WHO PARTICIPATED IN WEIGHT TRAINING AT FITNESS X DENPASAR FROM A SELF-DETERMINATION THEORY PERSPECTIVE*

**Abstract.** *This research aimed to understand intrinsic motivation in individuals who engaged in weight training/fitness at Fitness X Denpasar based on Self-Determination Theory. The research used a descriptive quantitative approach, involving 161 members of Fitness X Denpasar who were selected through a probability sampling technique. The research employed a survey method with a Likert scale based on Self-Determination Theory (autonomy, relatedness, and competence) to measure the intrinsic motivation of Fitness X Denpasar members. After undergoing validity and reliability tests, the scale yielded 21 valid items with a Cronbach's Alpha of 0.968, which indicated high reliability. The results showed that, based on demographic characteristics (gender, age, education, and occupation), the majority of respondents at Fitness X Denpasar had intrinsic motivation that fell into the high to very high category according to Self-Determination Theory. This descriptive analysis indicated*

*that the intrinsic motivation of individuals for weight training at Fitness X Denpasar was generally high according to Self-Determination Theory, with an average score of 75.80 and the majority of respondents in the high to very high categories. These findings affirmed that self-determination played a crucial role in shaping and maintaining individuals' intrinsic motivation for engaging in fitness training.*

***Keywords:*** *Self-Determination, Intrinsic Motivation, Weight Training*