

PEMBUATAN VIDEO DOKUMENTER UNTUK MENINGKATKAN
MOTIVASI BEROLAHRAGA *WEIGHT LIFTING* DAN KESADARAN
AKAN POSISI TUBUH YANG BENAR

Johannes Eugenio

160821009

Program Digital Media Technology

Pembimbing:

Dr. Andre, S.T., M.Sc.

Mikhael Ming Khosasih, M.M., M.Kom

ABSTRAK

Kesadaran terhadap pentingnya aktivitas fisik, khususnya *weight lifting*, masih tergolong rendah sehingga berisiko menimbulkan cedera saat berolahraga. Padahal, *weight lifting* memiliki banyak manfaat seperti meningkatkan kekuatan, memperbaiki postur tubuh, dan membentuk massa otot. Penelitian ini bertujuan untuk membuat media edukatif berupa video dokumenter dan website guna meningkatkan pemahaman mengenai teknik latihan dan postur tubuh yang benar. Metode yang digunakan adalah deskriptif kuantitatif dengan menyebarkan kuesioner kepada 54 responden, serta melakukan wawancara dengan seorang Personal Trainer dan dua anggota gym. Validasi dilakukan melalui pre-test dan post-test kepada 35 responden. Hasil penelitian menunjukkan adanya peningkatan pemahaman teknik setelah menonton video dokumenter. Website yang dikembangkan juga menyajikan informasi pendukung seperti jadwal latihan, variasi gerakan, kalkulator BMI, dan data nutrisi. Dapat disimpulkan bahwa video dokumenter dan website yang dibuat efektif dalam meningkatkan kesadaran untuk mulai berolahraga *weight lifting* secara aman dan terarah.

Kata kunci: *Weight Lifting*, Postur Tubuh, Video Dokumenter, *Website*, *Personal Trainer*

CREATION OF A DOCUMENTARY VIDEO TO INCREASE
MOTIVATION FOR WEIGHT LIFTING EXERCISE AND
AWARENESS OF PROPER BODY POSTURE

Johannes Eugenio

160821009

Program Digital Media Technology

Contributor:

Dr. Andre, S.T., M.Sc.

Mikhael Ming Khosasih, M.M., M.Kom

ABSTRACT

Awareness of the importance of physical activity, particularly weight lifting, remains relatively low, which increases the risk of injury during exercise. In fact, weight lifting offers numerous benefits such as increasing strength, improving posture, and building muscle mass. This study aims to create educational media in the form of a documentary video and a website to enhance understanding of proper training techniques and body posture. The method used is descriptive quantitative by distributing questionnaires to 54 respondents, as well as conducting interviews with a Personal Trainer and two gym members. Validation was carried out through pre-test and post-test involving 35 respondents. The results of the study indicate an improvement in the understanding of techniques after watching the documentary video. The developed website also provides supporting information such as workout schedules, exercise variations, a BMI calculator, and nutritional data. It can be concluded that the documentary video and website created are effective in raising awareness and encouraging safe and structured weight lifting practices.

Keywords: Weight Lifting, Youth, Body Posture, Documentary Video, Website, Personal Trainer