

ABSTRACT

Aldi Leonardus (705120087)

Contribution from Pesonality Traits and Exercise Motivation to Exercise Identiy; Bonar Hutapea, S.Psi., M.Si. Undergraduate Program In Psychology, Tarumanagara University, (i-ix; 67 Pages; R1-R5; Appdx 1-39)

Nowadays, the society of Jakarta are lacking in exercising. four out of five Indonesian are not exercising regularly. Because of that, the writer is performing a research that intended to find out the contribution of personality trait and exercise motivation to exercise identity. 220 participants exercising people are involved in this research. Accidental sampling is the method used to take the sample in this research. *Exercise Identity Scale*, *Situational Motivation Scale*, and *Big Five Inventory* are the instruments in this research to measure all the variables. The data analysis is using *Man-Whitney*, *Spearman Kendall*, and *Linear Regression* methods. The result of this research showed that there are a positif, and significant contribution from intrinsic motivation and identified regulation dimension to exercise identity. In a meanwhile there are a positif and significant contribution from 4 types of personality (extraversion, agreeableness, conscientiousness, and openness) to exercise identity. Neuroticism is the only type of personality which has a negatif, and significant contribution to exercise identity.

Keywords: *exercise identity, big five personality, and exercise motivation*