

ABSTRACT

Edi Prasetyo. 11819964

Interpersonal Communication Between Gym Personal Trainers and Clients in Increasing Training Efficiency (Study at X Gym Depok)

Keywords: Interpersonal Communication, Healthy Living, Gym

(xii + 73 + Attachment)

Communication is an important thing in our life. With communication, we can interact with each other and share information. Communication is also used by a Personal Trainer to convey messages or information to Members, where each person has different traits, characters, interests and goals. This research aims to analyze interpersonal communication between Personal Trainers and Xgym Members in increasing training efficiency at Xgym Depok using symbolic interaction theory. The research method used in this research is descriptive qualitative. The results of this research show that there is interpersonal communication, such as at first Xgym members explained that they started exercising because of health issues, then the Personal Trainer began to explain goals, exercise patterns and healthy lifestyles that were appropriate for the gym. However, in the communication process there are communication barriers and things that can change the mindset of an Xgym member. Communication is carried out using 3 dimensions of symbolic interaction theory, namely, Mind, Self and Society. It can be concluded that the interpersonal communication that occurs between Personal Trainers and Xgym Members has been said to be effective in increasing training efficiency, shown by several Xgym Members who have achieved quite good results, which means that they have made good progress, so the message conveyed by the Personal Trainer has been well received. . Researchers suggest that Personal Trainers be more communicative and active with passive Xgym Members and can maintain and develop services.

Bibliography (2000 - 2023)