

**PENGARUH *PSYCHOLOGICAL SKILL TRAINING* TERHADAP *MENTAL TOUGHNESS* DAN PERFORMA ATLET BOLA BASKET**

Tesis

Diajukan untuk memenuhi sebagian dari syarat  
Memperoleh gelar magister pendidikan program studi pendidikan olahraga



Oleh:  
Mochammad Alfian Rachman  
2105436

**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA**

**2024**

**LEMBAR HAK CIPTA**

**PENGARUH *PSYCHOLOGICAL SKILL TRAINING* TERHADAP *MENTAL TOUGHNESS* DAN PERFORMA ATLET BOLA BASKET**

Oleh :

Mochammad Alfian Rachman

2105436

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan pada Sekolah Pascasarjana

©Mochammad Alfian Rachman

Universitas Pendidikan Indonesia

2024

Hak Cipta di lindungi undang-undang

Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,  
Dengan dicetak ulang atau di fotocopy atau cara lainnya tanpa izin penulis

**LEMBAR PENGESAHAN**

MOCHAMMAD ALFIAN RACHMAN

**PENGARUH *PSYCHOLOGICAL SKILL TRAINING* TERHADAP  
*MENTAL TOUGHNESS* DAN PERFORMA ATLET BOLA BASKET**

Disetujui dan disahkan oleh pembimbing:  
Pembimbing I



Prof. Dr. Komarudin, M.Pd  
NIP. 197204031999031003

Pembimbing II



Prof. Dr. Herman Subarjah, M.Si.  
NIP. 196009181986031003

Mengetahui,

Ketua Program Studi Pendidikan Olahraga  
Sekolah Pascasarjana



Prof. Dr. Amung Ma'mun, M.Pd.  
NIP. 19600119198603100

## ABSTRAK

### PENGARUH *PSYCHOLOGICAL SKILL TRAINING* TERHADAP *MENTAL TOUGHNESS* DAN PERFORMA ATLET BOLA BASKET

Pembimbing : 1. Prof. Dr. Komarudin, M.Pd.

2. Prof. Dr. Herman Subarjah, M.Si.

Mochammad Alfian Rachman

2105436

Penelitian ini berangkat dari permasalahan kondisi atlet yang memiliki kecenderungan psikologis dan performa atlet bola basket. Penelitian ini mengkaji pengaruh *psychological skill training* terhadap *Mental Toughness* dan performa atlet pada permainan bola basket. Metode yang digunakan adalah eksperimen dengan desain one group pretest-posttest design. Sampel dalam penelitian ini sebanyak 12 atlet bola basket. Instrumen yang digunakan untuk mengukur *Mental Toughness* yaitu (MTQ-48) dan Instrumen untuk mengukur performa menggunakan *FIBA Live Statistic*. Analisis data menggunakan SPSS v.24 dengan menggunakan pengujian hipotesis melalui uji t-test. Pertama, terdapat peningkatan pengaruh program *psychological skill training* terhadap *Mental Toughness* atlet bola basket, Kedua, terdapat pengaruh *psychological skill training* terhadap performa atlet bola basket. Ketiga, terdapat hubungan positif antara *Mental Toughness* dan performa atlet bola basket setelah diberikan program *psychological skill training*.

**Kata Kunci** : *Psychological Skill Training, Mental Toughness, Performa Bola Basket*

\*) Mahasiswa Pascasarjana Pendidikan Olahraga S2 Universitas Pendidikan Indonesia

**ABSTRACT**  
**IMPACT OF PSYCHOLOGICAL SKILL TRAINING ON MENTAL  
TOUGHNESS AND PERFORMANCE OF BASKETBALL ATHLETES**

**Supervisor : 1. Prof. Dr. Komarudin, M.Pd.**

**2. Prof. Dr. Herman Subarjah, M.Si.**

**Mochammad Alfian Rachman**

**2105436**

*This research departs from the problem of the condition of athletes who have psychological tendencies and the performance of basketball athletes. This study examines the effect of psychological skill training on Mental Toughness and athlete performance in basketball games. The method used is an experiment with a one group pretest-posttest design. The sample in this study were 12 basketball athletes. The instrument used to measure Mental Toughness is (MTQ-48) and the instrument to measure performance uses FIBA Live Statistics. Data analysis using SPSS v.24 using hypothesis testing through t-test. First, there is an increase in the influence of the psychological skill training program on the Mental Toughness of basketball athletes, Second, there is an influence of psychological skill training on the performance of basketball athletes. Third, there is a positive relationship between Mental Toughness and performance of basketball athletes after being given a psychological skill training program.*

**Keywords:** *Psychological Skill Training, Mental Toughness, Basketball Performance*

*\*) Postgraduate Sports Education Masters Student at Indonesian University of Education*

## DAFTAR ISI

<b>LEMBAR PENGESAHAN .....</b>	<b>i</b>
<b>LEMBAR PERNYATAAN .....</b>	<b>ii</b>
<b>UCAPAN TERIMAKASIH.....</b>	<b>iv</b>
<b>ABSTRAK .....</b>	<b>v</b>
<b>ABSTRACT .....</b>	<b>vi</b>
<b>DAFTAR ISI.....</b>	<b>x</b>
<b>DAFTAR TABEL .....</b>	<b>xii</b>
<b>DAFTAR GAMBAR.....</b>	<b>xi</b>
<b>BAB I PENDAHULUAN.....</b>	<b>1</b>
1.1. Latar Belakang .....	1
1.2. Rumusan Masalah .....	6
1.3. Tujuan Penelitian.....	6
1.4. Manfaat Penelitian.....	7
1.4.1. Manfaat Teoritis.....	7
1.4.2. Manfaat Praktis .....	7
1.5. Struktur Organisasi Tesis .....	7
<b>BAB II KAJIAN PUSTAKA .....</b>	<b>9</b>
2.1. Mental Toughness .....	9
2.1.1. Pengertian Mental Toughness.....	9
2.1.2. Model Mental Toughness .....	10
2.1.3. Faktor-faktor Mental Toughness .....	11
2.1.4. Ciri-ciri Mental Toughness.....	13
2.1.5. Dimensi-Dimensi Mental Toughness .....	13
2.1.6. Pengaruh Mental Toughness Terhadap Performa Atlet.....	15
2.2. Performa Bola Basket.....	16
2.2.1. Faktor Teknis dalam Performa Bola Basket .....	17
2.2.2. Faktor Taktis dalam Performa Bola Basket.....	18
2.2.3. Faktor Fisik dalam Performa Bola Basket.....	19
2.2.4. Faktor Psikologis dalam Performa Bola Basket .....	19
2.3. Psychological Skill Training (PST).....	21

2.3.1.	Model Psychological Skill Training (PST).....	22
2.3.2.	Metode Latihan Psychological Skill Training (PST).....	24
2.4.	Kerangka berpikir .....	27
2.5.	Hipotesis .....	29
<b>BAB III</b>	<b>METODE PENELITIAN .....</b>	<b>30</b>
3.1.	Metode Penelitian.....	30
3.2.	Desain Penelitian .....	30
3.3.	Populasi dan Sampel .....	31
3.3.1.	Populasi.....	31
3.3.2.	Sampel .....	32
3.4.	Prosedur Penelitian.....	32
3.5.	Instrument Penelitian.....	34
3.5.1.	Instrumen Mental Toughness Quistionare (MTQ) .....	35
3.5.2.	Instrumen Performa Bola Basket.....	39
3.6.	Program Latihan .....	40
3.7.	Teknik Analisis Data .....	42
3.7.1.	Deskripsi Statistik.....	42
3.7.2.	Uji Normalitas.....	42
3.7.3.	Uji Homogenitas .....	43
3.7.4.	Uji Hipotesis .....	43
<b>BAB IV</b>	<b>TEMUAN DAN PEMBAHASAN .....</b>	<b>45</b>
4.1.	Temuan.....	45
4.1.1.	Deskriptif Data.....	45
4.1.2.	Uji Normalitas.....	46
4.1.3.	Uji Homogenitas .....	46
4.1.4.	Uji Hipotesis .....	47
4.2.	Pembahasan .....	48
4.3.	Limitasi Penelitian.....	57
<b>BAB V</b>	<b>KESIMPULAN DAN SARAN .....</b>	<b>58</b>
5.1.	Kesimpulan.....	58
5.2.	Implikasi.....	58
5.3.	Rekomendasi .....	59
<b>DAFTAR PUSTAKA</b>	<b>.....</b>	<b>60</b>
<b>LAMPIRAN</b>	<b>.....</b>	<b>70</b>

## DAFTAR TABEL

Tabel 3. 1 Katergori Pemberian Skor .....	35
Tabel 3. 2 Kisi - Kisi Angket Penelitian .....	36
Tabel 3. 3 Program dan Sesi PST .....	41
Tabel 3. 4 Interpretasi Terhadap Koefisien Korelasi .....	44
Tabel 4. 1 Hasil Pretest dan Postest Angket <i>Mental Toughness</i> dan Performa Atlet Bola Basket .....	45
Tabel 4. 2 Uji Normalitas Kelompok Eksperimen .....	46
Tabel 4. 3 Uji Homogenitas Kelompok Eksperimen Angket dan Performa .....	46
Tabel 4. 4 Uji Hipotesis Eksperimen Angket.....	47
Tabel 4. 5 Uji Hipotesis Eksperimen Performa.....	48
Tabel 4. 6 Hasil Uji Korelasi.....	48



## DAFTAR GAMBAR

Gambar 3. 1 One Group Pretest-Posttest Design .....	31
Gambar 3. 2 Alur Penelitian.....	33
Gambar 3. 3 <i>FIBA Live Statistic Application</i> .....	39

## DAFTAR PUSTAKA

- Adisasmito, L. S. (2007). *Mental Juara: Modal Atlet Berprestasi*. Rajagrafindo Persada.
- AK, C. L., & Koesdyantho, A. R. (2019). Korelasi Rasa Percaya Diri Dengan Keterampilan Sosial Di Sekolah Pada Siswa Kelas X IPS SMA NEGERI 6 Surakarta Tahun Pelajaran 2017/2018. *Medikons: Jurnal Prodi Bimbingan Dan Konseling Unisri Surakarta*, 4(2), 10–24.
- Ali, M. (2013). *Penelitian Kependidikan Prosedur & Strategi*. CV. Angkasa.
- Aly & Elemiri. (2014). Mental toughness and its relationship to the achievement level of the weightlifters in Egypt. *Turkish Journal of Sport and Exercise*. <https://doi.org/https://doi.org/10.15314/TJSE.13865>
- Arikunto, S. (2010). *Prosedur Penelitian Suatu Pendekatan Praktik*. Rineka Cipta.
- Aryanto, D. B., & Larasati, A. (2018). A Three-Domain Personality Analysis of a Mentally Tough Athlete. *European Journal of Personality*, 32(1), 6–29. <https://doi.org/10.1002/per.2129>
- Bahari, F., Biyabani, M., & Zandi, H. G. (2016). Relationship between Mental Toughness and Behavioral Regulation among University Student-athletes. *IOSR Journal of Sports and Physical Education*, 03(04), 06–10. <https://doi.org/10.9790/6737-03040610>
- Budiana, D., & Lubay, L. H. (2013). *Pembelajaran Permainan Bolabasket*. Universitas Pendidikan Indonesia.
- Clough, P., & Strycharczyk, D. (2012). *Developing Mental Toughness: Improving Performance*. Kogan Page. [https://books.google.co.id/books?hl=id&lr=&id=LcQ3AAAAQBAJ&oi=fnd&pg=PP2&dq=Developing+Mental+Toughness:+Improving+Performance&ots=IyiTizAaH2&sig=n238AVFG2yaAW61ADweLVsfHQm8&redir\\_esc=y#v=onepage&q=Developing Mental Toughness%3A Improving Performance&f=fa](https://books.google.co.id/books?hl=id&lr=&id=LcQ3AAAAQBAJ&oi=fnd&pg=PP2&dq=Developing+Mental+Toughness:+Improving+Performance&ots=IyiTizAaH2&sig=n238AVFG2yaAW61ADweLVsfHQm8&redir_esc=y#v=onepage&q=Developing%20Mental%20Toughness%3A%20Improving%20Performance&f=fa)
- Connaughton, D., Hanton, S., & Jones, G. (2010). The development and maintenance of mental toughness in the world's best performers. *Sport Psychologist*, 24(2), 168–193. <https://doi.org/10.1123/tsp.24.2.168>
- Connaughton, D., Wadey, R., Hanton, S., & Jones, G. (2008). The development and

- maintenance of mental toughness: Perceptions of elite performers. *Journal of Sports Sciences*, 26(1), 83–95. <https://doi.org/10.1080/02640410701310958>
- Cowden, R. G. (2017). On the mental toughness of self-aware athletes: Evidence from competitive tennis players. *South African Journal of Science*, 113(1–2), 1–6. <https://doi.org/10.17159/sajs.2017/20160112>
- Cox, R. H. (2011). Sport Psychology Concepts and Applications (Second Edition). In *Journal of Sport and Exercise Psychology* (Vol. 14, Issue 2). <https://doi.org/10.1123/jsep.14.2.222>
- Creswell, J. W. (2012). *Research Design Pendekatan Kualitatif, Kuantitatif, dan Mixed*. Yogyakarta: Pustaka Pelajar. (3rd ed.). PUSTAKA PELAJAR.
- Crust, L., & Azadi, K. (2010). Mental toughness and athletes' use of psychological strategies. *European Journal of Sport Science*, 10(1), 43–51. <https://doi.org/10.1080/17461390903049972>
- Davis, M. S. (2017). Evolution of Tactical Factors in Basketball. *Journal of Sports History*, 42(4), 312–327.
- Dohme, L. C., Piggott, D., Backhouse, S., & Morgan, G. (2019). Psychological Skills and Characteristics Facilitative of Youth Athletes' Development: A Systematic Review. *Sport Psychologist*, 33(4), 261–275. <https://doi.org/10.1123/tsp.2018-0014>
- Edwards, D. J., & Steyn, B. J. M. (2008). Sport psychological skills training and psychological well-being. *South African Journal for Research in Sport*, 30(1), 15–28. <https://doi.org/10.4314/sajrs.v30i1.25978>
- Fletcher, D., & Sarkar, M. (2012). A grounded theory of psychological resilience in Olympic champions. *Psychology of Sport and Exercise*, 13(5), 669–678. <https://doi.org/10.1016/j.psychsport.2012.04.007>
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). *The Basic of Educational Research. How to design and evaluate research in educatiuon* (Vol. 21, Issue 1). McGraw-Hil. <http://journal.um-surabaya.ac.id/index.php/JKM/article/view/2203>
- García, J., Ibáñez, S. J., De Santos, R. M., Leite, N., & Sampaio, J. (2013). Identifying basketball performance indicators in regular season and playoff games. *Journal of Human Kinetics*, 36(1), 161–168.

<https://doi.org/10.2478/hukin-2013-0016>

- Gillham, A., & Weiler, D. (2013). Goal setting with a college soccer team: What went right, and less-than-right. *Journal of Sport Psychology in Action*, 4(2), 97–108. <https://doi.org/10.1080/21520704.2013.764560>
- Golby, J., & Wood, P. (2016). The Effects of Psychological Skills Training on Mental Toughness and Psychological Well-Being of Student-Athletes. *Psychology*, 07(06), 901–913. <https://doi.org/10.4236/psych.2016.76092>
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2008). Towards an understanding of mental toughness in Australian football. *Journal of Applied Sport Psychology*, 20(3), 261–281. <https://doi.org/10.1080/10413200801998556>
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009). Development and preliminary validation of a mental toughness inventory for Australian football. *Psychology of Sport and Exercise*, 10(1), 201–209. <https://doi.org/10.1016/j.psychsport.2008.07.011>
- Gucciardi, D. F., Hanton, S., Gordon, S., Mallett, C. J., & Temby, P. (2015). The Concept of Mental Toughness: Tests of Dimensionality, Nomological Network, and Traitness. *Journal of Personality*, 83(1), 26–44. <https://doi.org/10.1111/jopy.12079>
- Guszkowska, M., & Wójcik, K. (2021). Effect of mental toughness on sporting performance: review of studies. *Baltic Journal of Health and Physical Activity*, 13(7), 1–12. <https://doi.org/10.29359/BJHPA.2021.Suppl.2.01>
- Hannibalsson, K. Á. (2018). *Psychological skills , mental toughness , anxiety and performance in young basketball players Psychological skills , mental toughness , anxiety and performance in young basketball players. June.*
- Hardy, L., Bell, J., & Beattie, S. (2014). A Neuropsychological Model of Mentally Tough Behavior. *Journal of Personality*, 82(1), 69–81. <https://doi.org/10.1111/jopy.12034>
- Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and sports performance: A meta-analysis. *Perspectives on Psychological Science*, 6(4), 348–356. <https://doi.org/10.1177/1745691611413136>
- Herfiantoro, A. (2019). Pengaruh Latihan Imagery Dan Kecerdasan Atlet Club Atletik Glagah Wangi Demak. *Tesis*.

- Herman. (2011). Psikologi Olahraga. *Ilara*, 2(2), 1–7.
- Hidayat, W. (2022). *Pengaruh Psychological Skills Training Terhadap Peningkatan Mental Toughness Dan Raihan Prestasi Atlet Elit Duathlon Dan Triathlon Indonesia*. Universitas Pendidikan Indonesia.
- Holt, N. L., & Dunn, J. G. H. (2004). Toward a grounded theory of the psychosocial competencies and environmental conditions associated with soccer success. *Journal of Applied Sport Psychology*, 16(3), 199–219. <https://doi.org/10.1080/10413200490437949>
- Hoover, S. J., Winner, R. K., McCutchan, H., Beaudoin, C. C., Judge, L. W., Jones, L. M., Leitzelar, B., & Hoover, D. L. (2017). Mood and Performance Anxiety in High School Basketball Players: A Pilot Study. *International Journal of Exercise Science*, 10(4), 604–618. <http://www.ncbi.nlm.nih.gov/pubmed/28674604><http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC5466400>
- Iman, R. (2017). Pengaruh Pembelajaran Shooting (Free Throw) Dengan Alat Bantu Rentangan Tali Terhadap Hasil Shooting (Free Throw) Dalam Permainan Bola Basket. *Jurnal Siliwangi*, 3.
- Indraharsani, I. A. S., & Budisetyani, I. W. (2018). Efektivitas Self-Talk Positif Untuk Meningkatkan Performa Atlet Basket. *Jurnal Psikologi Udayana*, 4(02), 367. <https://doi.org/10.24843/jpu.2017.v04.i02.p12>
- Jang, D., Ahn, J., & Kwon, S. (2020). Relationships between implicit beliefs and mental toughness: The role of implicit beliefs of adolescent football players and their coaches. *Journal of Physical Education and Sport*, 20(1), 156–163. <https://doi.org/10.7752/jpes.2020.01021>
- Johnson, R. (2019). The Impact of Strength and Power Training on Basketball Performance. *Journal of Sports Science and Medicine*, 18(3), 430–439.
- Joyce, D. & Lewindon, D. (2014). Customizing the warm-up and cool-down. In *High-performance training for sports*.
- Juriana, J., & Tahki, K. (2017). Peran Pelatihan Mental Dalam Meningkatkan Kepercayaan Diri Atlet Renang Sekolah Ragunan. *JOSSAE : Journal of Sport Science and Education*, 2(1), 9. <https://doi.org/10.26740/jossae.v2n1.p9-14>
- Kalinin, R., Balazsi, R., & Pentek, I. (2019). Relationship between competitive

anxiety and mental toughness: a latent regression analysis. *Health, Sports & Rehabilitation Medicine*, 20(2), 70-.

Komarudin. (2013). *Psikologi Olahraga*. Remaja Rosdakarya.

Komarudin. (2015). *Psikologi Olahraga Latihan Keterampilan Mental Olahraga Kompetitif* (M. S. Yusuf Hidayat (ed.); Revisi). PT REMAJA ROSDAKARYA.

Komarudin. (2017). *Psikologi Olahraga* (Y. Hidayat & N. Muliawati (eds.); kelima). PT Remaja Rosdakarya.

Komarudin, K., Mulyana, B., & Novian, G. (2021). The Effect of Life Kinetik Training Models to Improve Self-Confidence in Team and Individuals Athletes. *The Open Psychology Journal*, 14(1), 220–226. <https://doi.org/10.2174/1874350102114010220>

Kueh, G. K. Y. (2015). *RECOVERY-STRESS STATE AMONG ADOLESCENT STATE ATHLETES Contribution / Originality*. 2(4), 122–130.

Kurniawan, W. P., & Weda. (2022). *Program Psychological Skill Training (PST) dapat Meningkatkan Keterampilan Atlet Renang*. 8(2), 317–326.

Lee, D. (2018). Flexibility and Injury Prevention in Basketball Players. *Sports Medicine and Rehabilitation Journal*, 22(4).

Lin, Y., Mutz, J., Clough, P. J., & Papageorgiou, K. A. (2017). Mental toughness and individual differences in learning, educational and work performance, psychological well-being, and personality: A systematic review. *Frontiers in Psychology*, 8(AUG), 1–15. <https://doi.org/10.3389/fpsyg.2017.01345>

Lismadiana. (2017). Peranan Latihan Mental Dalam Pertandingan Bulutangkis. *Angewandte Chemie International Edition*, 6(11), 951–952., 1–15.

Locke, E. A., & Latham, G. P. (2002). Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. *American Psychologist*, 57(9), 705–717. <https://doi.org/10.1037/0003-066X.57.9.705>

Machida, M., Marie Ward, R., & Vealey, R. S. (2012). Predictors of sources of self-confidence in collegiate athletes. *International Journal of Sport and Exercise Psychology*, 10(3), 172–185. <https://doi.org/10.1080/1612197X.2012.672013>

Maguire, G. L. (2018). *5 Key Psychological Skills of Elite Performers*. Human Performance: Reach Your Mental Peek.

- Mas'ud, Ayyub, M., Zainuddin, K., & Firdaus, F. (2022). Pengaruh Mental Toughness Terhadap Peak Performance Pada Atlet Sepak Bola di Kota Makassar The Effect of Mental toughness on Peak performance in Soccer Athletes at Makassar. *Journal of Art, Humanity, & Social Studies*, 2(6), 171–177.
- Matmask, E. A., & OZRUDI, M. F. (2019). Survey of self-esteem among successful and unsuccessful student athletes and this relationship by achievement motivation. *Asian Exercise and Sport Science Journal*, 3(1), 1–7. <https://journal.aesasport.com/index.php/aesa/article/view/100%0A>
- Michael, K., Pelka, M., & Beckmann, J. (2017). *Psychological relaxation techniques to enhance recovery in sports: Vol. 1st Editio*. Sport, Recovery, and Performance.
- Miçooğullari, B. O., & Ekmekçi, R. (2017). Evaluation of a Psychological Skill Training Program on Mental Toughness and Psychological Wellbeing for Professional Soccer Players. *Universal Journal of Educational Research*, 5(12), 2312–2319. <https://doi.org/10.13189/ujer.2017.051222>
- Newland, A., Newton, M., Finch, L., Harbke, C. R., & Podlog, L. (2013). Moderating variables in the relationship between mental toughness and performance in basketball. *Journal of Sport and Health Science*, 2(3), 184–192. <https://doi.org/10.1016/j.jshs.2012.09.002>
- Nien, J.-T., Gill, D. L., Chou, T.-Y., Liu, C.-S., Geng, X., Hung, T.-M., & Chang, Y.-K. (2023). Effect of brief mindfulness and relaxation inductions on anxiety, affect and brain activation in athletes. *Psychology of Sport and Exercise*, 67, 102422. <https://doi.org/10.1016/j.psychsport.2023.102422>
- Nopiyanto, Y. E., & Dimiyati, D. (2018). Karakteristik psikologis atlet Sea Games Indonesia ditinjau dari jenis cabang olahraga dan jenis kelamin. *Jurnal Keolahragaan*, 6(1), 69–76. <https://doi.org/10.21831/jk.v6i1.15010>
- Noviansyah, I. A., & Jannah, M. (2021). HUBUNGAN ANTARA MENTAL TOUGHNESS DENGAN KECEMASAN OLAHRAGA PADA ATLET BELADIRI Ilham Andrian Noviansyah Miftakhul Jannah Abstrak. *Jurnal Penelitian Psikologi*, 9 no 8(<https://ejournal.unesa.ac.id/index.php/character/issue/view/2418>), 85–91.

- Okazaki, V. H. A., & Rodacki, A. L. F. (2018). Basketball jump shot performed by adults and children. *Human Movement*, *19*(1), 71–79. <https://doi.org/10.5114/hm.2018.73615>
- Pang, H., Li, W., Pu, K., & Huang, Z. (2020). Research on the Main Psychological Factors influencing Basketball Players' Athletic performance: the Importance of Psychological Quality. *Revista Argentina De Clínica Psicológica*, *29*(5), 491–502. <https://doi.org/10.24205/03276716.2020.1046>
- Parnabas, V. A., Mahamood, Y., Parnabas, J., & Abdullah, N. M. (2014). The Relationship between Relaxation Techniques and Sport Performance. *Universal Journal of Psychology*, *2*(3), 108–112. <https://doi.org/10.13189/ujp.2014.020302>
- Perry, J. L., Clough, P. J., Crust, L., Earle, K., & Nicholls, A. R. (2013). Factorial validity of the Mental Toughness Questionnaire-48. *Personality and Individual Differences*, *54*(5), 587–592. <https://doi.org/10.1016/j.paid.2012.11.020>
- Perry, J. L., Strycharczyk, D., Dagnall, N., Denovan, A., Papageorgiou, K. A., & Clough, P. J. (2021). Dimensionality of the Mental Toughness Questionnaire (MTQ48). *Frontiers in Psychology*, *12*(July), 1–7. <https://doi.org/10.3389/fpsyg.2021.654836>
- Pratama, R., Hardiyono, B., & Pasaribu, A. M. N. (2020). pengaruh Latihan Self-Talk dan Imagery Relaxation terhadap Konsentrasi dan Akurasi Tembakan 3 Angka. *Jurnal Altius*. <https://doi.org/https://doi.org/10.36706/altius.v9i1.11492>
- Reigal, R. E., Vázquez-Diz, J. A., Morillo-Baro, J. P., Hernández-Mendo, A., & Morales-Sánchez, V. (2020). Psychological profile, competitive anxiety, moods and self-efficacy in beach handball players. *International Journal of Environmental Research and Public Health*, *17*(1). <https://doi.org/10.3390/ijerph17010241>
- Retnawati, H. (2017). *Teknik Pengambilan Sampel*.
- Rismayadi, A. (2021). *Analisis Posisi Pemain Berdasarkan Kajian Antropometrik, Fisik, Dan Teknik Terhadap Performa Bermain Bolabasket*. Universitas Pendidikan Indonesia.



- Riyadi, D., Sartono, H., & Komarudin, K. (2019). Pengaruh Metode Latihan Imagery terhadap Kosentrasi dan Keterampilan Bermain Sepakbola. *Jurnal Kepeleatihan Olahraga*, 11(1), 43–50. <https://doi.org/10.17509/jko-upi.v11i1.16825>
- Romansa, A. (2017). *Hubungan Mental Toughness Dengan Performa Atlet Bola Basket Pada Kejuaraan Bola Basket Sekota Bandung 2016*. Universitas Pendidikan Indonesia.
- Rosady, M. F. (2021). *Perbedaan Mental toughness Pada Atlet Sepakbola Senior Dan Junior (U-18)* (Vol. 8, Issue 75) [Universitas Islam Negeri Maulana Malik Ibrahim. Malang]. <https://doi.org/10.1016/j.jnc.2020.125798><https://doi.org/10.1016/j.smr.2020.02.002><http://www.ncbi.nlm.nih.gov/pubmed/810049><http://doi.wiley.com/10.1002/anie.197505391><http://www.sciencedirect.com/science/article/pii/B9780857090409500205><http://www.sciencedirect.com/science/article/pii/S0950268820300001>
- Sari, A. D. K., & Subandi. (2015). Pelatihan Teknik Relaksasi untuk Menurunkan Kecemasan pada Primary Caregiver Penderita Kanker Payudara. *Gadjah Mada Journal of Professional Psychology*, 1(3), 173–192.
- Satiadarma, & Monty, P. (2000). *Dasar-dasar Psikologi Olahraga*. Pustaka Sinar Harapan.
- Schaefer, J., Vella, S. A., Allen, M. S., & Magee, C. A. (2016). Competition anxiety, motivation, and mental toughness in golf. *Journal of Applied Sport Psychology*, 28(3).
- Shaari, J. S., Hooi, L. B., & Siswantoyo. (2019). The effectiveness of psychological skills training program on netball shooting performance. *Cakrawala Pendidikan*, 38(1), 174–187. <https://doi.org/10.21831/cp.v38i1.23206>
- Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress toward construct validation of the Sports Mental Toughness Questionnaire (SMTQ). *European Journal of Psychological Assessment*, 25(3), 186–193. <https://doi.org/10.1027/1015-5759.25.3.186>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta, CV.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta,

CV.

- Sugiyono. (2018). *Metode Penelitian Pendidikan*. Alfabeta, CV.
- Sukmana, A. (2015). *PERBEDAAN FAKTOR PSIKOLOGIS YANG MENGHAMBAT PERFORMA ANTARA PEMAIN CADANGAN DAN INTI SAAT BERTANDING PADA KOMPETISI SEKOLAH SEPAKBOLA (SSB) KU 14-15 TAHUN DI KEJUARAAN LIGA BATURETNO 2015*. Universitas Negeri Yogyakarta.
- Tangkudung, J., & Mylsidayu. (2017). *Mental training aspek-aspek psikologi dalam olahraga*. (Vol. 13, Issue 1). Cakrawala Cendekia.
- Thelwell, R. C., Greenlees, I. A., & Weston, N. J. V. (2006). Using psychological skills training to develop soccer performance. *Journal of Applied Sport Psychology*, 18(3), 254–270. <https://doi.org/10.1080/10413200600830323>
- Titisari, D., & Haryanta, H. (2019). Peran Kecerdasan Emosi dan Ketangguhan Mental terhadap Kecemasan Menghadapi Pertandingan pada Atlet Mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 4(1), 51. <https://doi.org/10.22146/gamajop.45403>
- Tsitsi, T., Charalambous, A., Papastavrou, E., & Raftopoulos, V. (2017). Effectiveness of a relaxation intervention (progressive muscle relaxation and guided imagery techniques) to reduce anxiety and improve mood of parents of hospitalized children with malignancies: A randomized controlled trial in Republic of Cyprus and Greece. *European Journal of Oncology Nursing*, 26, 9–18. <https://doi.org/10.1016/j.ejon.2016.10.007>
- van Raalte, L. J., & Posteher, K. A. (2019). Examining social support, self-efficacy, stress, and performance, in U.S. Division I collegiate student-athletes' academic and athletic lives. *Journal for the Study of Sports and Athletes in Education*, 13(2), 75–96. <https://doi.org/10.1080/19357397.2019.1635419>
- Vealey, R. S. (2012). Mental Skills Training in Sport. *Handbook of Sport Psychology: Third Edition*, 285–309. <https://doi.org/10.1002/9781118270011.ch13>
- Weinberg, R., Butt, J., Mellano, K., & Harmison, R. (2017). The stability of mental toughness across situations: Taking a social-cognitive approach. *International Journal of Sport Psychology*, 48(3), 280–302.

<https://doi.org/10.7352/IJSP.2017.48.280>

- Weinberg, R. S., & Gould, D. (2007). *Foundations of sport and exercise psychology, 4th ed.* Human Kinetics.
- Weinberg, R. S., & Gould, D. (2011). *Foundations of sport and exercise psychology.* Champaign, Human Kinetics.
- Weinberg, R. S., & Gould, D. (2014). *Foundations of sport and exercise psychology, 6E.* Human Kinetics.
- Weinberg, R. S., & Gould, D. (2019). *No Title.* Human Kinetics.  
[https://www.google.co.id/books/edition/Foundations\\_of\\_Sport\\_and\\_Exercise\\_Psycho/ACBwDwAAQBAJ?hl=id&gbpv=0](https://www.google.co.id/books/edition/Foundations_of_Sport_and_Exercise_Psycho/ACBwDwAAQBAJ?hl=id&gbpv=0)
- Yanti, S. P., & Jannah, M. (2017). Pengaruh mind control training terhadap mental toughness pada atlet UKM bola basket Universitas Negeri Surabaya. *Character: Jurnal Penelitian Psikologi.*, 4(1), 1–6.