

**PREDIKSI MENTAL TOUGHNESS TERHADAP PENURUNAN
KECEMASAN DALAM PENGAMBILAN KEPUTUSAN
WASIT HANDBALL**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh Gelar Magister
Pendidikan Olahraga pada Program Studi Pendidikan Olahraga



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PREDIKSI MENTAL TOUGHNESS TERHADAP PENURUNAN
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WASIT HANDBALL

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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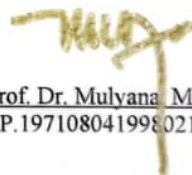
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PREDIKSI MENTAL TOUGHNESS TERHADAP PENURUNAN KECEMASAN DALAM PENGAMBILAN KEPUTUSAN WASIT HANDBALL

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ABSTRAK

Wasit handball menghadapi tekanan psikologis tinggi yang dapat memicu kecemasan dan berdampak negatif pada kualitas pengambilan keputusan. Penelitian ini bertujuan untuk mengetahui prediksi *mental toughness* dan keempat dimensinya (*Thrive Through Challenge, Sport Awareness, Tough Attitude, Desire Success*) terhadap tingkat kecemasan wasit handball. Penelitian ini menggunakan metode kuantitatif dengan pendekatan regresi. Sampel terdiri dari 50 wasit handball berlisensi resmi yang dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Mental Toughness* yang telah diuji validitas dan reliabilitasnya, serta skala kecemasan *Hamilton Anxiety Rating Scale* (HARS). Hasil analisis regresi linier sederhana menunjukkan bahwa setiap dimensi *mental toughness* secara individual memiliki prediksi yang signifikan dan negatif terhadap kecemasan, dengan kontribusi penjelasan (R^2) berkisar antara 65.0% hingga 76.0% ($p < 0.05$). Secara keseluruhan, konstruk *Mental Toughness* terbukti menjadi prediktor yang sangat kuat, mampu menjelaskan **89.0%** variabilitas kecemasan ($R^2 = 0.890$, $p < 0.05$). Simpulan penelitian ini adalah bahwa ketangguhan mental merupakan faktor psikologis protektif yang dominan bagi wasit handball. Temuan ini memberikan justifikasi empiris yang kuat untuk mengintegrasikan pelatihan keterampilan psikologis secara sistematis dalam program pengembangan wasit.

Kata Kunci: *Mental Toughness*, Kecemasan, Pengambilan Keputusan, Wasit Handball, Psikologi Olahraga.

THE PREDICTIVE MENTAL TOUGHNESS TOWARDS ANXIETY IN HANDBALL REFEREE DECISION MAKING

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ABSTRACT

Handball referees face high psychological pressure that can trigger anxiety and negatively impact the quality of decision-making. This study aims to determine the predictive power of mental toughness and its four dimensions (Thrive Through Challenge, Sport Awareness, Tough Attitude, Desire Success) on the anxiety levels of handball referees. This research employed a quantitative method with a regression approach. The sample consisted of 50 officially licensed handball referees selected through purposive sampling. Data were collected using the Mental Toughness questionnaire, which was tested for validity and reliability, and the Hamilton Anxiety Rating Scale (HARS). The results of simple linear regression analysis showed that each dimension of mental toughness individually had a significant and negative predictive power on anxiety, with explanatory contributions (R^2) ranging from 65.0% to 76.0% ($p < 0.05$). Overall, the Mental Toughness construct proved to be a very strong predictor, capable of explaining 89.0% of the variance in anxiety ($R^2 = 0.890$, $p < 0.05$). The conclusion of this study is that mental toughness is a dominant protective psychological factor for handball referees. This finding provides a strong empirical justification for systematically integrating psychological skills training into referee development programs.

Keywords: Mental Toughness, Anxiety, Decision Making, Handball Referee, Sport Psychology.

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