

**DUKUNGAN TEMAN SEBAYA TERHADAP ATLET WANITA DALAM
TINJAUAN PSIKOLOGI DAN SOSIOLOGI PADA OLAHRAGA FUTSAL
ELITE**



TESIS

diajukan untuk memenuhi sebagian syarat untuk memperoleh Gelar Magister
Pendidikan Program Studi Pendidikan Olahraga

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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
BANDUNG
2025**

Hilmy Apriady, 2025

*DUKUNGAN TEMAN SEBAYA TERHADAP ATLET WANITA DALAM TINJAUAN PSIKOLOGI DAN
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Universitas Pendidikan Indonesia, 2023

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga
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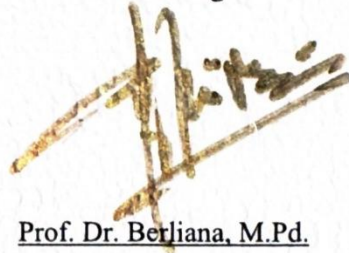
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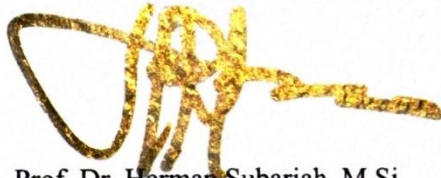
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UCAPAN TERIMAKASIH

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ABSTRAK

Partisipasi wanita dalam olahraga maskulin masih menghadapi berbagai tantangan sosial dan psikologis. Salah satu faktor yang dapat memengaruhi keterlibatan mereka dalam olahraga adalah dukungan teman sebaya. Penelitian ini bertujuan untuk mengeksplorasi peran dukungan teman sebaya dalam partisipasi atlet wanita dalam olahraga maskulin, dengan pendekatan psikologis dan sosiologis. Menggunakan metode survei kualitatif, penelitian ini melibatkan enam teman yang berasal dari rekomendasi atlet futsal wanita elit Indonesia sebagai partisipan. Data dikumpulkan melalui wawancara semi-terstruktur dan dianalisis menggunakan pendekatan tematik. Hasil penelitian menunjukkan bahwa dukungan teman sebaya memiliki peran signifikan dalam meningkatkan motivasi, kepercayaan diri, dan ketahanan mental atlet wanita. Selain itu, dukungan ini juga membantu mereka menghadapi stigma gender dan tekanan sosial yang melekat dalam olahraga maskulin. Studi ini memberikan wawasan penting bagi pelatih, pembuat kebijakan, dan akademisi dalam menciptakan lingkungan olahraga yang lebih inklusif dan mendukung bagi atlet wanita.

Kata Kunci: Dukungan teman sebaya, olahraga maskulin, partisipasi Wanita, psikologi olahraga, sosiologi olahraga

PEER SUPPORT FOR FEMALE ATHLETES IN A PSYCHOLOGICAL AND SOCIOLOGICAL REVIEW OF ELITE FUTSAL SPORTS

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ABSTRACT

Women's participation in masculine sports continues to face various social and psychological challenges. One factor that can influence their engagement in sports is peer support. This study aims to explore the role of peer support in the participation of female athletes in masculine sports, using both psychological and sociological approaches. Employing a qualitative survey method, this research involved six peers recommended by elite Indonesian female futsal athletes as participants. Data were collected through semi-structured interviews and analyzed using a thematic approach. The findings indicate that peer support plays a significant role in enhancing female athletes' motivation, self-confidence, and mental resilience. Moreover, such support helps them cope with gender stigma and social pressures inherent in masculine sports. This study offers valuable insights for coaches, policymakers, and academics in fostering a more inclusive and supportive sports environment for female athletes.

Keyword: *Peer support, masculine sports, women's participation, sport psychology, sport sociology*

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