

**PERBEDAAN *TASK* DAN *EGO ORIENTATION* ANTARA ATLET FASE  
PEMULA DAN MAHIR**

SKRIPSI

diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Sains  
Program Studi Ilmu Keolahragaan



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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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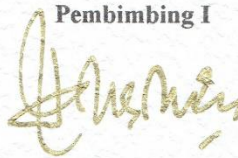
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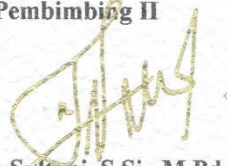
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## ABSTRAK

### PERBEDAAN *TASK* DAN *EGO ORIENTATION* ANTARA ATLET FASE PEMULA DAN MAHIR

Gerhana Kusuma Hadi Nugraha

Mustika Fitri, M.Pd., Ph.D.

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Pertumbuhan di masa remaja dibagi menjadi 3 tahap yaitu *early*, *middle*, dan *late adolescent*. Masa remaja adalah proses kanak-kanak menuju pendewasaan diri dimana individu mencari jati dirinya. Perubahan psikologis pada remaja menyebabkan perubahan pada perilakunya. Dalam olahraga khususnya cabang olahraga futsal, tahap pada pengembangan atlet diantaranya fase pemula dan mahir yang memasuki kategori usia remaja mengalami kondisi psikologis yang tidak stabil yang mempengaruhi penampilan atlet. Terdapat dua gagasan rasa pencapaian yang menjadi tujuan pada atlet yaitu *task* dan *ego orientation*. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat perbedaan *task* dan *ego orientation* pada atlet fase pemula dan mahir. Desain yang digunakan pada penelitian ini adalah kausal komparatif. Sampel yang digunakan adalah atlet pemula dan mahir berusia U-20 di Vamos Futsal Club masing-masing sebanyak 18 orang diambil menggunakan teknik *total sampling*. Instrumen yang digunakan ini adalah dengan kuesioner *TEOSQ (Task and Ego Orientation in Sport Questionnaire)*. Hasil yang diperoleh dianalisis menggunakan uji statistika *Independent Sample T-Test*. Dari analisis data diperoleh hasil  $p = 0.547 > 0.05$ , maka tidak terdapat perbedaan yang signifikan *task orientation* pada atlet fase pemula dan mahir. Dan hasil analisis data  $p = 0.201 > 0.05$ , maka tidak terdapat perbedaan yang signifikan *ego orientation* pada atlet fase pemula dan mahir.

**Kata kunci:** *ego orientation, mahir, pemula, remaja, task orientation.*

## ABSTRACT

### THE DIFFERENCES BETWEEN TASK AND EGO ORIENTATION AND PHASE ATHLETE OF THE BEGINNER AND PROFICIENCY

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The growth in adolescence is divided into three phases, those are early, middle, and late adolescent. An adolescence is a childhood process towards self-maturation in which each individual seeks an identity. The reformation of psychology in adolescence gives rise to the reformation in its behavior. In sport, particularly in futsal, there are two phases of athlete development, they are beginner and proficiency phases. Those are who still in the adolescence category will encounter the psychological instability which affects their performances. There are two constructs of sense of achievement which become the goals for athlete, namely task and ego orientation. The aim of this research is to find out whether there are differences of task and ego orientation in the beginner and proficiency athlete phases. The design used in this research was causal comparative. The samples used are the beginner and proficiency athlete in the age of 20 in Vamos Futsal Club each one consisted of 18 players which was taken by total sampling technique. The instrument used in this research was TEOSQ (Task and Ego Orientation in Sport Questionnaire). The finding was analyzed by using statistical test of Independent Sample T-Test. From the data analysis, the results were obtained  $p = 0.547 > 0.05$ , so, there is no significant differences of task orientation in the beginner and proficiency phase athlete. Then, the result of data analysis  $p = 0.201 > 0.05$ , so, there is no significant differences of ego orientation in the beginner and proficiency phase athlete.

**Keyword:** *adolescent, beginner, ego orientation, proficiency, task orientation.*

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