

**HUBUNGAN ANTARA *BURNOUT* DAN MOTIVASI DENGAN TINGKAT
EGO RESILIENCE PADA ATLET FUTSAL**

SKRIPSI

Diajukan untuk Memenuhi Sebagai Bagian dari Syarat untuk Memperoleh Gelar
Sarjana Sains Pada Program Studi Ilmu Keolahragaan



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Penelitian ini bertujuan untuk mengetahui hubungan antara Burnout dan Motivasi dengan tingkat Ego Resilience pada atlet futsal. Dalam penelitian ini menggunakan metode deskriptif dan menggunakan desain penelitian korelasi. Teknik pengambilan sampel yang digunakan dalam penelitian ini adalah purposive sampling. Sampel dalam penelitian ini berjumlah 60 orang dengan kriteria pernah dan masih bermain di Liga Futsal Bandung. Analisis data menggunakan uji descriptive statistic. Hasil dari penelitian ini adalah, pertama adanya hubungan yang signifikan ($\text{sig} = 0.001 < 0.05$) antara Burnout dengan tingkat Ego Resilience pada atlet futsal. Kedua, adanya hubungan yang signifikan ($\text{sig} = 0.019 < 0.05$) antara Motivasi dengan tingkat Ego Resilience pada atlet futsal. Ketiga adalah nilai kontribusi ($R.\text{square} = 0.294$) dari Burnout dan Motivasi secara bersama-sama dengan tingkat Ego Resilience pada atlet futsal adalah sebesar 29% .

Kata kunci : *Burnout*, Motivasi, *Ego Resilience*, Futsal

ABSTRACT

RELATIONSHIP BETWEEN BURNOUT AND MOTIVATION WITH THE EGO RESILIENCE LEVEL IN FUTSAL ATHLETES

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This study aims to determine the relationship between Burnout and Motivation with the Ego Resilience level in futsal. this study used descriptive methods and correlation research design. The sampling technique used in this study was purposive sampling. The samples in this study were 60 people with the criteria of ever and still playing in the Bandung Futsal League. Descriptive statistical test was used for analyzing the data. The results of this study are, first there is a significant relationship ($\text{sig} = 0.001 < 0.05$) between Burnout and the level of ego resilience in futsal. Second, there is a significant relationship ($\text{sig} = 0.019 < 0.05$) between motivation and the level of ego resilience in futsal. Third is the value of the contribution ($R. \text{square} = 0.294$) of Burnout and Motivation conjunction with the level of Ego Resilience in futsal athletes is 29%.

Keywords: burnout, motivation, ego resilience, futsal

DAFTAR ISI

| | |
|---|-----|
| HAK CIPTA..... | i |
| LEMBAR PENGESAHAN..... | ii |
| ABSTRAK..... | iii |
| ABSTRACK..... | iv |
| BAB I | |
| PENDAHULUAN..... | |
| 1.1 Latar Belakang..... | 1 |
| 1.2 Rumusan Masalah..... | 3 |
| 1.3 Tujuan Penelitian..... | 4 |
| 1.4 Manfaat Penelitian..... | 4 |
| 1.5 Struktur Organisasi Skripsi..... | 4 |
| BAB II | |
| KAJIAN PUSTAKA..... | 6 |
| 2.1 Ego Resilience..... | 6 |
| 2.2 Pengaruh Burnout Terhadap Ego Resilience..... | 6 |
| 2.3 Pengaruh Motivasi Pada Ego Resilience Atlet..... | 8 |
| 2.4 Hubungan Burnout dan Motivasi Dengan Ego Resilience Pada Atlet Futsal..... | 10 |
| 2.5 Penelitian Yang Relevan..... | 11 |
| 2.6 Kerangka Berpikir..... | 12 |
| 2.7 Hipotesis..... | 13 |
| BAB III | |
| METODE PENELITIAN..... | 14 |
| 3.1 Desain Penelitian..... | 14 |
| 3.2 Partisipan..... | 15 |
| 3.3 Populasi dan Sampel..... | 15 |
| 3.4 Instrumen Penelitian..... | 15 |
| 3.4.1 Petunjuk Mengerjakan Angket..... | 17 |
| 3.5 Prosedur..... | 19 |
| 3.6 Analisis Data..... | 19 |
| 3.6.1 Deskriptif Data..... | 19 |
| 3.6.2 Uji Normalitas..... | 20 |
| 3.6.3 Uji Korelasi..... | 20 |
| 3.6.4 Uji Korelasi Ganda dan Koefisien Determinasi..... | 20 |
| 3.6.5 Uji Hipotesis..... | 21 |
| 3.6.6 Kriteria Koefisien Korelasi..... | 21 |
| BAB IV | |
| TEMUAN DAN PEMBAHASAN..... | 22 |
| 4.1 Pengolahan dan Deskriptif Data..... | 22 |
| 4.1.1 Deskriptif Data..... | 22 |
| 4.1.2 Uji Normalitas..... | 23 |
| 4.1.3 Uji Korelasi..... | 23 |

| | |
|---|----|
| 4.1.4 Uji Korelasi Ganda dan Koefisien Detreminasi..... | 25 |
| 4.1.5 Uji Hipotesis..... | 25 |
| 4.2 Pembahasan Penelitian..... | 26 |

BAB V

| | |
|--|-----------|
| SIMPULAN IMPLIKASI DAN REKOMENDASI..... | 28 |
| 5.1 Simpulan..... | 28 |
| 5.2 Implikasi..... | 28 |
| 5.3 Rekomendasi..... | 29 |
| DAFTAR RUJUKAN..... | 30 |
| DAFTAR LAMPIRAN..... | 34 |

DAFTAR TABEL

| | |
|---|----|
| Tabel | |
| 3.1 Kisi-kisi Indikator..... | 16 |
| 3.2 Kuisisioner Burnout..... | 17 |
| 3.3 Kuisisioner Motivasi..... | 17 |
| 3.4 Kuisisioner Ego Resilience..... | 18 |
| 3.5 Kriteria Koefisien Korelasi..... | 21 |
| 4.1 Deskriptif Data Sampel..... | 22 |
| 4.2 Uji Normalitas Data..... | 23 |
| 4.3 Uji Korelasi Burnout dengan Ego Resilience..... | 24 |
| 4.4 Uji Korelasi Motivasi dengan Ego Resilience..... | 24 |
| 4.5 Uji Korelasi Ganda dan Koefisien Determinasi..... | 25 |

DAFTAR GAMBAR

| | |
|------------------------------|----|
| Gambar | |
| 3.1 Desain Penelitian..... | 14 |
| 3.2 Prosedur Penelitian..... | 19 |

DAFTAR LAMPIRAN

| | |
|--|----|
| Lampiran Angket Burnout, Motivasi, dan Ego Resilience..... | 34 |
|--|----|

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