

PERBEDAAN *SELF REGULATION* ATLET BERDASARKAN GENDER

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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UNIVERSITAS PENDIDIKAN INDONESIA

2020

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Skripsi yang diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga (S1) pada Fakultas Pendidikan Olahraga dan Kesehatan Program Studi Ilmu Keolahragaan

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Agustus 2020

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ABSTRAK

PERBEDAAN *SELF REGULATION* ATLET BERDASARKAN GENDER

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Dosen Pembimbing I : Mustika Fitri, M.Pd., Ph.D
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Keterampilan *self regulation* sangat penting dimiliki seseorang atlet untuk mencapai prestasi terbaiknya, dengan cara mengatur diri secara metakognisi, motivasi dan perilaku pada saat sebelum, saat melakukan, dan sesudah melakukan tugas dalam mencapai suatu tujuan. Peneliti ingin menguji apakah terdapat perbedaan *self regulation* atlet berdasarkan gender. Desain penelitian yang digunakan pada penelitian ini yaitu kausal komparatif dengan pendekatan kuantitatif. Sebanyak 90 orang atlet berprestasi di level kompetisi nasional yang menjadi sampel dalam penelitian ini, teknik pengambilan sampel menggunakan teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini adalah kuesioner *Self-Regulation of Learning Self-Report Scale (SRL-SRS)* untuk mengukur tingkat *self regulation* yang diadaptasi dari penulis aslinya (T. Toering & Elferink-gemser, 2012) dan dilakukan uji validitas dan reliabilitas ulang yang menghasilkan koefisien *cronbach's alpha* sebesar 0,945. Hasil penelitian dianalisis menggunakan *independent sample T test* pada SPSS versi 25 menyatakan data *self regulation* berdasarkan gender dengan nilai signifikansi $0,576 > 0,05$ maka hasil penelitian tidak terdapat perbedaan *self regulation* atlet berdasarkan gender.

Kata Kunci : Gender, Metakognisi, Motivasi, Perilaku, *Self Regulation*.

ABSTRACT

THE DIFFERENCES SELF-REGULATION OF ATHLETE BASED ON GENDER

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Self-regulation skills are necessary for an athlete to achieve his best, by regulating metacognition, motivation and behaviour before, while doing, and after performing a task in achieving a goal. Researchers wanted to test whether there were differences in athlete's self-regulation by gender. The research design used in this study is causal-comparative with quantitative approaches. A total of 90 athletes with achievements at the national competition level were sampled in this study. The sampling technique used purposive sampling technique. The instrument used in this study was the Self-Regulation of Learning Self-Report Scale (SRL-SRS) questionnaire to measure the level of self-regulation which was adapted from the original author (T. Toering & Elferink-gemser, 2012) and re-tested the validity and reliability which resulted in a cronbach's alpha coefficient of 0.945. The results of the study were analyzed using the independent sample T-test in SPSS version 25 stated that data on self-regulation based on gender with a significance value of $0.576 > 0.05$, the result of the study was that there was no difference in the self-regulation of athletes based on gender.

Keywords: Behavior, Gender, Metacognition, Motivation, Self Regulation.

Ilham Maulana, 2020

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