

HUBUNGAN KECEMASAN DENGAN KEPERCAYAAN DIRI ATLET PPLP
JAWA BARAT

SKRIPSI

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



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**Hubungan Kecemasan dengan Kepercayaan Diri
Atlet PPLP Jawa Barat**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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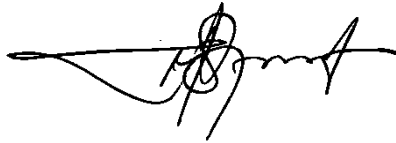
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ABSTRAK

HUBUNGAN KECEMASAN DENGAN KEPERCAYAAN DIRI ATLET PPLP JAWA BARAT

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Pembimbing I : Mustika Fitri, M.Pd., Ph.D

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Tujuan dari penelitian ini adalah untuk mengetahui hubungan kecemasan dan kepercayaan diri sebelum bertanding. Metode yang digunakan dalam penelitian ini yaitu metode korelasi dengan desain penelitian correlational study. Sampel dalam penelitian ini yaitu atlet PPLP Jawa Barat sebanyak 85 orang. Teknik pengambilan sampel menggunakan purposive sampling. Instrument yang digunakan berupa adaptasi dari kuesioner Competitive State Anxiety Inventory-2 untuk mengetahui tingkat kecemasan atlet dan Trait Sport Confidence Inventory untuk mengetahui tingkat kepercayaan diri atlet. Analisis data yang digunakan yaitu Spearman Correlation untuk menguji hubungan kecemasan dengan kepercayaan diri. Hasil analisis data menunjukkan terdapat hubungan antara kecemasan dengan kepercayaan diri ($p=0.000$). Dan hasil dari koefisien korelasi menunjukkan bahwa hubungan antara kedua variabel memiliki keeratan yang lemah ($r=0.431$). Jadi dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kecemasan dengan kepercayaan diri seorang atlet dalam menghadapi sebuah pertandingan.

Kata Kunci : kecemasan, kepercayaan diri, atlet, sebelum bertanding

ABTRACT

THE RELATIONSHIP BETWEEN ANXIETY AND SELF CONFIDENCE IN WEST JAVA PPLP ATHLETE

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The purpose of this study to determine the relationship of anxiety and self-confidence. The method used is Correlational Research with Study Correlational research design. The sample of this research is the athlete of PPLP Jawa Barat with a total sample of 85 athlete. The sampling technique uses purposive sampling. The instrument used was an adaptation of Competitive State Anxiety Inventory-2 questionnaire to perceived anxiety level and Trait Sport Confidence Inventory to perceived self confidence level. Data analysis used was Spearman Correlation to test the perceived relationship of anxiety and self-confidence. The result of data analysis showed that there was correlation of anxiety and self-confidence ($p=0.000$). and the results of the correlation coefficient show that the relationship between the two variables has a weak closeness ($r=0.431$). So, it can be concluded that there is an correlation of anxiety and self-confidence in athlete before competition.

Keyword : anxiety, self-confidence, athlete, before competition

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