

**HUBUNGAN *MENTAL TOUGHNESS* DAN MOTIVASI OLAHRAGA
DENGAN PRESTASI ATLET *INTROVERT* DAN *EXTROVERT***

TESIS

diajukan untuk memenuhi sebagian dari syarat memperoleh gelar
Magister Pendidikan Program Studi Pendidikan Olahraga



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Abstrak

Tujuan penelitian ini untuk meningkatkan prestasi atlet *introvert* dan *extrovert* melalui *mental toughness* dan motivasi olahraga. Metode penelitian adalah *correlation research* dengan model deskriptif. Populasi pada penelitian ini ialah atlet POPDA Riau 2018 di Pekanbaru dengan jumlah sampel 41 atlet, dengan teknik *sampling* yang digunakan adalah *convenience sampling* dan *total sampling*. Ada tiga instrumen yang digunakan dalam penelitian ini salah satunya, *mental toughness* (AfMTI) untuk mengukur ketangguhan mental atlet, dan instrumen motivasi olahraga digunakan instrumen *sport motivation scale-6* serta instrumen prestasi untuk mengambil jumlah dari medali dengan peringkat tiga besar yang diperoleh atlet. Hasil penelitian menunjukkan bahwa: (1) Terdapat hubungan yang signifikan antara *mental toughness* dan motivasi olahraga dengan prestasi atlet *introvert*, (2) Terdapat hubungan yang signifikan antara *mental toughness* dan motivasi olahraga dengan prestasi atlet *extrovert*, (3) Terdapat perbedaan antara *mental toughness* dan motivasi olahraga dengan prestasi atlet *introvert* dan *extrovert*. Penelitian ini menyarankan untuk mengatasi prestasi atlet *introvert* dan *extrovert* dan memberikan *mental toughness* serta motivasi olahraga yang efektif dan cocok dengan prestasi yang dialami atlet *introvert* dan *extrovert*.

Kata Kunci : *Achievement, Introvert and Extrovert, Mental Toughness, Sport Motivation*

Abstract

The purpose of this study was to improve the performance of introverted and extroverted athletes through mental toughness and sports motivation. The research method is a correlational study with a descriptive model. The population in this study were 2018 Riau POPDA athletes in Pekanbaru with a sample size of 41 athletes, with the sampling technique used was convenience sampling and total sampling. There are three instruments used in this study, one of which is mental toughness (AfMTI) to measure mental athlete's toughness, and motivation instruments used by the 6-scale motivational sports instrument and achievement instrument to take the number of medals with the top three ranks obtained by athletes. The results showed that: (1) There is a significant relationship between mental toughness and sports motivation with the performance of introverted athletes, (2) there is a significant relationship between mental toughness and sports motivation with the achievement of extrovert athletes, (3) there is a difference between mental toughness and motivation. sports with the achievements of introverted and extroverted athletes. This study suggests addressing the achievements of introverted and extroverted athletes and providing mental toughness and sports motivation that are effective and match the achievements of introverted and extroverted athletes.

Keywords: Achievement, Introvert and Extrovert, Mental Toughness, Sports Motivation

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