

## ABSTRAK

### TINGKAT KECEMASAN WASIT SEBELUM, SELAMA DAN SESUDAH MEMIMPIN PERTANDINGAN

(*Studi Deskriptif di Kejuaraan Nasional Futsal*)

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Tujuan dalam penelitian ini adalah untuk menelaah tingkat kecemasan wasit sebelum, selama dan sesudah memimpin pertandingan. Sampel diambil sebanyak 15 orang wasit putra C-1 (Nasional), menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan instrumen angket sebelum, selama dan sesudah serta tambahan penghitungan denyut nadi menggunakan *Polar FT7*. Penghitungan statistik menggunakan gabungan, manual dan *SPSS* dengan sub menu *Explore* juga Statistik Non-Parametrik *Uji Kruskal Wallis Test*. Dari hasil analisis data diperoleh kesimpulan bahwa tingkat kecemasan wasit sebelum memimpin pertandingan adalah 1144, termasuk kriteria kecemasan sedang, rata-rata denyut nadi 99 *BPM (Normal)*. Tingkat kecemasan wasit selama memimpin pertandingan adalah 1441, termasuk kriteria kecemasan tinggi, rata-rata denyut nadi aktifitas fisik 141 *BPM (Cepat)*. Dan tingkat kecemasan wasit sesudah memimpin pertandingan adalah 463 termasuk kriteria kecemasan rendah, rata-rata denyut nadi 64 *BPM (Normal)*. Diperoleh pula nilai  $p < 0,05$ . Hasil penelitian ini menyimpulkan bahwa terdapat perbedaan yang signifikan antara tingkat kecemasan wasit sebelum, selama dan sesudah memimpin pertandingan.

**Kata Kunci :** *Kecemasan, Wasit, Futsal, Angket (Sebelum, Selama & Sesudah)*

## ABSTRACT

### THE LEVEL OF REFEREE'S ANXIETY BEFORE, DURING, AND AFTER LEADING THE MATCH

(*Descriptive Study in Futsal National Championship*)

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The aim of the research is to examine the level of referee's anxiety before, during and after leading the match. The samples are fifteen C-1 (*Nations*) male referees by using sampling purposive technique. The manual with *MS. Excel* and *Kruskal Wallis Test* was used to test the effect of anxiety level between before, during and after the match. The data is collected by using the questionnaire instrument before, during, and after, also the count of the pulse by using Polar FT7. Based on the data analysis, it can be concluded that the level of the referee's anxiety before leading the match is 1144, include the anxiety criteria is medium, the average of the pulse is 99 BPM (*Normal*). The level of the referee's anxiety during leading the match is 1441, include the anxiety criteria is high, the average of the physic activity pulse is 141 BPM (*Fast*). And the level of referee's anxiety after leading the match is 463 include the anxiety criteria is low, the average of the pulse is 64 BPM (*Normal*). It can be taken also the  $p < 0,05$ . The result of the research can be concluded that there is a significance difference in the level of referee's anxiety before, during and after leading the match.

**Keywords:** Anxiety, Futsal Referee, Questionnaire (Before, During & After)