

926/UN40.1.11/PL/2020

**HUBUNGAN KETANGGUHAN MENTAL DAN KECERDASAN  
EMOSIONAL DENGAN *ATHLETE ENGAGEMENT*  
PADA ATLET PON JABAR XX (20)**

**SKRIPSI**

Diajukan untuk Memenuhi Salah Satu Syarat untuk Memperoleh Gelar Sarjana  
Psikologi pada Departemen Psikologi Universitas Pendidikan Indonesia



Disusun oleh :  
Adristi Bintang Az Zahra  
1501104

**DEPARTEMEN PSIKOLOGI  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2021**

**HUBUNGAN KETANGGUHAN MENTAL DAN KECERDASAN  
EMOSIONAL TERHADAP ATHLETE ENGAGEMENT  
PADA ATLET PON JABAR XX (20)**

Oleh  
Adristi Bintang Az Zahra

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Psikologi pada Departemen Psikologi Fakultas Ilmu Pendidikan

©Adristi Bintang Az Zahra  
Universitas Pendidikan Indonesia  
Mei 2021

©Hak Cipta dilindungi undang-undang.  
Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian, dengan  
Dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin penulis.

**LEMBAR PENGESAHAN SKRIPSI**

Adristi Bintang Az Zahra  
1501104

**HUBUNGAN KETANGGUHAN MENTAL DAN KECERDASAN  
EMOSIONAL DENGAN *ATHELETE ENGAGEMENT*  
ATLET PON JABAR XX (20)**

**Disetujui dan disahkan oleh pembimbing:**

**Pembimbing I :**



Sitti Chotidjah, M.A., Psikolog

NIP.19771205 200604 2 001

**Pembimbing II :**



Gemala Nurendah, S.Pd., M.A.

NIP. 198302022010122002

**Mengetahui,**

**Ketua Departemen Psikologi**



Dr. Sri Maslihah, M.Psi., Psikolog.

NIP. 19700726 200312 2 001

## ABSTRAK

**Adristi Bintang Az Zahra (1501104).** *Hubungan ketangguhan mental dan kecerdasan emosional terhadap athlete engagement PON JABAR XX (20). Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2021).*

Penelitian ini bertujuan untuk mengetahui ketangguhan mental dengan *athlete engagement*, dan kecerdasan emosional dengan *athlete engagement*, dan ketangguhan mental dan kecerdasan emosional terhadap *athlete engagement* PON JABAR XX (20) secara bersama-sama. Metode penelitian yang digunakan adalah metode kuantitatif dengan analisis korelasional atlet PON JABAR XX (20). Sampel yang diambil pada penelitian ini sebanyak 151 responden atlet dengan kategori subjek yang telah lolos dalam kualifikasi PON XX (20) baik tim maupun individu yang akan bermain di PON XX Papua. Instrumen pada penelitian ini menggunakan *Mental toughness Inventory-10* untuk mengukur ketangguhan mental, *The Schutte Self Report Emotional Intelligence* untuk mengukur kecerdasan emosional, dan *Athlete Engagement Questionnaire (AEQ)* untuk mengukur *athlete engagement*. Teknik analisis data yang digunakan pada penelitian ini adalah *pearson product moment* untuk menguji keterhubungan ketangguhan mental terhadap *athlete engagement* dan menguji keterhubungan kecerdasan emosional terhadap *athlete engagement* serta *multiple correlation* untuk menguji keterhubungan ketangguhan mental dan kecerdasan emosional terhadap *athlete engagement* PON JABAR XX (20).

**Kata kunci:** Ketangguhan mental, kecerdasan emosional, *athlete engagement*, atlet PON JABAR XX (20).

## DAFTAR ISI

<b>LEMBAR PENGESAHAN SKRIPSI .....</b>	<b>i</b>
<b>SURAT PERNYATAAN .....</b>	<b>ii</b>
<b>KATA PENGANTAR.....</b>	<b>iii</b>
<b>UCAPAN TERIMA KASIH.....</b>	<b>v</b>
<b>ABSTRAK .....</b>	<b>vii</b>
<b>DAFTAR ISI.....</b>	<b>ix</b>
<b>DAFTAR TABEL.....</b>	<b>xii</b>
<b>DAFTAR GAMBAR.....</b>	<b>xiii</b>
<b>DAFTAR LAMPIRAN .....</b>	<b>xiv</b>
<b>BAB I PENDAHULUAN.....</b>	<b>1</b>
A. Latar Belakang.....	1
B. Rumusan Masalah.....	5
C. Tujuan Penelitian .....	5
D. Manfaat Penelitian .....	5
1. Manfaat teoritis .....	6
2. Manfaat praktis .....	6
E. Struktur Organisasi Skripsi.....	6
<b>BAB II KAJIAN TEORI .....</b>	<b>8</b>
A. Ketangguhan Mental.....	8
1. Definisi ketangguhan mental .....	8
2. Dimensi ketangguhan mental.....	9
3. Faktor yang mempengaruhi ketangguhan mental.....	10
B. Kecerdasan Emosional.....	12
1. Definisi kecerdasan emosional .....	12
2. Dimensi kecerdasan emosional.....	13
3. Faktor yang mempengaruhi kecerdasan emosional .....	14
C. <i>Athlete Engagement</i> .....	14
1. Definisi <i>athlete engagement</i> .....	14

2.	Dimensi <i>athlete engagement</i> .....	15
3.	Faktor yang mempengaruhi <i>athlete engagement</i> .....	17
D.	Kerangka Berpikir.....	17
E.	Hipotesis Penelitian.....	20
<b>BAB III METODE PENELITIAN .....</b>		<b>21</b>
A.	Desain Penelitian .....	21
B.	Populasi Dan Sampel Penelitian .....	21
C.	Variabel Penelitian dan Definisi Operasional.....	22
1.	Variabel penelitian .....	22
2.	Definisi operasional .....	23
D.	Instrumen Penelitian .....	24
1.	Spesifikasi instrumen .....	24
2.	Pengisian instrumen .....	24
3.	Penyekoran instrumen.....	25
4.	Proses pengembangan instrumen.....	25
E.	Kategorisasi Skala.....	27
F.	Prosedur Penelitian .....	28
1.	Tahap persiapan .....	29
2.	Tahap pelaksanaan data .....	29
3.	Tahap pengolahan data .....	29
G.	Teknik Analisis Data.....	30
<b>BAB IV TEMUAN DAN PEMBAHASAN .....</b>		<b>31</b>
A.	Gambaran Demografis Responden .....	31
B.	Gambaran Ketangguhan Mental .....	37
C.	Gambaran Kecerdasan Emosional .....	38
D.	Gambaran <i>Athlete Engagement</i> .....	40
E.	Temuan Hasil Analisis Korelasi .....	41
1.	Hubungan ketangguhan mental dan <i>athlete engagement</i> .....	41
2.	Hubungan kecerdasan emosional dengan <i>athlete engagement</i> .....	43
3.	Hubungan ketangguhan mental dan kecerdasan emosional terhadap <i>athlete engagement</i> PON JABAR XX (20) .....	46
F.	Keterbatasan Penelitian.....	47

<b>BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI .....</b>	<b>49</b>
A. Simpulan .....	49
B. Implikasi .....	49
C. Rekomendasi.....	50
<b>DAFTAR PUSTAKA .....</b>	<b>47</b>
<b>LAMPIRAN.....</b>	<b>52</b>

## DAFTAR TABEL

Tabel 3.1	Bagan Reliabilitas Instrumen Reliabilitas Instrumen Ketangguhan Mental, Kecerdasan Emosional, dan <i>Athlete Engagement</i> .....	26
Tabel 3.2	Bagan Reliabilitas Variabel Ketangguhan Mental, Kecerdasan Emosional, dan <i>Athlete Engagement</i> .....	27
Tabel 3.3	Bagan Hasil Analisis Item Masing-Masing Instrumen .....	27
Tabel 3.4	Norma Kriteria Ketangguhan Mental, Kecerdasan Emosional, dan <i>Athlete Engagement</i> .....	28
Tabel 4.1	Gambaran Data Demografis Responden .....	30
Tabel 4.2	Gambaran Ketangguhan Mental Atlet PON JABAR XX (20) .....	32
Tabel 4.3	Gambaran Kecerdasan Emosional Atlet PON JABAR XX (20) .....	33
Tabel 4.4	Gambaran <i>Athlete Engagement</i> Atlet PON JABAR XX .....	34
Tabel 4.5	Hubungan Ketangguhan Mental dan <i>Athlete Engagement</i> .....	36
Tabel 4.6	Hubungan Kecerdasan Emosional dan <i>Athlete Engagement</i> .....	40
Tabel 4.7	Hubungan Ketangguhan Mental dan Kecerdasan Emosional Terhadap <i>Athlete Engagement</i> PON JABAR XX (20) .....	40
Tabel 4.8	Hasil Uji Regresi Berganda : Ketangguhan Mental (X1) dan Kecerdasan Emosional (X2) terhadap <i>Athlete Engagement</i> (Y) .....	40
Tabel 4.9	Rumusan Persamaan Regresi Berganda.....	41



## DAFTAR GAMBAR

Gambar 2.1	Bagan Kerangka Berpikir .....	20
Gambar 3.1	Bagan Desain Penelitian .....	21

## DAFTAR LAMPIRAN

A. Lampiran 1 .....	50
B. Lampiran 2 .....	56
C. Lampiran 3 .....	73
D. Lampiran 4 (Hasil Pengolahan Data).....	85

## DAFTAR PUSTAKA

- Adams, N., Little, T. D., & Ryan, R. M. (2017). Self-determination theory. *Development of Self-Determination Through the Life-Course*, 55(1), 47–54.  
[https://doi.org/10.1007/978-94-024-1042-6\\_4](https://doi.org/10.1007/978-94-024-1042-6_4)
- Algani, Yuniardi, & Masturah. (2018). Mental Toughness dan Competitive Anxiety Atlet Bola Voli. *Jurnal Ilmiah Psikologi Terapan*, 06(01), 93–101.
- Alkhadher, O. (2007). Emotional intelligence and psychological health in a sample of Kuwaiti college students. *Perceptual and Motor Skills*, 104(3), 923–936.  
<https://doi.org/10.2466/PMS.104.3.923-936>
- arena jabar. (2020, September). kondisi pandemi covid-19 atlet pon jabar performanya terus membaik. *Jabarekspres.Com*, 2. <https://jabarekspres.com/2020/kondisi-pandemi-covid-19-atlet-pon-jabar-performanya-terus-membaik/>
- Austin, E. J., Saklofske, D. H., Huang, S. H. S., & McKenney, D. (2004). Measurement of trait emotional intelligence: Testing and cross-validating a modified version of Schutte et al.'s (1998) measure. *Personality and Individual Differences*, 36(3), 555–562. [https://doi.org/10.1016/S0191-8869\(03\)00114-4](https://doi.org/10.1016/S0191-8869(03)00114-4)
- Bostani, M., & Saiiari, A. (2011). Comparison emotional intelligence and mental health between athletic and non-athletic students. *Procedia - Social and Behavioral Sciences*, 30, 2259–2263. <https://doi.org/10.1016/j.sbspro.2011.10.441>
- Botterill, & Matt, B. (2002). emotion and perspective in sport. *International Journal of Sport Psychology*, 1, 36–60.
- Cowden, Richard G., Meyer-Weitz, A., & Asante, K. O. (2016). Mental toughness in competitive tennis: Relationships with resilience and stress. *Frontiers in Psychology*, 7(MAR), 1–9. <https://doi.org/10.3389/fpsyg.2016.00320>
- Cowden, Richard Gregory. (2017). Mental Toughness and Success in Sport: A Review and Prospect. *The Open Sports Sciences Journal*, 10(1), 1–14.  
<https://doi.org/10.2174/1875399x01710010001>
- Crust, L., & Clough, P. J. (2011). Developing mental toughness: From research to practice. *Journal of Sport Psychology in Action*, 2(1), 21–32.  
<https://doi.org/10.1080/21520704.2011.563436>
- Dagnall, N., Denovan, A., Papageorgiou, K. A., Clough, P. J., Parker, A., & Drinkwater, K. G. (2019). Psychometric assessment of shortened mental toughness questionnaires (Mtg): Factor structure of the mtq-18 and the mtq-10. *Frontiers in Psychology*, 10(AUG). <https://doi.org/10.3389/fpsyg.2019.01933>
- Davidson, R. J., Goleman, D. J., & Schwartz, G. E. (2017). Attentional and affective concomitants of meditation: A cross-sectional study. *Meditation: Classic and Contemporary Perspectives*, 85(2), 227–231.  
<https://doi.org/10.4324/9780203785843-31>
- De Francisco, C., Arce, C., Sánchez-Romero, E. I., & Vílchez, M. D. P. (2018). The mediating role of sport self-motivation between basic psychological needs satisfaction and athlete engagement. *Psicothema*, 30(4), 421–426.  
<https://doi.org/10.7334/psicothema2018.117>

- Fariz, R., & Haryanta. (2017). hubungan antara kecerdasan emosi dengan agresivitas pada atlet futsal. *Gadjah Mada Journal of Psychology (GamaJoP)*, 3(1), 37–44.
- Gordon, S., Anthony, D. R., & Gucciardi, D. F. (2016). Strengths-based coaching of mental toughness 1. *Strengths-Based Coaching of Mental Toughness 1*, 1–33.
- Gould, D., Dieffenbach, K., & Moffett, A. (2002). Psychological characteristics and their development in Olympic champions. *Journal of Applied Sport Psychology*, 14(3), 172–204. <https://doi.org/10.1080/10413200290103482>
- Gucciardi, D. F., Gordon, S., Dimmock, J. A., & Mallett, C. J. (2009). Understanding the coach's role in the development of mental toughness: Perspectives of elite Australian football coaches. *Journal of Sports Sciences*, 27(13), 1483–1496. <https://doi.org/10.1080/02640410903150475>
- Gustafsson, H. (2007). Prevalence of Burnout in Adolescent Competitive Athlete. *Sport Psychologist*, 21, 21–37.
- Hannah, Y. P., & Wulandari, D. A. (2014). Hubungan Antara Motivasi Berprestasi Dengan Burnout Pada Atlet Bulutangkis Di Purwokerto. *Psycho Idea*, 12(1), 10–18. <https://doi.org/10.30595/psychoidea.v12i1.517>
- Hodge, K., Lonsdale, C., & Jackson, S. A. (2009). Athlete engagement in elite sport: An exploratory investigation of antecedents and consequences. *Sport Psychologist*, 23(2), 186–202. <https://doi.org/10.1123/tsp.23.2.186>
- Hurlock, E. B. (2010). *Psikologi Perkembangan*. Erlangga. <http://opac-perpusbhngatta.perpusnas.go.id/detail-opac?id=14261>
- Jabarprov.go.id. (2020, April). pemberlakuan psbb di jawa barat. *Berita*. [https://jabarprov.go.id/index.php/berita\\_gambar/detail/2899/Pemberlakuan\\_PSBB\\_di\\_Jawa\\_Barat](https://jabarprov.go.id/index.php/berita_gambar/detail/2899/Pemberlakuan_PSBB_di_Jawa_Barat)
- Jones, G., Hanton, S., & Connaughton, D. (2002). What is this thing called mental toughness? An investigation of elite sport performers. *Journal of Applied Sport Psychology*, 14(3), 205–218. <https://doi.org/10.1080/10413200290103509>
- Jukic, I., Calleja-González, J., Cos, F., Cuzzolin, F., Olmo, J., Terrados, N., Njaradi, N., Sassi, R., Requena, B., Milanovic, L., Krakan, I., Chatzichristos, K., & Alcaraz, P. E. (2020). Strategies and Solutions for Team Sports Athletes in Isolation due to COVID-19. *Sports*, 8(4), 56. <https://doi.org/10.3390/sports8040056>
- Kurimay, D., Pope-Rhodus, A., & Kondric, M. (2017). The relationship between stress and coping in table tennis. *Journal of Human Kinetics*, 55(1), 75–81. <https://doi.org/10.1515/hukin-2017-0007>
- Lane, A. M., Tracey, D., Istvan, S., Istvan, K., Eva, L., & Pal, H. (2010). emotional intelligence and emotion associated with optimal and dysfunctional athletic performance. *Journal Sport Sciece and Medicine*, 3, 388–392.
- Latella, C., & Haff, G. G. (2020). Global Challenges of Being a Strength Athlete during a Pandemic: Impacts and Sports-Specific Training Considerations and Recommendations. *Sports*, 8(7), 100. <https://doi.org/10.3390/sports8070100>
- Liem, G. A. D., & Martin, A. J. (2012). The motivation and engagement scale: Theoretical framework, psychometric properties, and applied yields. *Australian Psychologist*, 47(1), 3–13. <https://doi.org/10.1111/j.1742-9544.2011.00049.x>

- Loehr, J., & Schwartz, T. (2001). The Making of a Corporate Athlete. *Harvard Business Review*, 120–128.
- Lonsdale, C., Hodge, K., & Jackson, S. A. (2007). Athlete engagement: II. Development and initial validation of the Athlete Engagement Questionnaire. *International Journal of Sport Psychology*, 38(4), 471–492.
- Lu, F. J. H., Hsu, E. Y. W., Li, G. S. F., & Williams, L. (2010). Relationship between athletes' emotional intelligence and precompetitive anxiety. *Perceptual and Motor Skills*, 110(1), 323–338. <https://doi.org/10.2466/PMS.110.1.323-338>
- Martin, J. Z. (2018). Student-Athlete Career Development through Community Service: A Retrospective Study. *Journal of Higher Education Athletics & Innovation*, 1(4), 1–24. <https://doi.org/10.15763/issn.2376-5267.2018.1.4.1-24>
- Martins, P., Rosado, A., Ferreira, V., & Biscaia, R. (2014). Examining the validity of the Athlete Engagement Questionnaire (AEQ) in a Portuguese sport setting. *Motriz. Revista de Educacao Fisica*, 20(1), 1–7. <https://doi.org/10.1590/S1980-65742014000100001>
- Meidatuzzahra, D. (2019). penerapan accidental sampling untuk mengetahui prevalensi akseptor kontrasepsi suntikan terhadap siklus menstruasi. *Jurnal Unizar*, 13(1).
- Muskanan, K. (2015). Analisis Motivasi Berprestasi Atlet Pusat Pendidikan dan Latihan Olahraga Pelajar Provinsi Nusa Tenggara Timur. *JKAP (Jurnal Kebijakan Dan Administrasi Publik)*, 19(2), 105. <https://doi.org/10.22146/jkap.7608>
- Özdemir, N. (2019). The Investigation of Elite Athletes' Psychological Resilience. *Journal of Education and Training Studies*, 7(10), 47. <https://doi.org/10.11114/jets.v7i10.4323>
- Prapavessis, H., Grove, J. R., Maddison, R., & Zillmann, N. (2003). Self-handicapping tendencies, coping, and anxiety responses among athletes. *Psychology of Sport and Exercise*, 4(4), 357–375. [https://doi.org/10.1016/S1469-0292\(02\)00020-1](https://doi.org/10.1016/S1469-0292(02)00020-1)
- Ramos, J., De Subijana, C. L., Barriopedro, M., & Muniesa, C. (2017). Events of athletic career: A comparison between career paths. *Revista de Psicologia Del Deporte*, 26(July), 115–120.
- Santrock, J. W. (2007). *PSIKOLOGI REMAJA* (W. Benedictine (ed.); edisi kese). erlangga.
- Schutte, N. S., Malouff, J. M., Hall, L. E., Haggerty, D. J., Cooper, J. T., Golden, C. J., & Dornheim, L. (1998). Development and validation of a measure of emotional intelligence. *Personality and Individual Differences*, 25(2), 167–177. [https://doi.org/10.1016/S0191-8869\(98\)00001-4](https://doi.org/10.1016/S0191-8869(98)00001-4)
- Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress toward construct validation of the Sports Mental Toughness Questionnaire (SMTQ). *European Journal of Psychological Assessment*, 25(3), 186–193. <https://doi.org/10.1027/1015-5759.25.3.186>
- Smith, R. E., Smoll, F. L., & Schutz, R. W. (1990). Measurement and correlates of sport-specific cognitive and somatic trait anxiety: The sport anxiety scale. *Anxiety Research*, 2(4), 263–280. <https://doi.org/10.1080/08917779008248733>
- Sugiyono. (2010). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. CV Alif.

- Sumintono, B., & Widhiarso, W. (2014). *Aplikasi model Rasch untuk penelitian ilmu-ilmu sosial (edisi revisi) - UM Research Repository* (Revised Ed). Trim Komunikata. <http://eprints.um.edu.my/11413/>
- Titisari, D., & Haryanta, H. (2019). Peran Kecerdasan Emosi dan Ketangguhan Mental terhadap Kecemasan Menghadapi Pertandingan pada Atlet Mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 4(1), 51. <https://doi.org/10.22146/gamajop.45403>
- Valbuena, M. J. D., Saunders, J., & Rice, V. (2016). *Athlete Engagement: A Qualitative Investigation of the US American Athlete*. 49(1), 95–119.
- Wall, M., & Côté, J. (2007). Developmental activities that lead to dropout and investment in sport. *Physical Education & Sport Pedagogy*, 12(1), 77–87. <https://doi.org/10.1080/17408980601060358>
- Wilmar, S., & Arnold, B. (2007). work engagement: an emerging psychological concept and its implications for organizations. *Research in Social Issues in Management*, 5, 135–177.
- Yücel, A. S., & Özdayi, N. (2019). Analysis on emotional intelligence levels of physical education and sports students in sports. *Universal Journal of Educational Research*, 7(3), 853–862. <https://doi.org/10.13189/ujer.2019.070327>
- Zamanian, F., Haghghi, M., Forouzandeh, E., Sedighi, Z., & Salehian, M. H. (2011). A comparison of emotional intelligence in elite student athletes and non-athletes. *Annals of Biological Research*, 2(6), 179–183.
- Zizzi, S. J., Deaner, H. R., & Hirschhorn, D. K. (2003). The Relationship Between Emotional Intelligence and Performance Among College Baseball Players. *Journal of Applied Sport Psychology*, 15(3), 262–269. <https://doi.org/10.1080/10413200305390>
- Zu, Z. Y., Jiang, M. D., Xu, P. P., Chen, W., Ni, Q. Q., Lu, G. M., & Zhang, L. J. (2020). H13. Coronavirus Disease 2019 (COVID-19): A Perspective from China. *Radiology*, 200490. <https://doi.org/10.1148/radiol.2020200490>

