

**HUBUNGAN KONDISI ASPEK PSIKOLOGIS DENGAN PERFORMA ATLET
BERDASARKAN DIVISI PADA PANAHAH PELATDA PONXX 2021 DI PAPUA**

TESIS

Diajukan untuk memenuhi sebagian dari persyaratan mencapai gelar Magister S-2

Program Studi Pendidikan Olahraga



Oleh

Ryan Agung Hendryana

1803145

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**HUBUNGAN KONDISI ASPEK PSIKOLOGIS DENGAN PERFORMA ATLET
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Oleh

Ryan Agung Hendryana S.Pd

Universitas Pendidikan Indonesia, 2012

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga

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LEMBAR PENGESAHAN TESIS

**HUBUNGAN KONDISI ASPEK PSIKOLOGIS DENGAN PERFORMA ATLET
BERDASARKAN DIVISI PADA PANAHAN
PELATDA PON XX 2021 DI PAPUA**

Ryan Agung Hendryana
1803145

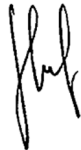
Disetujui dan disahkan untuk mengikuti sidang tahap I oleh:

Pembimbing I



Dr. Komarudin, M.Pd
NIP. 197204031999031003

Pembimbing II



Dr. H. Yunyun Yudiana, M.Pd.
NIP. 19650614199001100

Mengetahui,

Ketua Program Studi Pendidikan Olahraga
Sekolah Pascasarjana Universitas Pendidikan Indonesia



Prof. Dr. H. Amung Ma'mun, M.Pd.
NIP. 19600119198603100

ABSTRAK

Hubungan Kondisi Aspek Psikologis dengan Performa Atlet Berdasarkan Divisi pada Panahan PELATDA PONXX 2021 di Papua

Salah satu komponen yang menentukan tercapainya performa terbaik dalam olahraga panahan ialah kondisi aspek psikologis atlet. Tiap divisi dalam panahan memiliki beban psikologis tertentu dalam mencapai performa atlet. Tujuan penelitian ini mengkaji hubungan aspek kondisi aspek psikologis dengan performa atlet berdasarkan divisi pada panahan pelatda PON XX 2021 di Papua. Metode penelitian ini kuantitatif korelasional pengambilan data dilakukan dengan menyebarkan kuesioner *The Psychological Skills Inventory for Sports* (PSIS) yang melibatkan seluruh atlet panahan pelatda Jawa Barat sebanyak 16 atlet yang diambil dengan teknik total sampling. Data dikelola menggunakan aplikasi SPSS 24 64-bit version windows 10. Hasil penelitian menunjukan bahwa: 1) Terdapat hubungan kondisi aspek psikologis dengan performa pada divisi *recurve* nilai Sig. 0.009; 2) Terdapat hubungan kondisi aspek psikologis dengan performa pada divisi *compound* nilai Sig. 0.048; 3) Terdapat hubungan kondisi aspek psikologis dengan performa pada divisi nasional nilai Sig. 0.033. Simpulan penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan kondisi aspek psikologis dengan performa atlet pada ketiga divisi dalam panahan yaitu *recurve*, *compound* dan nasional. Rekomendasi penelitian ini bisa dijadikan sebagai tambahan referensi dan informasi aspek psikologis dalam upaya peningkatan prestasi atlet panahan.

Kata Kunci: Aspek Psikologis, Divisi Panahan, Performa

ABSTRACT

The Relationship of Psychological Aspect Conditions with Athlete Performance Based on Division in Archery PELATDA PONXX 2021 in Papua

One of the components that determine the achievement of the best performance in archery is the condition of the psychological aspect of the athlete. Each division in archery has a certain psychological burden in achieving athlete performance. The purpose of this study is to examine the relationship between psychological aspects of the condition and the performance of athletes based on the division at the XX 2021 PON Archery Plateau in Papua. This research method is quantitative correlational data collection is done by distributing the questionnaire The Psychological Skills Inventory for Sports (PSIS) which involves all archery athletes from West Java as many as 16 athletes taken by total sampling technique. The data is managed using the SPSS 24 64-bit version of Windows 10 application. The results show that: 1) There is a relationship between the psychological aspects of the condition and performance in the recurve division of Sig. 0.009; 2) There is a relationship between the condition of the psychological aspect and the performance in the compound division with the value of Sig. 0.048; 3) There is a relationship between the psychological aspect of the condition and performance in the national division of Sig. 0.033. The conclusions of this study indicate that there is a significant relationship between the psychological aspects of the condition and the performance of athletes in the three divisions in archery, namely recurve, compound and national. The recommendations of this study can be used as additional references and information on psychological aspects in an effort to improve archery athlete achievement.

Keywords: *Psychological Aspect, Archery Division, Performance*

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