

**HUBUNGAN ANTARA *CAREER TERMINATION* DAN
MOTHERHOOD DENGAN TINGKAT PARTISIPASI
WANITA DALAM OLAHRAGA DAN KAITANNYA
DENGAN PRESTASI**

TESIS

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DENGAN TINGKAT PARTISIPASI WANITA DALAM OLAHRAGA DAN
KAITANNYA DENGAN PRESTASI**

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*HUBUNGAN ANTARA CAREER TERMINATION DAN MOTHERHOOD DENGAN TINGKAT PARTISIPASI
WANITA DALAM OLAHRAGA DAN KAITANNYA DENGAN PRESTASI*

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DENGAN TINGKAT PARTISIPASI WANITA DALAM OLAHRAGA DAN
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ABSTRAK

Zulfa Nur Umniyah, 190695, Hubungan antara Career Termination dan Motherhood dengan Tingkat Partisipasi Wanita dalam Olahraga dan Kaitannya dengan Prestasi

Seorang mantan atlet wanita berprestasi yang telah menjadi seorang ibu akan mengalami perubahan pola hidup menjadi tidak aktif yang ditandai dengan penurunan tingkat partisipasi olahraga yang cukup drastis. Perubahan tersebut dialami mantan atlet wanita ketika mengalami pemberhentian karier olahraga (*career termination*) dan menjadi seorang ibu (*motherhood*). Penelitian ini bertujuan untuk mengetahui tingkat partisipasi olahraga mantan atlet wanita yang berprestasi pada cabang olahraga maskulin yang sudah menjadi seorang ibu. Penelitian ini menggunakan metode deskriptif dengan *correlational design* dan sebanyak 30 mantan atlet elit wanita PON 2012 dan 2016 dari 7 cabang olahraga maskulin dipilih sebagai sampel dengan menggunakan teknik *convenience sampling*. Instrumen yang digunakan dalam penelitian ini terdiri dari *Career Termination in Sport Questionnaire* (CTSQ), *Motherhood in Sport Questionnaire* (MSQ), *Former Athlete's Sports Participation Questionnaire* (FASPQ), dan form raihan prestasi yang diberikan kepada sampel secara online. *Bivariate Correlation* dan *Moderated Regression Analysis* (MRA) dengan SPSS versi 24 digunakan sebagai analisis data penelitian. Hasil penelitian menunjukkan terjadi penurunan frekuensi partisipasi olahraga mantan atlet wanita yang telah memiliki anak sebesar 77% yang mana diperkuat dengan hasil analisis yang menunjukkan bahwa adanya hubungan yang signifikan antara partisipasi wanita dalam olahraga dengan *career termination* (42,2%), dan *motherhood* (50,9%), serta terdapat hubungan yang simultan antara ketiga variabel (36,1%). Selain itu juga ditunjukkan bahwa prestasi memoderasi hubungan antara partisipasi wanita dalam olahraga dengan *career termination* (9%) dan *motherhood* (6,1%). Penelitian ini memberikan kesimpulan bahwa adanya hubungan antar variabel baik secara parsial maupun simultan dan terjadi penurunan tingkat partisipasi yang dialami atlet dikarenakan mengalami *career termination* dan *motherhood*.

Kata Kunci: Jender dan Olahraga, Olahraga Maskulin, Partisipasi Olahraga, *Career Termination*, *Motherhood*

ABSTRACT

Zulfa Nur Umniyah, 190695, *The Relationship between Career Termination and Motherhood with the Participation Rate of Women in Sports and Its Relation to Achievement*

A former high-achieving female athlete who has become a mother will experience a change in lifestyle to become inactive which is marked by a drastic decrease in the level of sports participation. These changes are experienced by former female athletes when they experience a career termination and become a mother (motherhood). This study aims to determine the level of sports participation of former female athletes in masculine sport who have become mothers. This study used a descriptive method with correlational design and as many as 30 former elite female PON 2012 and 2016 athletes from 7 masculine sports were selected as samples using convenience sampling technique. The instruments used in this study consisted of the Career Termination in Sport Questionnaire (CTSQ), the Motherhood in Sport Questionnaire (MSQ), the Former Athlete's Sports Participation Questionnaire (FASPQ), and the achievement form which was given to the online sample. Bivariate Correlation and Moderated Regression Analysis (MRA) with SPSS version 24 were used as research data analysis. The results showed a decrease in the frequency of sports participation of former female athletes who had children by 77% which was strengthened by the results of the analysis which showed that there was a significant relationship between women's participation in sports with career termination (42.2%), and motherhood (50.9%), and there is a simultaneous relationship between the three variables (36.1%). It was also shown that achievement moderated the relationship between women's participation in sports with career termination (9%) and motherhood (6.1%). This study concludes that there is a partial or simultaneous relationship between variables and a decrease in the level of participation experienced by athletes due to experiencing career termination and motherhood..

Keywords: *Gender and Sports, Masculine Sports, Sports Participation, Career Termination, Motherhood*

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