

**HUBUNGAN PSYCHOLOGICAL SKILLS DENGAN PEMULIHAN
STRES DAN RAIHAN PRESTASI ATLET GULAT DI INDONESIA**

TESIS

Diajukan Untuk Memenuhi Sebagian dari Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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*HUBUNGAN PSYCHOLOGICAL SKILLS DENGAN PEMULIHAN STRES DAN RAIHAN PRESTASI ATLET
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Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga Sekolah
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PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul “Hubungan *Psychological Skills* dengan Pemulihan Stres dan Raihan Prestasi Atlet Gulat di Indonesia” ini beserta keseluruhan isinya merupakan karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam tatanan masyarakat keilmuan. Atas pernyataan tersebut, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila kemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

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Pada tesis ini, metode yang digunakan pada penelitian ini yaitu kuantitatif korelasional. Penulis berharap karya tulis ilmiah ini dapat memberikan kontribusi akademik untuk para pembaca, terkhusus untuk kaum akademisi atau peneliti selanjutnya agar menyempurnakan area *research* pada tesis ini. Penulis sangat menyadari, dalam penyusunan tesis ini masih memiliki kekurangan di dalamnya. Oleh sebab itu, penulis mengharapkan kritik dan saran yang konstruktif untuk melengkapi tesis ini.

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HUBUNGAN PSYCHOLOGICAL SKILLS DENGAN PEMULIHAN STRES DAN RAIHAN PRESTASI ATLET GULAT DI INDONESIA

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2022

ABSTRAK

Tujuan penelitian ini untuk mengetahui hubungan *psychological skills* dengan pemulihan stres dan raihan prestasi atlet gulat di Indonesia. Desain penelitian yang digunakan ialah *corellational*. Populasi penelitian ini yaitu atlet cabang olahraga gulat yang mengikuti PON XX Tahun 2021 di Papua sebanyak 104 atlet, dan teknik sampling yang peneliti pilih yaitu teknik *total sampling*. Instrumen untuk mengukur *Psychological Skills* menggunakan *Test of Performances Strategies (TOPS)*, instrumen untuk mengukur pemulihan stres menggunakan *Recovery-Stres Questionnaire for athlete (RESTQ-Sport 76)*, instrumen untuk mengukur prestasi atlet gulat menggunakan kategorisasi. Analisis data yang digunakan yaitu analisis korelasi berganda dengan bantuan program *SPSS 20 for Windows*. Temuan pertama dalam penelitian ini yaitu terdapat hubungan erat antara *psychological skills* dengan pemulihan stres atlet gulat di Indonesia, temuan kedua yaitu adanya hubungan antara *psychological skills* dengan raihan prestasi atlet gulat di Indonesia. Simpulan penelitian ini yaitu *psychological skills* memiliki hubungan yang erat dengan pemulihan stres dan raihan prestasi atlet gulat di Indonesia.

Kata kunci : Keterampilan psikologis, pemulihan stres, prestasi, atlet, gulat.

THE RELATIONSHIP OF PSYCHOLOGICAL SKILLS WITH STRES RECOVERY AND ACHIEVEMENT OF WRESTLING ATHLETES IN INDONESIA

Dewi Atiya

2022

ABSTRACT

The purpose of this study was to determine the relationship between psychological skills and stress recovery and achievement of wrestling athletes in Indonesia. The research design used is correlational. The population of this research is wrestling athletes who take part in XX PON 2021 in Papua as many as 104 athletes, and the sampling technique that the researchers chose is the total sampling technique. The instrument to measure Psychological Skills uses the Test of Performances Strategies (TOPS), the instrument to measure the level of stress recovery uses the Recovery-Stress Questionnaire for athletes (RESTQ-Sport), an instrument to measure the achievement of wrestling athletes using categorization. Analysis of the data used is multiple correlation analysis with the help of SPSS 20 for Windows program. The first finding in this study is that there is a significant relationship between psychological skills and stress recovery for wrestling athletes in Indonesia, the second finding is that there is a relationship between psychological skills and the achievement of wrestling athletes in Indonesia. The conclusion of this study is that psychological skills have a relationship with stress recovery and achievement of wrestling athletes in Indonesia.

Keywords: Psychological skills, stres recovery, achievement, athletes, wrestling.

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