

**PENGARUH *PSYCHOLOGICAL SKILLS TRAINING* TERHADAP
PENINGKATAN *MENTAL TOUGHNESS* DAN RAIHAN PRESTASI
ATLET ELIT *DUATHLON* DAN *TRIATHLON* INDONESIA**

TESIS

Diajukan Untuk Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



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2022**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana Universitas Pendidikan
Indonesia

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Universitas Pendidikan Indonesia
Agustus 2022

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PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul “Pengaruh Psychological Skills Training Terhadap Peningkatan Mental Toughness dan Raihan Prestasi Atlet Elit Duathlon dan Triathlon 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 dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

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Yang membuat pernyataan,

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UCAPAN TERIMA KASIH

Alhamdulillah Rabbil 'Alamin. Segala puji bagi Allah Subhanahu Wata'ala, Tuhan pemilik alam ini, yang mencipta bumi dan isinya, yang menguasai setiap jiwa dan raga makhluk-Nya, dan yang kasih sayang-Nya begitu luas pada setiap makhluk-Nya. Berkat setetes ilmu dari lautan ilmu-Nya yang luas, sehingga penulis dapat merampungkan tugas akhir ini. Salam dan shalawat senantiasa tercurahkan kepada kekasih-Nya, Nabi Muhammad Salallahu'alaihi Wassalam, manusia paripurna dengan akhlak dan perilaku terbaik, panutan sejati kehidupan dunia dan akhirat. Tidak sedikit hambatan yang penulis temui dalam penyusunan tesis ini, namun berkat bantuan, bimbingan, motivasi, dan kasih sayang yang telah diberikan dari berbagai pihak, sehingga tesis ini dapat terselesaikan meski dengan segala kekurangannya. Oleh karena itu, dengan segala kerendahan hati penulis mengucapkan terima kasih kepada:

1. Prof. Dr. Syihabuddin, M.Pd., selaku Direktur Sekolah Pasca Sarjana Universitas Pendidikan Indonesia.
2. Prof. Dr. H. Amung Ma'mun, M.Pd., selaku Ketua Program Studi Pendidikan Olahraga SPs UPI. Atas bimbingan, pengarahan, motivasi, dan rekomendasinya kepada penulis untuk menyusun tesis ini.
3. Prof. Dr. Komarudin, M.Pd., selaku dosen pembimbing akademik sekaligus pembimbing 1 tesis yang telah banyak memberikan bantuan, pembimbingan, pengarahan, nasihat, dan motivasi untuk menyelesaikan tesis ini.
4. Dr. Dikdik Zafar Sidik, M.Pd., selaku pembimbing 2 tesis, yang juga selalu membantu dalam banyak hal baik pembimbingan, pengarahan, nasihat, dan motivasi untuk menyelesaikan tesis ini.
5. Dosen-dosen FPOK UPI yang telah memberikan pelajaran, ilmu, wawasan dan pengalaman-pengalaman berharga selama penulis menimba ilmu di Program Studi Pendidikan Olahraga Sekolah Pascasarjana UPI ini, semoga Ilmu yang diberikan terus mengalir menjadi pahala dan amal baik selama-lamanya.
6. Keluarga SPs UPI angkatan 2018 terimakasih telah menemani penulis selama menyusun tesis dan kenangan-kenangan indah yang telah dilalui selama menempuh studi, semoga kita tetap selalu kompak.

7. Bagi saudara, sahabat, rekan-rekan dan kolega yang tidak bisa saya sebutkan satu persatu yang tentu banyak bersumbangsing dalam penyelesaian tesis ini, untuk itu dari hati yang paling dalam saya ingin mengucapkan banyak terima kasih.

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2022

ABSTRAK

Tujuan dari peneliti ini ialah untuk mengetahui pengaruh *Psychological Skills Training* (PST) terhadap *mental toughness* dan raihan prestasi atlet elit duathlon dan triathlon Indonesia. Metode penelitian ini ialah eksperimen dengan desain penelitian *one grup pretest-post test*. Penelitian ini menggunakan instrumen *Mental Toughness Quessioner 48* (MTQ-48) dan simulasi duathlon dan triathlon. Populasi penelitian ini atlet Pelatnas duathlon dan triathlon Indonesia, dengan teknik *total sampling* digunakan untuk memilih seluruh atlet sebagai sampel sebanyak 10 atlet (7 atlet putra dan 3 atlet putri). Analisis data dalam penelitian ini menggunakan *paired sample t-test*. Hasil penelitian ini *Psychological Skills Training* memberikan pengaruh yang signifikan terhadap peningkatan *mental toughness* atlet elit *duathlon* dan *triathlon* Indonesia dengan nilai signifikansi 0,000. Hasil kedua menunjukkan nilai signifikansi 0,005 *Psychological Skills Training* memberikan pengaruh yang signifikan terhadap peningkatan prestasi atlet elit duathlon dan triathlon Indonesia. Kesimpulan penelitian ini menunjukkan *Psychological Skills Training* (PST) memiliki pengaruh terhadap peningkatan *mental toughness* atlet elit duathlon dan triathlon Indonesia. Serta *Psychological Skills Training* (PST) memberikan pengaruh terhadap peningkatan prestasi atlet elit duathlon dan triathlon Indonesia.

Kata kunci : *Psychological Skills Training*, *Mental Toughness*, Raihan Prestasi, Duathlon, dan Triathlon.

THE EFFECT OF PSYCHOLOGICAL SKILLS TRAINING ON IMPROVEMENT OF MENTAL TOUGHNESS AND ACHIEVEMENT OF INDONESIAN ELITE ATHLETES DUATHLON AND TRIATHLON

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2022

ABSTRACT

The purpose of this research is to determine the effect of Psychological Skills Training (PST) on mental toughness and achievement of elite athletes in duathlon and triathlon Indonesia. This research method is an experimental research design with one group pretest-post test. This study uses the Mental Toughness Questioner 48 (MTQ-48) instrument and simulations of duathlon and triathlon. The population of this research is athletes of Indonesian national duathlon and triathlon athletes, with a total sampling technique used to select all athletes as a sample of 10 athletes (7 male athletes and 3 female athletes). Data analysis in this study used paired sample t-test. The results of this study Psychological Skills Training has a significant effect on increasing the mental toughness of elite duathlon and triathlon athletes in Indonesia with a significance value of 0.000. The second result shows a significance value of 0.005 Psychological Skills Training has a significant effect on increasing the achievements of elite athletes in duathlon and triathlon Indonesia. The conclusion of this study shows that Psychological Skills Training (PST) has an effect on increasing the mental toughness of elite duathlon and triathlon athletes in Indonesia. And Psychological Skills Training (PST) has an effect on increasing the achievements of elite athletes in Indonesian duathlon and triathlon.

Keyword : Psychological Skills Training, Mental Toughness, Achievement, Duathlon, and Triathlon.

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