

HUBUNGAN ANTARA DUKUNGAN SOSIAL PELATIH DENGAN KECEMASAN BERTANDING PADA ATLET KARATE

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Abstrak

Kejuaraan-kejuaraan dalam dunia olahraga banyak dipertandingkan dalam berbagai jenis atau tingkatan. Atlet-atlet yang mengikuti sebuah kejuaraan dapat merasakan adanya kecemasan bertanding. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial pelatih dengan kecemasan bertanding pada atlet karate. Subjek penelitian ini adalah atlet karate yang pernah mengikuti Kejuaraan Provinsi Karate FORKI Jawa Tengah Tahun 2016. Sampel penelitian berjumlah 90 orang, dengan teknik pengambilan sampel *convenience sampling*. Pengambilan data penelitian menggunakan Skala Dukungan Sosial Pelatih (44 aitem valid; $\alpha = .96$) dan Skala Kecemasan Bertanding (31 aitem valid; $\alpha = .90$) yang telah diujicobakan pada 35 atlet karate. Analisis regresi sederhana menunjukkan adanya hubungan yang negatif dan signifikan antara dukungan sosial pelatih dengan kecemasan bertanding yang ditunjukkan melalui koefisien korelasi $r_{xy} = -.31$ dengan $p = .002$ ($p < .01$). Semakin tinggi dukungan sosial pelatih yang dirasakan oleh atlet, maka kecemasan bertanding semakin rendah, dan sebaliknya. Dukungan sosial pelatih memberikan sumbangan efektif sebesar 9.3% pada kecemasan bertanding. Penelitian ini diharapkan dapat menjadi pertimbangan bagi atlet dan pelatih, maupun referensi pendukung bagi peneliti selanjutnya.

Kata kunci: dukungan sosial pelatih; kecemasan bertanding; atlet karate

THE RELATIONSHIP BETWEEN COACHES' SOCIAL SUPPORT AND COMPETITIVE ANXIETY ON KARATE ATHLETES

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Abstract

Sports championships have various levels of competition and athletes who participate in sports championships may have competitive anxiety. The aim of this research is to find out the relationship between coaches' social support and competitive anxiety on karate athletes. The participants in this research are karate athletes who have ever been involved in Provincial Championship of Karate FORKI in Central Java, 2016. Ninety athletes are included in this study using the convenience sampling method. Two measurement instruments are administrated: Coaches' Social Support Scale, to measure perceived coaches' social support (44 valid item, $\alpha = .96$) and Competitive Anxiety Scale, to measure competitive state anxiety on athletes (31 valid item, $\alpha = .90$). The result of simple regression analysis showed that there is a negative and significant relationship between coaches' social support and competitive anxiety with $r_{xy} = -.31$ and $p = .002$ ($p < .01$). The higher coaches' social support as perceived by athletes, the lower competitive anxiety on athletes, vice versa. Coaches' social support has an effective contribution to competitive anxiety as much as 9.3%. This research is expected to be used for athletes and coaches, as well as a reference to conduct further research in the future.

Keywords: *coaches' social support; competitive anxiety; karate athletes*