

## Hubungan antara kecemasan sesaat dan self-efficacy pada pemain bola basket = The relationship between competitive state anxiety and self-efficacy among basketball players

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### Abstrak

Penelitian ini dilakukan untuk mengetahui ada atau tidaknya hubungan antara kecemasan sesaat dan self-efficacy pada pemain bola basket. Selain itu, penelitian ini juga dilakukan untuk mengetahui berapa besar sumbangan yang diberikan masing-masing komponen dari kecemasan sesaat terhadap self-efficacy. Pengukuran kecemasan sesaat dilakukan dengan menggunakan The Revised Competitive State Anxiety Inventory-2 (Cox, Martens, & Russell, 2003), sedangkan pengukuran self-efficacy dilakukan dengan menggunakan Individual Efficacy Questionnaire (Chase, Lirgg, & Feltz, 1996). Partisipan dalam penelitian ini berjumlah 155 pemain bola basket yang mengikuti berbagai macam kompetisi bola basket yang diselenggarakan pada bulan April hingga Mei 2013 di Jakarta. Penelitian dilakukan satu jam sebelum pertandingan.

Hasil dari penelitian ini menunjukkan adanya hubungan negatif yang signifikan antara kecemasan sesaat dan self-efficacy pada pemain bola basket ( $r = -.559$ ,  $n = 155$ ,  $p < .01$ , two-tailed). Hasil tersebut memiliki arti bahwa semakin rendah kecemasan sesaat yang dimiliki individu, maka semakin tinggi self-efficacy yang dimilikinya. Hasil lain dari penelitian ini adalah komponen self-confidence dari kecemasan sesaat memberikan sumbangan terbesar terhadap self-efficacy, yang berarti bahwa peningkatan pada self-confidence dari kecemasan sesaat akan diikuti oleh peningkatan terhadap self-efficacy.

This research was conducted to understand the relationship between competitive state anxiety and self-efficacy among basketball players. It was also conducted to understand how much each component of competitive state anxiety was given to self-efficacy. Competitive state anxiety was measured by using a modified instrument named The Revised Competitive State Inventory-2 or CSAI-2R (Cox, Martens, & Russell, 2003), while self-efficacy was measured by using a modified instrument named Individual Efficacy Questionnaire or IEQ (Chase, Lirgg, & Feltz, 1996). The participants were 155 basketball players participated at a number of basketball competitions held between April and May 2013 in Jakarta. The research was done one hour before the competition.

The main result showed that there was a significantly negative correlation "between competitive state anxiety and self-efficacy among basketball players ( $r = -.559$ ,  $n = 155$ ,  $p < .01$ , two-tailed). This result means that the lower competitive state anxiety of one's own, the higher self-efficacy of him. Another result of this research was that the biggest contribution of competitive state anxiety components to self-efficacy was self-confidence, which means, an increase of self-confidence component from competitive state anxiety would be followed by an increase of self-efficacy.