

Persepsi kohesivitas tim terhadap ketangguhan mental pada atlet mahasiswa = The effect of perception of team cohesion towards mental toughness among scholar athletes

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Abstrak

ABSTRACT

Penelitian ini bertujuan untuk melihat pengaruh persepsi atlet terhadap kohesivitas timnya terhadap ketangguhan mental pada atlet mahasiswa. Beberapa penelitian sudah meneliti tentang hubungan antara persepsi kohesivitas tim dan ketangguhan mental, namun belum ada penelitian mengenai pengaruh dari salah satu konstruk pada atlet mahasiswa di Indonesia. Partisipan berjumlah 234 (140 laki-laki dan 94 perempuan) atlet mahasiswa yang telah bergabung dalam tim olahraga universitas lebih dari 6 bulan dan memiliki pengalaman bertanding tingkat nasional di Indonesia.

Penelitian ini menggunakan alat ukur Mental Toughness Inventory yang dikembangkan oleh Middleton, Marsh, Martin, Richards, dan Perry, C. (2005) untuk mengukur ketangguhan mental dan Group Environment Questionnaire yang dikembangkan Carron, Widmeyer, dan Brawley (1985), untuk mengukur persepsi kohesivitas tim. Teknik analisis yang digunakan adalah statistik deskriptif dan simple regression. Hasil analisis simple regression menunjukkan adanya pengaruh yang signifikan dari persepsi atlet terhadap kohesivitas tim terhadap ketangguhan mental.

ABSTRACT

The aim of this study is to investigate the effect of perception of team cohesion towards mental toughness among scholar athletes. Some researches had studied about the relationship between perception of team cohesion and mental toughness, however there is no research that has studied about the effect between one of the constructs amongst scholar athletes in Indonesia. There were 234 participants (140 male and 94 female) who are scholar athletes, have joined the university's sport team more than 6 months, and have an experience in national tournaments in Indonesia.

This research used Mental Toughness Inventory, which was developed by Middleton, Marsh, Martin, Richards, and Perry, C. (2005) to measure mental toughness and Group Environment Questionnaire which was developed by Carron, Widmeyer, and Brawley (1985) to measure perception of team cohesion. The analysis technique used in this research were descriptive statistic and simple

regression. The result of simple regression analysis showed that there is an effect of perception of team cohesion towards mental toughness.