

ABSTRAK

HUBUNGAN ANTARA *MENTAL TOUGHNESS* DENGAN *COMPETITIVE ANXIETY* PADA ATLET TAEKWONDO AMPHIBI ACADEMY DI KOTA PADANG

Penelitian ini dilakukan kepada atlet taekwondo di Taekwondo Amphibi Academy. Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara *mental toughness* dengan *competitive anxiety* pada atlet taekwondo di Taekwondo Amphibi Academy. Teknik pengambilan sampel dalam penelitian ini menggunakan *sampling* jenuh. Sampel dalam penelitian ini adalah 40 orang atlet taekwondo di Taekwondo Amphibi Academy. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *Alpha Cronbach* dan *construct reliability*. Alat ukur yang digunakan adalah Skala *mental toughness* yang peneliti susun berdasarkan aspek dari *mental toughness* menurut Gucciardi dkk (dalam dalam Wijayanti, 2022) dan Skala *competitive anxiety* yang peneliti susun berdasarkan aspek menurut Smith dkk (dalam Azhar, 2020). Metode analisis data yang digunakan untuk pengujian hipotesis dalam penelitian ini adalah dengan menggunakan korelasi *product moment (pearson)*, yang menunjukkan bahwa $r = -0,670$ dengan nilai $p = 0,000 (<0,01)$, artinya terdapat hubungan dengan arah negatif dan sangat signifikan antara *mental toughness* dengan *competitive anxiety* pada atlet taekwondo di Taekwondo Amphibi Academy. Berarti hipotesis penelitian diterima. Adapun sumbangan efektif dari variabel *mental toughness* terhadap *competitive anxiety* sebesar 44,8%, hal ini dapat diartikan bahwa *mental toughness* mampu memberikan kontribusi terhadap *competitive anxiety* sebesar 44,8%.

Kata kunci: *mental toughness*, *competitive anxiety*, atlet

ABSTRACT

THE RELATIONSHIP BETWEEN MENTAL TOUGHNESS AND COMPETITIVE ANXIETY IN AMPHIBI ACADEMY TAEKWONDO ATHLETES IN PADANG CITY

This research was conducted on taekwondo athletes at the Taekwondo Amphibi Academy. This research aims to see whether there is a relationship between mental toughness and competitive anxiety in taekwondo athletes at the Taekwondo Amphibi Academy. The sampling technique in this research used saturated sampling. The sample in this study was 40 taekwondo athletes at the Taekwondo Amphibi Academy. Validity and reliability testing in this research used Cronbach's Alpha technique and construct reliability. The measuring instruments used are the mental toughness scale which researchers compiled based on aspects of mental toughness according to Gucciardi et al (in Wijayanti, 2022) and the competitive anxiety scale which researchers compiled based on aspects according to Smith et al (in Azhar, 2020). The data analysis method used to test the hypothesis in this research is to use product moment (Pearson) correlation, which shows that $r = -0.670$ with a p value = 0.000 (<0.01), meaning that there is a negative and very significant relationship between mental toughness and competitive anxiety in taekwondo athletes at the Taekwondo Amphibi Academy. This means that the research hypothesis is accepted. The effective contribution of the mental toughness variable to competitive anxiety is 44.8%, this means that mental toughness is able to contribute to competitive anxiety by 44.8%.

Keywords: mental toughness, competitive anxiety, athlete