

ABSTRAK

HUBUNGAN ANTARA *MENTAL TOUGHNESS* DENGAN *PEAK PERFORMANCE* PADA ATLET MUAY THAI DI WARRIOR MUAY THAI DI KOTA BUKITTINGGI

Penelitian ini dilakukan kepada atlet pelatihan *Muay Thai di Warrior Muay Thai* kota Bukittinggi. Penelitian ini bertujuan untuk melihat apakah terdapat Hubungan Antara *ental Toughnes* Dengan *Peak Performance* Pada Atlet *Muay Thai Di Warrior Muay Thai Di Kota Bukittinggi*. Populasi dalam penelitian ini adalah Atlet *Muay Thai Di Warrior Muay Thai Di Kota Bukittinggi* yang berjumlah 80 atlet. Adapun subjek penelitian ini menggunakan teknik Sampling Jenuh yaitu teknik penentuan dimana semua anggota populasi dijadikan sampel atau responden (Sugiyono, 2017), Karena populasi dalam penelitian ini yang relatif kecil maka penggunaan sampel dalam penelitian ini mengacu kepada seluruh *Atlet Muay Thai Di Warrior Muay Thai Di Kota Bukittinggi* yang berjumlah 80 atlet. Alat ukur yang digunakan adalah *Mental Toughnes* yang peneliti susun berdasarkan aspek menurut Gucciardi dkk (dalam Wijayanti, 2022) dan *peak performance* yang peneliti susun berdasarkan dimensi Garfied dan Bennett (dalam Utama, 2020). Metode analisis data yang digunakan untuk pengujian hipotesis dalam penelitian ini adalah dengan menggunakan korelasi product moment (pearson), yang menunjukkan bahwa $r = 0,512$ dengan nilai $p = 0,000 (<0,01)$, artinya terdapat hubungan yang signifikan antara *Mental Toughnes* dengan *Peak Performance* pada Atlet *Muay Thai Di Warrior Muay Thai Di Kota Bukittinggi*. Berarti hipotesis penelitian diterima. Adapun sumbangan efektif dari variabel *Mental Toughnes* dengan *peak performance* pada Atlet Muay sebesar 26,2%, hal ini dapat diartikan bahwa *Mental Toughnes* mampu memberikan kontribusi terhadap *peak performance* sebesar 26,2%.

Kata kunci: *peak performance, mental Toughnes, atlet Muay Thai di Warrior Muay Thai di Kota Bukittinggi*

ABSTRACT

THE RELATIONSHIP BETWEEN MENTAL TOUGHNESS AND PEAK PERFORMANCE IN MUAY THAI ATHLETES AT WARRIOR MUAY THAI IN BUKITTINGGI CITY

This study was conducted on Muay Thai training athletes at Warrior Muay Thai in Bukittinggi City. This study aims to see if there is a Relationship Between Mental Toughness and Peak Performance in Muay Thai Athletes at Warrior Muay Thai in Bukittinggi City. The population in this study were Muay Thai Athletes at Warrior Muay Thai in Bukittinggi City totaling 80 athletes. The subjects of this study used the Saturated Sampling technique, which is a determination technique where all members of the population are used as samples or respondents (Sugiyono, 2017). Because the population in this study is relatively small, the use of samples in this study refers to all Muay Thai Athletes at Warrior Muay Thai in Bukittinggi City totaling 80 athletes. The measuring instrument used is Mental Toughness which the researcher compiled based on aspects according to Gucciardi et al. (in Wijayanti, 2022) and peak performance which the researcher compiled based on the dimensions of Garfied and Bennett (in Utama, 2020). The data analysis method used for hypothesis testing in this study is by using the product moment correlation (pearson), which shows that $r = 0.512$ with a p value = 0.000 (<0.01), meaning that there is a significant relationship between Mental Toughness and Peak Performance in Muay Thai Athletes at Warrior Muay Thai in Bukittinggi City. This means that the research hypothesis is accepted. The effective contribution of the Mental Toughness variable to peak performance in Muay Athletes is 26.2%, this can be interpreted that Mental Toughness is able to contribute to peak performance by 26.2%.

Key words: peak performance, mental toughness, Muay Thai athletes at Warrior Muay Thai in Bukittinggi City