

ABSTRAK

HUBUNGAN *MENTAL TOUGHNESS* DENGAN *COMPETITIVE ANXIETY* PADA ATLET CABANG OLAHRAGA BRIDGE DI SUMATERA BARAT

Penelitian ini bertujuan untuk mengetahui hubungan antara *mental toughness* dengan *competitive anxiety* pada atlet cabang olahraga bridge di Sumatera Barat. Variabel bebas dalam penelitian ini adalah *mental toughness* dan variabel terikat dalam penelitian ini adalah *competitive anxiety*, alat ukur yang digunakan dalam penelitian ini adalah skala *mental toughness* dengan *competitive anxiety*. Sampel dalam penelitian ini adalah 97 atlet bridge Sumatera Barat. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *alpha cronvach*. Hasil koefisien validitas pada skala *mental toughness* berkisar antara 0,357 sampai dengan 0,777. Hasil koefisien validitas pada skala *competitive anxiety* berkisar antara 0,328 sampai dengan 0,801. Dengan koefisien reliabilitas *mental toughness* sebesar 0,975 dan pada skala *competitive anxiety* 0,928. Berdasarkan analisis data, diperoleh nilai korelasi antara *mental toughness* dengan *competitive anxiety* sebesar $r = -0,625$ dengan taraf 0,000 yang berarti hipotesis diterima. Menunjukkan hubungan yang berarah negatif, artinya semakin tinggi *mental toughness* maka semakin rendah *competitive anxiety*. Sebaliknya, semakin rendah *mental toughness* maka semakin tinggi *competitive anxiety*. Adapun sumbangan efektif dari variabel *mental toughness* dengan *competitive anxiety* yaitu sebesar 39%

Kata kunci : *Mental Toughness, Competitive Anxiety, Atlet, Bridge, Olahraga*

ABSTRACT

THE RELATIONSHIP BETWEEN MENTAL TOUGHNESS AND COMPETITIVE ANXIETY IN BRIDGE ATHLETES IN WEST SUMATERA

This study aims to determine the relationship between mental toughness and competitive anxiety in bridge athletes in West Sumatera. The independent variable in this study is mental toughness and the bound variable in this study is competitive anxiety, the measuring tool used in this study is the mental toughness scale with competitive anxiety. The sample in this study is 97 West Sumatera bridge athletes. The validity and reliability test in this study used the alpa cronvach technique. The results of the validity coefficient on the mental toughness scale ranged from 0.357 to 0.777. The results of the validity coefficient on the competitive anxiety scale ranged from 0.328 to 0.801. With a reliability coefficient of mental toughness of 0.975 and on the competitive anxiety scale of 0.928. Based on data analysis, the correlation value between mental toughness and competitive anxiety was obtained as $r = -0.625$ with a level of 0.000 which means the hypothesis was accepted. Showing a negative relationship, meaning that the higher the mental toughness, the lower the competitive anxiety. On the other hand, the lower the mental toughness, the higher the competitive anxiety. The effective contribution of the mental toughness variable to competitive anxiety was 39%

Keyword : Mental Toughness, Competitive Anxiety, Athlete, Bridge, Sport