

PENGARUH MENTAL TOUGHNESS TERHADAP COMPETITIVE ANXIETY PADA ATLET FUTSAL DI YOGYAKARTA

**Alfisyahrin Purji Rinjani
Dian Yudhawati**

Program Studi Psikologi
Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
Email: alfisyahrin260301@gmail.com

ABSTRAK

Mental toughness berperan penting untuk pencapaian prestasi pada atlet futsal. Mental toughness memberikan keuntungan secara psikologis yang membuat atlet merasa lebih unggul karena dapat mengontrol diri ketika mengalami competitive anxiety, agar atlet mampu memberikan performa terbaik. Penelitian ini bertujuan untuk mengetahui pengaruh mental toughness terhadap competitive anxiety pada atlet futsal di Yogyakarta. Penelitian ini menggunakan metode kuantitatif dengan metode analisis regresi sederhana. Partisipan dalam penelitian ini sebanyak 110 atlet futsal. Partisipan diperoleh dengan menggunakan teknik purposive sampling. Instrumen penelitian yang digunakan adalah skala likert dengan kuesioner, skala mental toughness yang disusun berdasarkan teori Clough, Earle, & Sewell (2002) dan skala competitive anxiety berdasarkan teori Smith, Smoll, Cumming, and Grossbard (2006). Hasil penelitian ini menunjukkan terdapat pengaruh negatif mental toughness terhadap competitive anxiety dengan sig. 0,000 ($p < 0,05$), nilai t -hitung -7,332 dan nilai R -Square 0,345 yang menunjukkan bahwa mental toughness berkontribusi terhadap competitive anxiety sebesar 34,5%. Sehingga semakin tinggi mental toughness yang dimiliki atlet futsal maka semakin rendah tingkat competitive anxiety yang dialami atlet futsal di Yogyakarta.

Kata Kunci: *Atlet Futsal, Competitive Anxiety, Mental Toughness*

THE EFFECT OF MENTAL TOUGHNESS ON COMPETITIVE ANXIETY IN FUTSAL ATHLETES IN YOGYAKARTA

**Alfisyahrin Purji Rinjani
Dian Yudhawati**

Departement of Psychology
Faculty of Business & Humanities
University of Technology Yogyakarta
Email: alfisyahrin260301@gmail.com

ABSTRACT

Mental toughness has an important role in achieving achievements in futsal athletes. Mental toughness provides psychological benefits that make athletes feel superior because they can control themselves when they experience competition anxiety, so that athletes are able to provide the best performance. This research aims to determine the effect of mental toughness on competitive anxiety in futsal athletes in Yogyakarta. This research uses quantitative methods with simple regression analysis methods. Participants in this research were 110 futsal athletes. Participants were obtained using purposive sampling techniques. The research instruments used were a Likert scale with a questionnaire, a mental toughness scale based on the theory of Clough, Earle, & Sewell (2002) and a competitive anxiety scale based on the theory of Smith, Smoll, Cumming, and Grossbard (2006). The results of this study show that there is a negative influence of mental toughness on anxiety about competing with sig. 0.000 ($p < 0.05$), t-count value -7.332 and R-Square value 0.345 which shows that mental toughness contributes to competitive anxiety by 34.5%. The higher the mental toughness that futsal athletes have, the lower the level of competitive anxiety experienced by futsal athletes in Yogyakarta.

Keywords: *Competitive Anxiety, Futsal Athletes, Mental Toughness*