

# **HARDINESS PADA ATLET TUNADAKSA DI NATIONAL PARALYMPIC COMMITTEE INDONESIA (NPCI) KOTA YOGYAKARTA**

**Melia Jati Kurniastuti  
Sri Respati Andamari**

Program Pendidikan Sarjana Program Studi Psikologi,  
Fakultas Bisnis, Psikologi dan Komunikasi  
Universitas Teknologi Yogyakarta  
Email: [jati.melia@gmail.com](mailto:jati.melia@gmail.com)

## **ABSTRAK**

*Tunadaksa adalah suatu kelainan pada sistem otot, tulang, persendian dan syaraf yang disebabkan oleh penyakit, virus atau kecelakaan. Penyandang tunadaksa mampu mengembangkan potensi diri dengan bergabung menjadi atlet di National Paralympic Committee Indonesia (NPCI). Atlet sering kali dihadapkan pada berbagai tantangan baik saat latihan ataupun pertandingan. Kondisi psikis atlet yang menurun selama pertandingan akan mengakibatkan stres atau kecemasan. Hal tersebut dapat diatasi dengan kepribadian hardiness. Hardiness adalah suatu kepribadian seseorang yang mampu memiliki komitmen yang kuat, mampu mengontrol kejadian-kejadian yang negatif menjadi positif sehingga menjadikannya sebagai tantangan. Penelitian ini bertujuan untuk mengetahui hardiness pada atlet tunadaksa di NPCI Kota Yogyakarta. Penelitian ini menggunakan metode kualitatif dan teknik analisis data model analisis Miles dan Huberman. Metode pengambilan data yang digunakan yaitu observasi, wawancara dan dokumentasi. Penelitian ini melibatkan 3 orang subjek atlet tunadaksa dengan karakteristik berusia 20-40 tahun dan berjenis kelamin laki-laki. Hasil penelitian menunjukkan bahwa ketiga subjek memiliki hardiness. Terdapat faktor-faktor yang cenderung mendorong subjek memiliki hardiness yaitu kepercayaan diri, dukungan sosial dan pengalaman selama menjadi atlet. Adanya perbedaan dinamika psikologis antara subjek difabel akibat kecelakaan dengan difabel bawaan lahir.*

*Kata kunci: Hardiness, Atlet, Tunadaksa, NPCI*

# **HARDINESS OF PHYSICALLY DISABLE ATHLETES AT NATIONAL PARALYMPIC COMMITTEE OF INDONESIA (NPCI) YOGYAKARTA CITY**

**Melia Jati Kurniastuti  
Sri Respati Andamari**

Education Undergraduate Program in Psychology,  
Faculty of Business, Psychology and Communication  
University of Technology Yogyakarta  
Email: [jati.melia@gmail.com](mailto:jati.melia@gmail.com)

## **ABSTRACT**

*Physical disability is a disorder of the muscular, bone, joint and nervous system that is caused by an illness, virus or accident. People with physical disabilities are able to develop their potential by joining athletes in the National Paralympic Committee of Indonesia (NPCI). Athletes are often faced with various challenges both during training or matches. The declined psychological condition of an athlete during a match will cause stress or anxiety. This can be overcome by personality hardiness. Hardiness is a personality of someone who is able to have a strong commitment, to control negative events to be positive, making it a challenge. The purpose of this study was to determine the hardiness of physically disabled athletes in NPCI Yogyakarta City. This research used qualitative method and data analysis technique in this study is the Miles and Huberman analysis model. Data collection methods used are observation, interviews and documentation. This study involved 3 male with physical disability aged 20-40 years. The results showed that all three subjects had hardiness. There are factors that tend to encourage the subject to have hardiness, namely self-confidence, social support and experience as an athlete. There are differences in psychological dynamics between subjects with disabilities due to accident with birth defects*

*Keywords: Hardiness, Athletes, Physical disability, NPCI*