

# PERBEDAAN KECEMASAN DALAM MENGHADAPI PERTANDINGAN DITINJAU DARI STRATEGI PADA ATLET ATLETIK

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## INTISARI

**Latar Belakang:** Latar belakang dari penelitian ini didasari pada tingginya tingkat kecemasan yang dialami atlet atletik saat menghadapi bertanding, dengan melihat perbedaan *problem focusd coping* dan *emotion focusd coping* yang digunakan tindakan didalam menghadapi tekanan masalahnya.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui perbedaan kecemasan dalam menghadapi pertandingan ditinjau dari strategi coping pada atlet atletik.

**Metode Penelitian:** Penelitian kuantitatif korelarional ini menggunakan 60 atlet atletik.karyawan. Alat ukur yang digunakan dalam penelitian ini adalah skala kecemasan bertanding yang dikembangkan berdasarkan teori Gunarsa (2008), dan skala strategi coping yang dikembangkan berdasarkan teori Lazarus dan Follman (Setiawan, Abidin, Sodjakusumah, 2020). Metode teknik analisis data berupa uji anava satu jalur.

**Hasil Penelitian:** Berdasarkan hasil analisis menggunakan bantuan program SPSS 20.0. Hasil analisis menunjukkan nilai F hitung sebesar 1,124 dengan signifikan  $p=0,289$  ( $p>0,05$ ), yang berarti tidak terdapat perbedaan kecemasan bertanding dengan *problem focused coping* dan *emotion focused coping*.

**Kesimpulan:** Hasil analisis dalam penelitian ini menunjukkan hasil yang tidak signifikan atau ditolak. Hal tersebut menunjukkan bahwa tidak ada perbedaan kecemasan dalam menghadapi pertandingan ditinjau dari strategi *coping*.

*Kata kunci: Kecemasan Bertanding, Strategi Coping, Atlet Atletik*

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## DIFFERENCES IN MATCHING ANXIETY REVIEWED FROM STRATEGY IN ATHLETIC ATHLETES

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### ABSTRACT

**Background:** *The background of this research is based on the high level of anxiety experienced by athletic athletes when facing competition, by looking at the differences in problem focused coping and emotion focused coping which are used in dealing with the pressure of the problem.*

**Research Objectives:** *This study aims to determine differences in anxiety in facing the competition in terms of coping strategies in athletic athletes.*

**Research Methods:** *This correlational quantitative research uses 60 athletic employees. The measuring instrument used in this study is the match scale which was developed based on the theory of Gunarsa (2008), and the coping strategy scale which was developed based on the theory of Lazarus and Follman (Setiawan, Abidin, Sodjakusumah, 2020). The data analysis technique method is in the form of one-way ANOVA test.*

**Research Results:** *Based on the results of the analysis using the SPSS 20.0 assistance program. The results of the analysis show that the calculated F value is 1.124 with a significant  $p=0.289$  ( $p>0.05$ ), which means that there is no difference in competition anxiety with problem-focused coping and emotional-focused coping.*

**Conclusion:** *The results of the analysis in this study showed results that were not significant or rejected. This shows that there is no difference in anxiety in the face of competition in terms of coping strategies.*

**Keywords:** *Competing Anxiety, Coping Strategy, Athletic Athletes*

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