

ABSTRAK

Anais Kurnianya, 110911178, Pengaruh Resiliensi terhadap Kecemasan Atlet Basket Profesional Pasca Cedera, *Skripsi*, Fakultas Psikologi Universitas Airlangga Surabaya, 2014. xx + 127, 9 lampiran.

Cedera adalah hal yang biasa dialami atlet. Cedera mengakibatkan reaksi-reaksi psikologis salah satunya adalah kecemasan. Kecemasan perlu ditekan dengan faktor psikologis yaitu resiliensi agar penanganan cedera lebih efektif. Tujuan dari penelitian ini adalah untuk menguji pengaruh resiliensi terhadap kecemasan atlet basket profesional pasca cedera.

Penelitian ini dilakukan pada atlet basket yang bermain di liga profesional NBL dan WNBL baik laki-laki maupun perempuan yang pernah mengalami cedera. Subyek dalam penelitian ini berjumlah 28 (laki-laki 22 orang dan perempuan 6 orang). Variabel resiliensi diukur menggunakan alat ukur translasi dari Connor-Davidson Resilience Scale (CD-RISC; Connor & Davidson, 2003) sedangkan variabel kecemasan diukur menggunakan alat ukur translasi dari Sport Injury Trait Anxiety Scale (SITAS; Kleinert, 2002). Analisis data dilakukan menggunakan teknik analisis regresi sederhana dan dengan bantuan program SPSS versi 16 for Microsoft Windows.

Berdasarkan hasil analisis data, kedua variabel terdistribusi secara signifikan dengan $p = 0,07$ pada resiliensi dan $p = 0,20$ pada kecemasan; hubungan positif dengan koefisien korelasi $r = 0,393$ dan $p = 0,038$; juga terdapat pengaruh resiliensi terhadap kecemasan ($F = 4,754$; $p = 0,038$; $r^2 = 0,155$; $\beta = 0,393$). Persamaan rumus dari analisis regresi adalah $Y = 35,194 + 0,507 X$, artinya resiliensi berpengaruh positif terhadap kecemasan.

Kata Kunci: *Resiliensi, Resiliensi Atlet Cedera, Kecemasan, Kecemasan Atlet Cedera, Atlet, Cedera, Kecemasan Cedera*
Daftar Pustaka 37, (1966, 2013)

ABSTRACT

Anais Kurnianya, 110911178, The Influence of Resilience on Anxiety on Professional Basketball Athletes After Injured, *Undergraduate Thesis*, Faculty of Psychology Airlangga University Surabaya, 2014. xx + 127, 9 appendices.

Injuries are normal for athletes. Injury caused psychological reactions, one of them is anxiety. Anxiety needs to be repressed with psychological factor, which is resilience, so that the treatment of injury could be more effective. The purpose of this research is to test the influence of resilience on anxiety on professional basketball athletes after injured.

The research is conducted to basketball athletes playing at the professional league NBL and WNBL, male or female ones who have suffered from injuries. There are 28 subjects in this research (22 male and 6 female). The resilience variables are measured based on Connor-Davidson Resilience Scale (CD-RISC; Connor & Davidson, 2003), while the anxiety variables are measured based on the Sport Injury Trait Anxiety Scale (SITAS; Kleinert, 2002). Data analysis is conducted using simple regression analysis technique and also with the help of SPSS version 16 program for Microsoft Windows.

Based on data analysis, both variables are significantly distributed with $p = 0,07$ on resilience and $p = 0,20$ on anxiety; positive correlation with coefficient correlation $r = 0,393$ and $p = 0,038$; also there's an influence of resilience on anxiety ($F = 4,754$; $p = 0,038$; $r^2 = 0,155$; $\beta = 0,393$). The formula of this regression analysis is $Y = 35,194 + 0,507 X$, it means resilience have a positive influence with anxiety.

Key Words: *Resilience, Injured Athlete Resilience, Anxiety, Injured Athlete Anxiety, Athlete, Injury, Injury Anxiety*
References 37, (1966, 2013)