

ABSTRAK

TINGKAT KECEMASAN ATLET SHORINJI KEMPO DOJO SMEA SEBELUM MENGHADAPI PERTANDINGAN

Maria Priska Dhey^{1*}, Agustinus J. Nafie², Christin P. M. Rajagukguk³

^{1,2,3}Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Kristen Artha Wacana, Kupang, Indonesia

email. mariapriskadhey@gmail.com

Latar belakang: Kecemasan adalah perasaan tidak tenang, bingung, tegang dan khawatir dalam keadaan tertentu, sehingga atlet yang mengalami kecemasan berlebihan akan menimbulkan bentuk masalah kesehatan atau perilaku menyimpang sehingga penampilan dan kepercayaan diri menurun.

Tujuan penelitian: Untuk mengetahui tingkat kecemasan atlet shorinji kempo dojo SMEA sebelum menghadapi pertandingan.

Metode penelitian: Pendekatan yang digunakan dalam penelitian ini adalah deskriptif dengan penelitian kuantitatif. Teknik analisis data menggunakan deskriptif kuantitatif untuk memperoleh presentase hasil.

Hasil dan pembahasan: Tingkat kecemasan atlet shorinji kempo dojo SMEA sebelum menghadapi pertandingan untuk atlet randori pada faktor internal diperoleh 88,9% (8 orang) berkriteria Rendah dan 11,1% (1 orang) berkriteria Sedang, bagi atlet embu diperoleh 91,7% (11 orang) berkriteria Rendah dan 8,3% (1 orang) atlet randori yang berkriteria Sedang. Pada faktor eksternal diperoleh 100% (9 orang) berkriteria Rendah pada atlet randori dan 100% (12 orang) atlet embu yang berkriteria Rendah.

Simpulan: Sesuai dengan hasil rekapitulasi tingkat kecemasan atlet randori shorinji kempo dojo SMEA sebelum menghadapi pertandingan pada faktor internal dan eksternal diperoleh 88,9% (8 orang) berkriteria Rendah dan 11,1% (1 orang) berkriteria Sedang dan pada faktor internal dan eksternal pada atlet embu diperoleh 33,3% (4 orang) berkriteria Sedang dan 66,7% (8 orang) berkriteria Rendah.

Kata kunci: *Tingkat kecemasan; atlet shorinji kempo*

ABSTRACT

SHORINJI KEMPO DOJO SMEA ATHLETES' ANXIETY LEVEL BEFORE FACING THE MATCH

Maria Priska Dhey^{1*}, Agustinus J. Nafie², Christin P. M. Rajagukguk³

^{1,2,3}Physical Education, Health, and Recreation Study Program, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang, Indonesia

email. mariapriskadhey@gmail.com

Background: *Anxiety is a feeling of unease, confusion, tension and worry in certain situations, so that athletes who experience excessive anxiety will cause health problems or deviant behavior so that their appearance and self-confidence decreases.*

Research objective: *To determine the anxiety level of Shorinji Kempo Dojo SMEA athletes before facing a match.*

Research method: *The approach used in this research is descriptive with quantitative research. The data analysis technique uses quantitative descriptive to obtain a percentage of results.*

Result and discussion: *The anxiety level of Shorinji Kempo Dojo SMEA athletes before facing a match for Randori athletes on internal factors was found to be 88.9% (8 people) with Low criteria and 11.1% (1 person) with Medium criteria, for embu athletes it was obtained 91.7% (11 people) with Low criteria and 8.3% (1 person) of Randori athletes with Medium criteria. Regarding external factors, it was found that 100% (9 people) had low criteria for randori athletes and 100% (12 people) of embu athletes had low criteria.*

Conclusion: *In accordance with the results of the recapitulation of the anxiety level of Randori Shorinji Kempo Dojo SMEA athletes before facing the match on internal and external factors, it was obtained that 88.9% (8 people) had Low criteria and 11.1% (1 person) had Medium criteria and on internal and external factors in athletes embu was obtained by 33.3% (4 people) with Medium criteria and 66.7% (8 people) with Low criteria.*

Keyword: *Anxiety level; shorinji kempo athletes*