

Hubungan antara sport confidence dan self talk pada atlet bulutangkis = The relationship between sport confidence and self talk among badminton players

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Abstrak

Penelitian ini dilakukan untuk melihat hubungan antara sport-confidence dan self-talk pada atlet bulutangkis. Sport-confidence adalah kepercayaan atau tingkat keyakinan yang individu miliki terhadap kemampuannya untuk meraih keberhasilan dalam bidang olahraga (Vealey, 1986). Sementara itu, self-talk adalah dialog pribadi, diucapkan lantang ataupun tidak, yang digunakan atlet untuk menginterpretasikan perasaan dan persepsinya, meregulasi dan merubah evaluasi dan keyakinannya, serta memberikan instruksi dan reinforcement untuk dirinya sendiri (Hardy, Gammage, & Hall, 2001). Sebanyak 97 atlet bulutangkis menjadi partisipan dalam studi ini dengan mengisi kuesioner. Sport-confidence diukur dengan menggunakan sport-confidence Inventory-4 (SCI-4) yang disusun oleh Vealey & Knight (2002), sedangkan pengukuran self-talk menggunakan Self-Talk Questionnaire (S-TQ) yang dikembangkan oleh Zervas, Stavrou, & Psychountaki (2007). Hasil penelitian ini menunjukkan terdapat hubungan positif yang signifikan antara SC-physical skills and training, SC-cognitive efficiency, dan SC-resilience dengan ST-motivasi dan ST-kognitif.

.....This research is conducted to find the relationship between sport-confidence and self-talk among badminton athletes. Sport-confidence was defined as the belief or degree of certainty individuals possess about their ability to be successful in sport (Vealey, 1986, P. 222). Meanwhile, self-talk was defined as a dialogue, a small voice in one's head or said loud, in which the individual interprets feelings and perception, regulates and changes evaluations and convictions, and gives him/herself instruction and reinforcement (Hardy, Gammage, & Hall, 2001). 97 badminton athletes participated in this study by completing the questionnaires. Sport-confidence was measured by sport-confidence Inventory-4 (SCI-4) created by Vealey & Knight (2002) while, self-talk was measured by Self-Talk Questionnaire (S-TQ) created by Zervas, Stavrou, & Psychountaki (2007). The result of this research shows that SC-physical skills and training, SC-cognitive efficiency, and SC-resilience positive correlated significantly with ST-motivational and ST-cognitive.