

Efek moderasi kepaduan tim pada hubungan antara grit dan performa olahraga tim interaktif pada atlet mahasiswa = The moderating effect of team cohesion in the relationship between grit and interactive sports performance of collegiate athletes

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Abstrak

Penelitian terdahulu menunjukkan temuan yang tidak konsisten mengenai hubungan grit dengan performa atlet. Untuk itu, penelitian ini dilakukan untuk menguji kembali peran grit dalam memprediksi performa atlet mahasiswa, dan memahami pengaruh moderasi kepaduan tim berdasarkan Teori Cognitive-Affective System of Personality (Mischel & Soda, 1995). Sebanyak 265 data partisipan yang tersebar dalam 34 tim olahraga diperoleh dengan memanfaatkan turnamen olahraga futsal, basket, dan sepakbola antar kampus di wilayah Jabodetabek dan Bandung. Pengambilan data dilakukan melalui kuesioner fisik yang terdiri dari The Grit Scale, Group Environment Questionnaire, dan penilaian performa individual atlet oleh pelatih. Data dianalisis menggunakan korelasi Pearson dan model 1 pada makro PROCESS oleh Hayes. Temuan penelitian menunjukkan bahwa grit tidak memiliki hubungan yang signifikan dengan performa atlet ($r = 0,092$, $p > 0,05$) dan ditemukan efek moderasi kepaduan tim yang negatif terhadap hubungan antara grit dan performa atlet ($b = -0,34$, $SE = 0,13$, $95\% CI [-0,59, -0,09]$).

Previous findings showed inconsistent results regarding the relationship between grit and athlete performance. Therefore, this study was conducted to re-evaluate the role of grit in predicting collegiate athlete performance, and to understand the moderating effect of team cohesion based on Cognitive-Affective System of Personality Theory (Mischel & Soda, 1995). Data were collected through several futsal, basketball, and soccer competition events across Jabodetabek and Bandung, using physical questionnaire consists of The Grit Scale, Group Environment Questionnaire, and athlete performance evaluation by coach. 265 participant data which was distributed in 34 different sport teams was obtained and analyzed using Pearson correlation and simple moderator model on Hayes's PROCESS macro on SPSS program. Findings of this study showed there is no significant relationship between grit and athlete performance ($r = 0,092$, $p > 0,05$) and there is a negative moderating effect of team cohesion on grit-athlete performance relationship ($b = -0,34$, $SE = 0,13$, $95\% CI [-0,59, -0,09]$).