

# Hubungan Karakteristik Individu dan Tingkat Dukungan Sosial dengan Tingkat Resiliensi Atlit Pelatnas Paralimpik Indonesia = The Relationship between Individual Characteristics and Social Support with the Resilience Level of Indonesian Paralympic National Training Athletes

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## Abstrak

Kondisi kesejahteraan para disabilitas yang masih minimal seringkali membuat mereka berada dalam kondisi putus asa. Namun para atlit pelatnas paralimpik Indonesia mampu mencapai prestasi dalam beberapa ajang olahraga nasional dan internasional dimana perlu motivasi dan kemampuan dalam diri para atlit serta dukungan sosial untuk bangkit dari situasi sulit yaitu resiliensi. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik dan dukungan sosial dengan tingkat resiliensi atlit pelatnas paralimpik Indonesia. Desain penelitian yang digunakan dalam penelitian ini adalah deskriptif analitik korelasi menggunakan pendekatan study cross sectional. Penelitian dilakukan terhadap 85 orang atlit pelatnas paralimpik Indonesia yang diukur dengan kuesioner dukungan sosial Medical Outcomes Study: Social Support System (MOS MSSS) dan kuesioner skala resiliensi Connor Davidson Resilience Scale (CD-RISC). Hasil penelitian ini menunjukkan bahwa tidak terdapat hubungan antara karakteristik demografi dengan tingkat resiliensi dan terdapat hubungan antara dukungan sosial dengan tingkat resiliensi Atlit Pelatnas Paralimpik Indonesia. Diharapkan hasil penelitian ini dapat menjadi dasar pengembangan program pemberian pelayanan kesehatan jiwa kepada para atlit disabilitas.

.....The prosperous conditions of persons with disabilities, which are still minimal, often put them in a state of despair. However, the athletes of the Indonesian National Paralympic National Training Center have been able to achieve achievements in several national and international sporting events, where the athletes need motivation and ability as well as social support to rise from difficult situations, namely resilience. This study aims to determine the relationship between characteristics and social support with the level of resilience of Indonesian paralympic national training athletes. The research design used in this research is descriptive analytic correlation using a cross sectional study approach. The study was conducted on 85 Indonesian paralympic national training athletes as measured by the social support questionnaire Medical Outcomes Study: Social Support System (MOS MSSS) and the Connor Davidson Resilience Scale (CD-RISC) resilience scale questionnaire. The results of this study indicate that there is no relationship between demographic characteristics and the level of resilience and there is a relationship between social support and the level of resilience of Indonesian Paralympic National Training Athletes. It is hoped that the results of this research can become the basis for developing programs for providing mental health services to athletes with disabilities