

# Peran Neuroticism dalam Memoderasi Hubungan Self-Efficacy dan Kecemasan Kompetitif pada Atlet Esports Valorant = The Role of Neuroticism in Moderating the Relationship Between Self-Efficacy and Competitive Anxiety in Valorant Esports Athletes

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## Abstrak

Seperti atlet olahraga tradisional, atlet Esports mampu mengalami kecemasan kompetitif yang dapat mengganggu performa mereka dalam bermain saat menjalani pertandingan. Kecemasan tersebut merupakan hasil interpretasi terhadap situasi kompetitif yang dianggap sebagai ancaman. Oleh karena itu, dibutuhkan suatu kontrol seperti self-efficacy untuk mencegah meningkatnya tingkat kecemasan kompetitif pada seorang atlet Esports. Namun terdapat dugaan bahwa terdapat peran kepribadian neuroticism yang mengakibatkan atlet memiliki kecenderungan untuk mengalami kecemasan kompetitif. Penelitian ini bertujuan untuk menguji peran neuroticism sebagai moderator dari hubungan self-efficacy dan kecemasan kompetitif pada atlet Esports Valorant. Kecemasan kompetitif diukur menggunakan Competitive State Anxiety Inventory-2R ID (CSAI-2RID), self-efficacy diukur menggunakan Athlete Self-Efficacy Scale (ASES), dan neuroticism diukur menggunakan International Personality Item Pool-Big FiveMarkers-25 (IPIP-BFM-25). Penelitian ini memperoleh 150 partisipan yang merupakan pemain gim Valorant (usia 18-25 tahun, 64.7% laki-laki). Hasil penelitian ini menunjukkan bahwa tidak terdapat efek moderasi neuroticism yang signifikan pada hubungan self-efficacy dan kecemasan kompetitif. Dalam arti lain, baik tinggi atau rendah skor neuroticism tidak dapat memperkuat atau memperlemah self-efficacy terhadap kecemasan kompetitif secara signifikan.

.....Like traditional sports athletes, Esports athletes can experience competitive anxiety that can interfere with their performance in a competition. This anxiety is the result of interpreting competitive situations as threatening. Therefore, a type of control such as self-efficacy is needed to prevent competitive anxiety levels from rising in an Esports athlete. However, it is suspected that there is a role of neuroticism that results in athletes tending to experience competitive anxiety. This study aims to examine the role of neuroticism as a moderator of the relationship between self-efficacy and competitive anxiety in Esports athletes. Competitive anxiety was measured using the Competitive State Anxiety Inventory-2R ID (CSAI-2Rid), self-efficacy was measured using the Athlete Self-Efficacy Scale (ASES), and neuroticism was measured using the International Personality Item Pool-Big FiveMarkers-25 (IPIP-BFM-25). This study obtained 150 participants who were Valorant players (18-25 years old, 64.7% male). The results showed that there was no significant moderating effect of neuroticism on the relationship between self-efficacy and competitive anxiety. In other words, either high or low neuroticism scores could not significantly strengthen or weaken self-efficacy against competitive anxiety.