

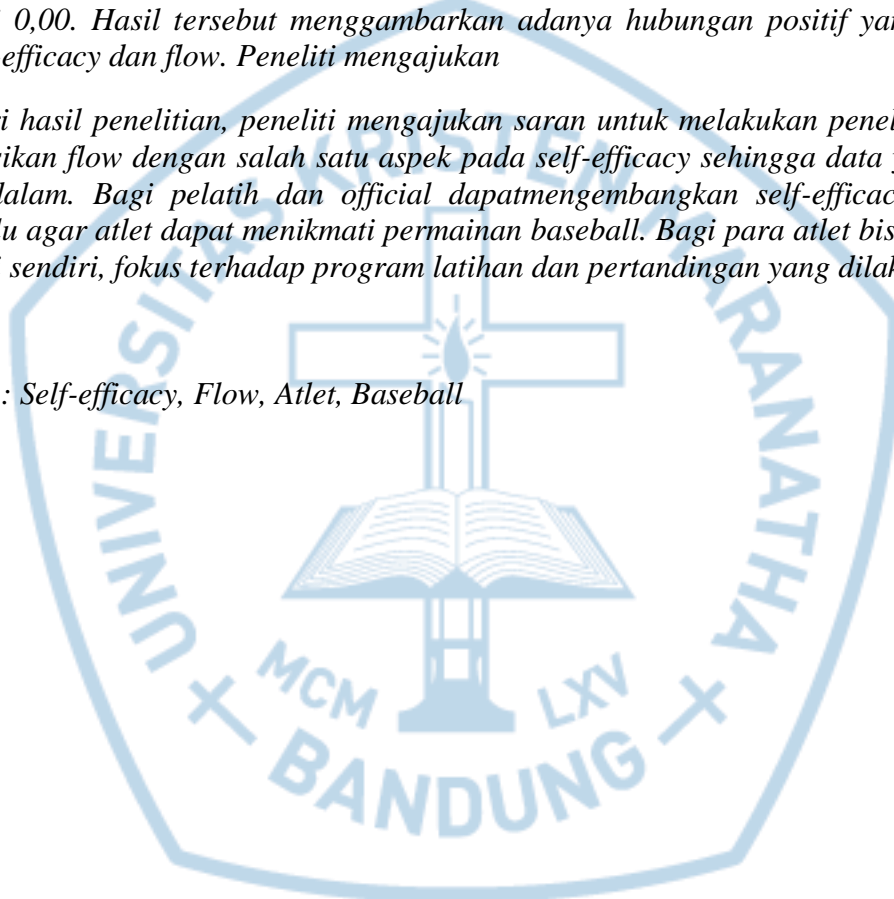
Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dan *flow* pada atlet baseball yang mengikuti pelatih Jawa Barat di Bandung. Subjek dari penelitian ini adalah populasi dari atlet baseball yang sedang mengikuti pelatih Jawa Barat yaitu sebanyak 73 orang. Rancangan dalam penelitian ini menggunakan metode korelasional.

Flow dirancang menggunakan alat ukur FSS (Jackson & Marsh, 1995), yang dimodifikasi oleh peneliti berdasarkan teori *flow*. *Self-efficacy* diukur melalui alat ukur yang disusun peneliti berdasarkan teori *self-efficacy*. Data yang diperoleh kemudian diolah menggunakan uji korelasi Spearman dengan bantuan SPSS 20.0. Berdasarkan uji korelasi statistik diperoleh koefisien korelasi antara *self-efficacy* dan *flow* sebesar 0,830 dengan signifikansi 0,00. Hasil tersebut menggambarkan adanya hubungan positif yang signifikan antara *self-efficacy* dan *flow*. Peneliti mengajukan

Dari hasil penelitian, peneliti mengajukan saran untuk melakukan penelitian dengan mengorelasikan *flow* dengan salah satu aspek pada *self-efficacy* sehingga data yang didapat lebih mendalam. Bagi pelatih dan official dapat mengembangkan *self-efficacy* para atlet terlebih dulu agar atlet dapat menikmati permainan baseball. Bagi para atlet bisa lebih yakin dengan diri sendiri, fokus terhadap program latihan dan pertandingan yang dilaksanakan.

Kata kunci : *Self-efficacy*, *Flow*, Atlet, Baseball



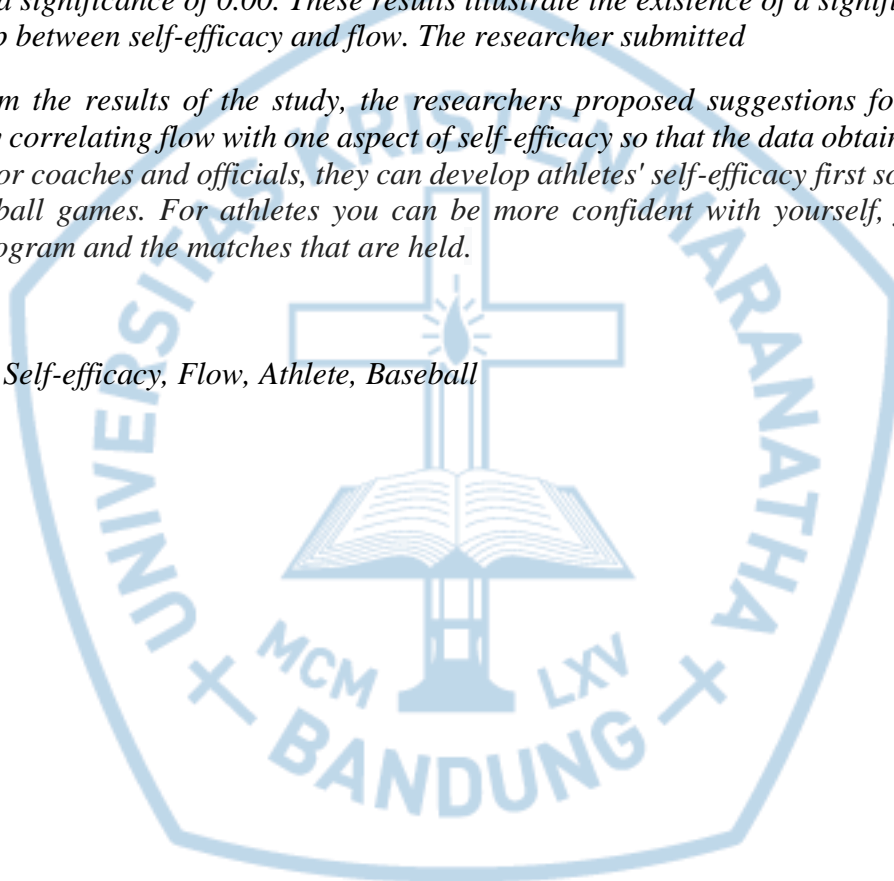
Abstract

This study aims to know the relationship between self-efficacy and flow in baseball devices that follow the West Java regional regulations in Bandung. The subjects of this study were the population of baseball athletes who were following the West Java regional council, which were 73 people. The design in this study uses a correlational method.

Flow is designed using an FSS measuring device (Jackson & Marsh, 1995), which is modified by researchers based on flow theory. Self-efficacy is netted through a measurement tool prepared by researchers based on the theory of self-efficacy. The data obtained were then processed using the spearman correlation test with the help of SPSS 20.0. Based on the statistical correlation test obtained the correlation coefficient between self-efficacy and flow is 0.830 with a significance of 0.00. These results illustrate the existence of a significant positive relationship between self-efficacy and flow. The researcher submitted

From the results of the study, the researchers proposed suggestions for conducting research by correlating flow with one aspect of self-efficacy so that the data obtained was more in-depth. For coaches and officials, they can develop athletes' self-efficacy first so athletes can enjoy baseball games. For athletes you can be more confident with yourself, focus on the training program and the matches that are held.

Key word : Self-efficacy, Flow, Athlete, Baseball



DAFTAR ISI

	Halaman
HALAMAN JUDUL	i
LEMBAR PENGESAHAN	ii
ABSTRAK	iii
ABSTRACT	iv
KATA PENGANTAR	v
DAFTAR ISI	vii
DAFTAR TABEL	x
DAFTAR BAGAN	xi
DAFTAR LAMPIRAN	xii
BAB I PENDAHULUAN	1
1.1 Latar Belakang Masalah	1
1.2 Identifikasi Masalah	9
1.3 Maksud dan Tujuan Penelitian	10
1.3.1 Maksud Penelitian	10
1.3.2 Tujuan Penelitian	10
1.4 Kegunaan Penelitian	10
1.4.1 Kegunaan Teoritis	10
1.4.2 Kegunaan Praktis	10
1.5 Kerangka Pemikiran	11
1.6 Asumsi	21
1.7 Hipotesis Penelitian	21
BAB II TINJAUAN PUSTAKA	22
2.1 <i>Flow</i>	22
2.1.1 Defiinisi <i>Flow</i>	22
2.1.2 Dimensi <i>Flow</i>	22
2.1.3 <i>Flow</i> dalam Olahraga	25
2.2 <i>Self-efficacy</i>	27
2.2.1 Pengertian <i>Self-efficacy</i>	27
2.2.2 Aspek-aspek <i>Self-effiacy</i>	27

2.2.3 Faktor-faktor yang Mempengaruhi <i>Self-Efficacy</i>	29
2.3 Atlet	30
2.3.1 Definisi Atlet	30
BAB III METODE PENELITIAN	32
3.1 Rancangan dan Prosedur Penelitian	32
3.2 Bagan Prosedur Penelitian	32
3.3 Variabel Penelitian dan Definisi Operasional	32
3.3.1 Variabel Penelitian	32
3.3.2 Definisi Konseptual	32
3.3.2.1 <i>Flow</i>	32
3.3.2.2 <i>Self Efficacy</i>	33
3.3.3 Definisi Operasional	33
3.3.3.1 <i>Flow</i>	33
3.3.3.2 <i>Self Efficacy</i>	34
3.4 Alat Ukur	35
3.4.1 Alat Ukur <i>Flow</i>	35
3.4.2 Alat Ukur <i>Self Efficacy</i>	37
3.4.3 Data Demografis	39
3.5 Validitas dan Reliabilitas Alat Ukur	39
3.5.1 Validitas Alat Ukur	39
3.5.2 Reliabilitas Alat Ukur	40
3.6 Populasi	41
3.6.1 Populasi Sasaran	41
3.6.2 Karakteristik Populasi	42
3.7 Teknik Analisis Data	42
3.8 Hipotesis Statistik	43
BAB IV HASIL DAN PEMBAHASAN	44
4.1 Gambaran Responden	44
4.2 Hasil Penelitian	46
4.3 Pembahasan	47

BAB V SIMPULAN DAN SARAN	51
5.1 Simpulan	51
5.2 Saran	51
5.2.1 Saran Teoritis	51
5.2.2 Saran Praktis	51
DAFTAR PUSTAKA	53
DAFTAR RUJUKAN	54



DAFTAR TABEL

	Halaman
Tabel 3.1	Kisi-Kisi Alat Ukur <i>Flow</i> 36
Tabel 3.2	Sistem Penilaian Alat Ukur <i>Flow</i> 36
Tabel 3.3	Kisi-Kisi Alat Ukur <i>Self Efficacy</i> 37
Tabel 3.4	Sistem Penilaian Alat Ukur <i>Self Efficacy</i> 38
Tabel 3.5	Validitas Lisa Friedenberg 40
Tabel 3.6	Kriteria Reliabilitas Guildford 41
Tabel 4.1	Gambaran Responden Berdasarkan Usia 44
Tabel 4.2	Gambaran Responden Berdasarkan Lamanya Berlatih 44
Tabel 4.3	Gambaran Responden Berdasarkan Prestasi Tertinggi yang Pernah Diraih Tim 45
Tabel 4.4	Gambaran Responden Berdasarkan Penghargaan Individual 45
Tabel 4.5	Hasil Pengujian Hipotesis 46
Tabel 4.6	Korelasi <i>Self-efficacy</i> dan <i>Flow</i> 46

DAFTAR BAGAN

		Halaman
Bagan 1.1	Kerangka Pikir	20
Bagan 3.1	Prosedur Penelitian	32



DAFTAR LAMPIRAN

	Halaman
LAMPIRAN 1 Kisi-Kisi Alat Ukur <i>Flow</i>	L1
LAMPIRAN 2 Kisi-Kisi Alat Ukur <i>Self-efficacy</i>	L11
LAMPIRAN 3 Kata Pengantar	L16
LAMPIRAN 4 <i>Informed Consent</i>	L17
LAMPIRAN 5 Data Demografis	L18
LAMPIRAN 6 Kuesioner <i>Flow</i>	L19
LAMPIRAN 7 Kuesioner <i>Self-Efficacy</i>	L22
LAMPIRAN 8 Validitas dan Reliabilitas Alat Ukur	L24
LAMPIRAN 9 Hasil Uji Korelasi	L28

