

ABSTRACT

This study was carried out aimed to see whether there is a relationship between emotional intelligence and peak performance in athletes basketball PIMNAD in Bandung . The sample in this study twenty-five people .

According to Daniel Goleman, there are five aspects of emotional intelligence is recognizing emotions, managing emotions, motivating oneself, recognize emotions in others (empathy), building relationships with other people. Measuring instruments used to measure emotional intelligence is emotional intelligence questionnaire made by the researcher based on the theory of Daniel Goleman in 2001. Based on test validity and reliability using the Pearson formula using Cronbach alpha formula , obtained 29 items were received with validity ranging from .300 to .629 and reliability 0.712 . Measuring tool to see the performance is to use a scoring sheet to see the value of total efficiency PIMNAD athlete basketball for two seasons PBL (Premier Basketball League)

From the results of the study found 56 % of respondents have a high emotional intelligence , 44 % of respondents have a low emotional intelligence , as well as 56 % of respondents had a high performance and 44 % of respondents have a lower performance . The data was then processed using the Pearson formula , and obtained the correlation coefficient negative between emotional intelligence and peak performance is -0141 , the error level of 5 % . This shows there is no relationship between emotional intelligence and performance in athletes basketball PIMNAD in Bandung .

According to the study , the researchers suggest for the basketball team and coach PIMNAD especially leaders are expected to be further honed his skills as a coach in sports coaching is not only function as a person who gives physical training and skills pad athletes , but also educate the athletes to be able to achieve optimal championships according to their potential . For PIMNAD basketball athletes are advised to focus on the purpose of the club is to win in every game . Skills remain honed , as well as with emotional intelligence .

DAFTAR ISI

LEMBAR PENGESAHAN	i
PERNYATAAN ORISINALITAS LAPORAN PENELITIAN	ii
PERNYATAAN PUBLIKASI LAPORAN PENELITIAN.....	iii
KATA PENGANTAR	iv
ABSTRAK	vii
ABSTRACT	viii
DAFTAR ISI.....	ix
DAFTAR TABEL.....	xiii
DAFTAR BAGAN.....	xiv
DAFTAR LAMPIRAN	xv
BAB I PENDAHULUAN	1
1.1 Latar Belakang Masalah.....	1
1.2 Identifikasi Masalah	11
1.3 Maksud dan Tujuan Penelitian	11
1.3.1 Maksud Penelitian	11
1.3.2 Tujuan Penelitian.....	11
1.4 Kegunaan Penelitian.....	11
1.4.1 Kegunaan Teoritis	11
1.4.2 Kegunaan Praktis.....	12
1.5 Kerangka Pemikiran	12
1.6 Asumsi.....	22

1.7 Hipotesis.....	22
BAB II TINJAUAN PUSTAKA.....	23
2.1 Teori Kecerdasan Emosional.....	23
2.1.1 Latar Belakang Lahirnya Teori Kecerdasan Emosional	23
2.1.2 Definisi Kecerdasan Emosional	24
2.1.2.1 Pengertian Emosi	24
2.1.2.2 Pengertian Kecerdasan Emosional.....	25
2.1.3 Faktor yang Mempengaruhi Kecerdasan Emosional	38
2.1.4 Peranan Kecerdasan Emosional	39
2.2 Pengertian dan Batasan Psikologi Olahraga.....	40
2.3 Teori <i>Performance</i>	42
2.2.1 Pengertian <i>Performance</i>	42
BAB III METODOLOGI PENELITIAN	45
3.1 Rancangan dan Prosedur Penelitian	45
3.2 Bagan Rancangan Penelitian.....	45
3.3 Variabel Penelitian dan Definisi Operasional	46
3.3.1 Variabel Penelitian	46
3.3.2 Definisi Operasional.....	46
3.4 Alat Ukur.....	48
3.4.1 Alat Ukur Kecerdasan Emosional.....	48
3.4.1.1 Prosedur Pengisian.....	50

3.4.1.2	Sistem Penilaian.....	50
3.4.2	Alat Ukur <i>Performance</i>	51
3.4.2.1	Sistem Penilaian.....	51
3.4.2.2	Kisi-kisi Alat Ukur <i>Performance</i>	52
3.4.3	Data Pribadi dan Data Penunjang.....	53
3.4.3.1	Data Pribadi	53
3.4.3.2	Data Penunjang	53
3.4.4	Validitas dan Reliabilitas Alat Ukur	54
3.4.4.1	Uji Validitas Alat Ukur.....	54
3.4.4.2	Uji Reliabilitas Alat Ukur	54
3.5	Populasi dan Teknik Penarikan Sampel	56
3.5.1	Populasi Sasaran.....	56
3.5.2	Karakteristik Populasi.....	56
3.5.3	Teknik Penarikan Sampel.....	56
3.6	Teknik Analisis Data	56
3.6.1	Analisis Korelasi	56
3.7	Hipotesis Statistik	58
BAB IV HASIL PENELITIAN DAN PEMBAHASAN		59
4.1	Gambaran Responden.....	59
4.2	Hasil Penelitian.....	60
4.2.1	Gambaran Hubungan Kecerdasan Emosional Dan <i>Performance</i>	60

4.2.2	Gambaran Korelasi Aspek Kecerdasan Emosional Dan <i>Performance</i>	61
4.3	Pembahasan	66
BAB V SIMPULAN DAN SARAN		71
5.1	Simpulan	71
5.2	Saran	71
5.2.1	Saran Teoritis	72
5.2.2	Saran Guna Laksana	72
DAFTAR PUSTAKA		73
DAFTAR RUJUKAN		74
LAMPIRAN		

DAFTAR TABEL

Tabel 3.1	Kisi-kisi Alat Ukur Kecerdasan Emosional.....	49
Tabel 3.2	Sistem Penilaian Kuesioner Kecerdasan Emosional	50
Tabel 3.3	Kisi-kisi Alat Ukur <i>Performance</i>	52
Tabel 4.1	Gambaran Responden Berdasarkan Jenis Kelamin	59
Tabel 4.2.1	Gambaran Hubungan Kecerdasan Emosional Dan <i>Performance</i>	60
Tabel 4.3	Korelasi Antara Mengenali Emosi Diri Sendiri Dengan <i>Performance</i>	61
Tabel 4.4	Korelasi Antara Mengelola Emosi Diri Sendiri Dengan <i>Performance</i>	62
Tabel 4.5	Korelasi Antara Memotivasi Diri Sendiri Dengan <i>Performance</i>	63
Tabel 4.6	Korelasi Antara Mengenali Emosi Orang Lain Dengan <i>Performance</i>	64
Tabel 4.7	Korelasi Antara Membina Hubungan Dengan <i>Performance</i>	65

DAFTAR BAGAN

Bagan 1.1	Kerangka Pikir	21
Bagan 3.1	Rancangan Penelitian.....	45