

ABSTRAK

KESIAPAN MENTAL ATLET PUTRI *HOCKEY* LAMPUNG PADA KEJURNAS *HOCKEY INDOOR* U-21 TAHUN 2025

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Kesiapan mental merupakan aspek penting yang membantu atlet menghadapi tekanan dan tuntutan pertandingan. Penelitian ini bertujuan untuk menganalisis kesiapan mental atlet putri *hockey* Lampung serta faktor-faktor yang mempengaruhi kecemasan bertanding dalam menghadapi Kejuaraan Nasional *Hockey Indoor* U-21 Tahun 2025. Penelitian ini menggunakan pendekatan kualitatif deskriptif dengan metode penelitian kasus (*case study*). Informan penelitian terdiri atas pelatih, 12 atlet putri, dan 2 orang tua atlet yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui observasi, wawancara sebelum dan sesudah pertandingan, serta dokumentasi. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa kesiapan mental atlet putri *hockey* Lampung tercermin melalui faktor intrinsik berupa motivasi bertanding, kepercayaan diri, fokus dan konsentrasi, kecemasan bertanding, regulasi emosi dan *coping*, serta pengalaman bertanding dan ketangguhan mental, dan faktor ekstrinsik berupa peran pelatih, dukungan orang tua dan keluarga, dukungan rekan setim dan kohesi tim, lingkungan dan *venue* pertandingan, sarana prasarana latihan, serta dukungan organisasi. Pada pertandingan bertekanan tinggi, terutama babak final, sebagian atlet masih mengalami rasa gugup, kekhawatiran melakukan kesalahan, serta kesulitan mempertahankan fokus dan mengendalikan emosi. Kesimpulan penelitian menunjukkan bahwa kesiapan mental atlet dibentuk oleh interaksi faktor intrinsik dan ekstrinsik yang saling berkaitan, sedangkan kecemasan bertanding merupakan salah satu faktor intrinsik yang berperan dalam membentuk kesiapan mental atlet selama menghadapi kejuaraan.

Kata kunci: Kesiapan Mental, Kecemasan Bertanding, Atlet Putri, *Hockey Indoor*

ABSTRACT

MENTAL PREPAREDNESS OF LAMPUNG'S FEMALE HOCKEY ATHLETES FOR THE 2025 U-21 INDOOR HOCKEY NATIONAL CHAMPIONSHIPS

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Mental preparedness is an important aspect that helps athletes face the pressures and demands of competition. This study aims to analyze the mental preparedness of female hockey athletes from Lampung and the factors influencing their competition anxiety in facing the 2025 U-21 National Indoor Hockey Championship. This research applied a descriptive qualitative case study method. The informants consisted of one coach, twelve female athletes, and two parents of athletes selected through purposive sampling. Data were collected through observation, interviews before and after matches, and documentation. Data analysis included data reduction, data presentation, and conclusion drawing. The results of the study show that the mental readiness of female hockey athletes in Lampung is reflected in intrinsic factors such as competitive motivation, self-confidence, focus and concentration, competition anxiety, emotional regulation and coping, as well as competition experience and mental resilience; and extrinsic factors such as the coach's role, parental and family support, support from teammates and team cohesion, the competition environment and venue, training facilities, and organizational support. In high-pressure matches, particularly the finals, some athletes still experience nervousness, fear of making mistakes, and difficulty maintaining focus and controlling their emotions. The study's conclusions indicate that athletes' mental readiness is shaped by the interaction of interrelated intrinsic and extrinsic factors, while competition anxiety is one of the intrinsic factors that plays a role in shaping athletes' mental readiness during championships.

Keywords: Mental Preparedness, Competition Anxiety, Female Athletes, Hockey Indoor