

ABSTRAK

HUBUNGAN KECERDASAN EMOSIONAL DAN EFIKASI DIRI TERHADAP PRESTASI ATLET KURASH PROVINSI LAMPUNG

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Penelitian ini bertujuan untuk mengetahui hubungan kecerdasan emosional dan efikasi diri terhadap prestasi atlet Kurash Provinsi Lampung. Metode yang digunakan adalah metode survei dan pendekatan korelasional. Sampel penelitian berjumlah 25 orang. Instrumen penelitian yang digunakan adalah kuisioner. Hipotesis penelitian: 1) ada hubungan yang signifikan antara kecerdasan emosional terhadap prestasi atlet, 2) ada hubungan yang signifikan antara efikasi diri terhadap prestasi atlet, 3) ada hubungan yang signifikan antara kecerdasan emosional dan efikasi diri terhadap prestasi atlet Kurash. Hasil penelitian menunjukkan bahwa: 1) terdapat hubungan yang signifikan antara kecerdasan emosional terhadap prestasi atlet (r hitung = 0,443 > r tabel = 0,413), 2) terdapat hubungan yang signifikan antara efikasi diri terhadap prestasi atlet (r hitung = 0,658 > r tabel = 0,413), 3) Secara simultan, kecerdasan emosional dan efikasi diri terhadap prestasi atlet (r hitung = 0,662 > r tabel = 0,413) dan kontribusi sebesar 43,84%.

Kata kunci: Kecerdasan Emosional, Efikasi Diri, Prestasi Atlet, Kurash.

ABSTRACT

THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND SELF-EFFICACY TOWARDS THE ACHIEVEMENT OF KURASH ATHLETES IN LAMPUNG PROVINCE

By

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This study aims to determine the relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes in Lampung Province. The method used is a survey method and a correlational approach. The research sample consisted of 25 people. The research instrument used was a questionnaire. The research hypothesis: 1) there is a significant relationship between emotional intelligence and athlete achievement, 2) there is a significant relationship between self-efficacy and athlete achievement, 3) there is a significant relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes. The results of the study show that: 1) there is a significant relationship between emotional intelligence and athlete achievement ($r_{\text{count}} = 0.443 > r_{\text{table}} = 0.413$), 2) there is a significant relationship between self-efficacy and athlete achievement ($r_{\text{count}} = 0.658 > r_{\text{table}} = 0.413$), 3) Simultaneously, emotional intelligence and self-efficacy on athlete achievement ($r_{\text{count}} = 0.662 > r_{\text{table}} = 0.413$) and a contribution of 43.84%.

Keywords: *Emotional Intelligence, Self-Efficacy, Athlete Achievement, Kurash.*