

ABSTRAK

Nuraini, Tryna. 2025. Analisis Kondisi Psikologis Ditinjau dari *Mental Toughness*, *Anxiety* dan *Self-Confidence* pada atlet Bridge di Provinsi Jambi. Tesis, Program Studi Magister Pendidikan Jasmani, Program Pascasarjana Universitas Jambi. Pembimbing: 1) Dr. Atri Widowati, S.Pd., M.Or., 2) Dr. Wawan Junresti Daya, S.Si., M.Pd.

Kata Kunci: Olahraga Bridge, Psikologi Olahraga, Ketangguhan Mental, Kecemasan, Percaya Diri, Performa atlet.

Penelitian ini bertujuan untuk menganalisis kondisi psikologis atlet bridge di Provinsi Jambi, fokus pada tiga aspek utama: ketangguhan mental (*mental toughness*), kecemasan (*anxiety*), dan kepercayaan diri (*self-confidence*). Metode campuran (*mixed method*) digunakan dengan melibatkan 24 atlet putri, 4 pelatih, dan 2 pengurus olahraga bridge. Data kuantitatif dikumpulkan melalui kuesioner yang mengukur ketangguhan mental, kecemasan, dan kepercayaan diri, sementara data kualitatif diperoleh dari wawancara mendalam.

Hasil penelitian menunjukkan bahwa atlet bridge di Provinsi Jambi memiliki ketangguhan mental yang baik, dengan rata-rata skor 3,79 dari skala 1-5. Beberapa atlet masih menghadapi kesulitan dalam mengelola stres dan kecemasan. Tingkat kecemasan umumnya rendah hingga sedang, sementara kepercayaan diri atlet berada pada kategori tinggi. Dukungan sosial dari pelatih dan rekan tim, serta persiapan mental yang matang, sangat penting dalam meningkatkan kepercayaan diri dan mengurangi kecemasan.

Temuan ini memberikan implikasi praktis bagi pelatih dan pengurus olahraga bridge di Provinsi Jambi, yaitu perlunya program pelatihan yang fokus pada pengembangan ketangguhan mental dan pengelolaan kecemasan. Penyediaan akses ke dukungan psikologis juga dianggap penting untuk meningkatkan performa atlet. Dengan menerapkan strategi komprehensif dalam aspek psikologis, diharapkan prestasi atlet bridge di Provinsi Jambi dapat meningkat secara signifikan dalam kompetisi mendatang.

ABSTRACT

Nuraini, Tryna. 2025. Analysis of Psychological Conditions in View of Mental Toughness, Anxiety and Self-Confidence in Bridge athletes in Jambi Province. Thesis, Master of Physical Education Study Program, Jambi University Postgraduate Program. Supervisor: 1) Dr. Atri Widowati, S.Pd., M.Or., 2) Dr. Wawan Junresti Daya, S, Si., M.Pd.

Keywords: *Bridge Sports, Sports Psychology, Mental Toughness, Anxiety, Self-Confidence, Athlete Performance.*

This research aims to analyze the psychological condition of bridge athletes in Jambi Province, focusing on three main aspects: mental toughness, anxiety and self-confidence. A mixed method was used involving 24 female athletes, 3 coaches and 2 bridge sports administrators. Quantitative data was collected through questionnaires measuring mental toughness, anxiety and self-confidence, while qualitative data was obtained from in-depth interviews.

The research results show that bridge athletes in Jambi Province have good mental toughness, with an average score of 3.79 on a scale of 1-5. Some athletes still face difficulties in managing stress and anxiety. Anxiety levels are generally low to moderate, while athletes' self-confidence is in the high category. Social support from coaches and teammates, as well as thorough mental preparation, are very important in increasing self-confidence and reducing anxiety.

These findings provide practical implications for bridge sports coaches and administrators in Jambi Province, namely the need for training programs that focus on developing mental toughness and managing anxiety. Providing access to psychological support is also considered important for improving athlete performance. By implementing a comprehensive strategy in psychological aspects, it is hoped that the achievements of bridge athletes in Jambi Province can increase significantly in future competitions.