

***EMOTIONAL INTELLIGENCE AND PERCEIVED COACHING
BEHAVIOR AS PREDICTORS OF MENTAL TOUGHNESS OF
VOLLEYBALL HIGH SCHOOL STUDENT-ATHLETES***

Annisa Widi Astuty & Haryanta

Fakultas Psikologi Universitas Gadjah Mada

ABSTRACT

The purpose of this research was to determine the contribution of emotional intelligence and perceived coaching behavior on the mental toughness of volleyball student-athletes. The hypothesis proposed in this research was emotional intelligence and perceived coaching behavior simultaneously has a contribution on mental toughness of volleyball student-athletes. The higher level of emotional intelligence and perceived coaching behavior they had, the higher the level of mental toughness. The respondents of this research were student-athletes (N=122) who participate on volleyball and have experience on competitions. The scale used in this research were Mental Toughness Scale by Cherry and adapted by Haryanta (2016), Self-Rated Emotional Intelligence by Brackett et al. (2006), and Coaching Behavior Scale for Sport by Cote (1999) and adapted into Indonesian by author.

The method used in data analysis was multiple linier regression techniques. Based on the analysis above, the F was 31.633 ($p < 0.01$) and thus hypothesis of this research is accepted. It means the higher level of emotional intelligence and perceived coaching behavior they had, the higher the level of mental toughness. R^2 was 0.347 and shows that emotional intelligence and perceived coaching behavior simultaneously contribute positively ($p < 0.01$) on mental toughness as much as 34.7% (29.7% emotional intelligence and 5.0% perceived coaching behavior).

Keywords: *mental toughness, emotional intelligence, perceived coaching behavior, student athlete.*

Contact person: annisawidiastutyy@gmail.com, hary_psiko@ugm.ac.id

**KECERDASAN EMOSI DAN PERSEPSI *COACHING BEHAVIOR*
SEBAGAI PREDIKTOR KETANGGUHAN MENTAL PADA ATLET
PELAJAR CABANG OLAHRAGA BOLA VOLI**

Annisa Widi Astuty & Haryanta

Fakultas Psikologi Universitas Gadjah Mada

INTISARI

Penelitian ini bertujuan untuk mencari tahu peranan kecerdasan emosi dan persepsi *coaching behavior* pada ketangguhan mental atlet voli pelajar. Hipotesis yang diajukan adalah kecerdasan emosi dan persepsi *coaching behavior* secara simultan berperan pada ketangguhan mental atlet pelajar cabang bola voli. Semakin tinggi kecerdasan emosi dan persepsi *coaching behavior*, maka semakin tinggi pula ketangguhan mentalnya. Subjek penelitian ini adalah atlet pelajar (N=122) yang merupakan atlet voli dan pernah mengikuti kompetisi. Skala yang digunakan dalam penelitian ini adalah Skala Ketangguhan Mental oleh Cherry yang diadaptasi Haryanta (2016), *Self-Rated Emotional Intelligence Scale* oleh Brackett et al. (2006), dan *Coaching Behavior Scale for Sport* oleh Cote (1999) yang diadaptasi ke dalam bahasa Indonesia oleh penulis.

Metode yang digunakan untuk analisis data adalah regresi linier berganda. Berdasarkan hasil analisis, hipotesis dalam penelitian ini diterima dengan nilai F adalah 31.633 ($p < 0.01$). Artinya, semakin tinggi kecerdasan emosi dan persepsi *coaching behavior*, maka semakin tinggi pula ketangguhan mentalnya. R^2 adalah 0.347 menunjukkan bahwa kecerdasan emosi dan persepsi *coaching behavior* secara simultan berkontribusi positif ($p < 0.01$) terhadap ketangguhan mental sebesar 34.7% (29.7% kecerdasan emosi dan 5.0% persepsi *coaching behavior*).

Kata kunci: *ketangguhan mental, kecerdasan emosi, persepsi coaching behavior, atlet pelajar*

Narahubung: annisawidiastuty@gmail.com, hary_psiko@ugm.ac.id