



Ratih Tyaswari¹ & Haryanta²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada;

e-mail: ¹ratihtyaswari97@gmail.com, ²hary_psiko@ugm.ac.id

Abstract. *Karate athletes are sometimes associated with aggressive behavior which has a negative impact on social relationships and performance in competition. The aim of this study is to determine the role of emotional intelligence and competitive anxiety towards the aggressiveness of karate athletes. The research used emotional intelligence scale, the competition anxiety scale, and the aggressiveness scale to collect data. The total respondents of this research are 168 karate athletes in Indonesia who had participated competition, at the very least at the regional level. The data were analyzed using Multiple Linear Regression analysis with the help of SPSS 25 for Windows. The results showed that emotional intelligence and competitive anxiety significantly contributed 16.1% to the aggressiveness of karate athletes ($R\text{-Square} = 0,161$; $F = 15,8$; $p < 0,05$).*

Keywords : *athlete's aggressiveness; karate athlete; emotional intelligence, competitive anxiety.*

Abstrak Atlet karate kerap dikaitkan dengan perilaku agresif yang berdampak buruk pada hubungan sosial maupun performa dalam bertanding. Penelitian ini bertujuan untuk mengetahui peran kecerdasan emosi dan kecemasan bertanding terhadap agresivitas atlet karate. Instrumen penelitian yang digunakan dalam penelitian ini yaitu skala kecerdasan emosi, skala kecemasan bertanding, dan skala agresivitas. Total responden dalam penelitian ini yaitu 168 atlet karate di Indonesia yang aktif mengikuti pertandingan minimal di level daerah. Analisis data dilakukan dengan menggunakan teknik regresi linear berganda dengan bantuan SPSS 25 for windows. Hasil analisis menunjukkan bahwa kecerdasan emosi dan kecemasan bertanding secara signifikan berperan sebesar 16,1% terhadap agresivitas atlet karate ($R\text{-Square} = 0,161$; $F = 15,8$; $p < 0,05$).

Kata Kunci : *agresivitas atlet; atlet karate; kecerdasan emosi; kecemasan bertanding*