

**RELATIONSHIP BETWEEN ATHLETE'S SELF MANAGEMENT AND ASSERTIVE
COMMUNICATION STYLE TENDENCIES THAT THE COACHES USED IN
COMPETITION WITH ATHLETE'S PERFORMANCE ON THE BASKETBALL
COMPETITION**

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ABSTRACT

The aim of this research was to determine the relationship between athlete's self management and assertive communication style tendencies that the coaches used in competition with athlete's performance on the basketball competition and their effective contribution. The data for this research was taken from 5 basketball team that have 55 athlete that compete in basketball competition consisting of 44 males and 11 females, from college students that study in several universities in Yogyakarta. Athlete's self management scale, coaches's assertive communication style tendencies scale and Athlete's performance rating scale were used as the data collection method. For the athlete's performance rating scale are filled by their coaches and managers. Result indicated that there is a relationship between athlete's self management and coaches's assertive communication style tendencies that the coaches used in competition with athlete's performance on the basketball competition. Two of the variable there are athlete's self management and coaches's assertive communication style tendencies style contribute 21% to athlete's performance on the competition. The relationship between athlete's self management with athlete's performance on the competition showed a positive relationship that means if athlete have good self management then their performance will increased and vice versa. The relationship between coaches's assertive communication style tendencies and athlete's performance on the competition is negative that means if coach tend to used assertive communication then athlete's performance will decrease, and if coaches's tend to used aggressive communication then athlete's performance will increased.

Keyword: self management, assertive communication style, performance

**HUBUNGAN ANTARA PENGELOLAAN DIRI ATLET DAN KECENDERUNGAN
GAYA KOMUNIKASI ASERTIF PELATIH-ATLET SAAT PERTANDINGAN DENGAN
PERFORMA ATLET DALAM PETANDINGAN BOLA BASKET**

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INTISARI

Tujuan dari penelitian ini adalah untuk mengetahui hubungan pengelolaan diri atlet dan kecenderungan gaya komunikasi asertif pelatih-atlet saat pertandingan dengan performa atlet didalam pertandingan bola basket beserta sumbangan efektifnya.

Sampel dalam penelitian ini adalah 5 tim basket yang beranggotakan 55 atlet yang bertanding pada pertandingan basket yang terdiri dari 44 laki-laki dan 11 perempuan yang merupakan mahasiswa dari beberapa universitas di Yogyakarta. Metode pengumpulan data menggunakan skala pengelolaan diri atlet, kecenderungan gaya komunikasi asertif pelatih dan rating scale performa. Untuk rating scale performa pengisian dilakukan oleh pelatih dan manajer pada masing-masing tim.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara pengelolaan diri atlet dan kecendrungan gaya komunikasi asertif pelatih-atlet saat pertandingan dengan performa dalam pertandingan bola basket. Kedua variabel yakni pengelolaan diri atlet dan kecenderungan gaya komunikasi asertif pelatih-atlet secara bersama-sama berperan sebesar 21% dalam performa atlet saat bertanding. Hubungan antara pengelolaan diri atlet saat pertandingan dengan performa menunjukkan hubungan yang positif, yang artinya bila pengelolaan diri atlet meningkat maka performa atlet akan meningkat, begitupula sebaliknya. Hubungan antara kecendrungan gaya komunikasi asertif pelatih saat pertandingan dengan performa atlet menunjukkan hubungan yang negatif yang artinya bila gaya komunikasi yang pelatih gunakan cenderung asertif maka performa atlet akan menurun namun bila pelatih menggunakan gaya komunikasi yang cenderung agresif maka performa atlet akan meningkat.

Kata kunci: pengelolaan diri, kecenderungan gaya komunikasi asertif, performa

