



JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117

<https://doi.org/10.33222/juara.v8i1.2657>



Differences in Self-Resilience Between Outstanding and Non-Outstanding Pencak Silat Athletes in Banjarnegara Regency

Pahlewi Asih Mukti^{1*}, Sulaiman², Heny Setyawati³

^{1,2,3} Faculty of Sport Science, Universitas Negeri Semarang, Semarang City, Central Java 50229, Indonesia

*e-mail: Pahlewia@students.unnes.ac.id

Info Artikel

Article History:

Received 17 October 2022

Approved 13 January 2023

Published 14 January 2023

Keywords:

Self Resilience,
Pencak Silat,
outstanding athletes,
Non-Outstanding
Athletes

Abstract

The objectives of this study are 1) to analyze Self Resilience in outstanding and non-outstanding martial arts male athletes in Banjarnegara Regency, 2) to analyze Self Resilience in outstanding and non-outstanding martial arts female athletes in Banjarnegara Regency, 3) to analyze the differences in Self Resilience in outstanding and non-outstanding martial arts athletes in Banjarnegara Regency. This research uses quantitative methods with a comparative design. The population in this study was athletes in Banjarnegara Regency, athletes with advanced selection representing championships, or athletes who had won titles; namely, there were 83 outstanding athletes (BP) and 67 athletes who did not excel (BP TBP). The results of this study: 1) There are differences in self-resilience between outstanding martial arts male athletes and martial arts male athletes who do not excel in Banjarnegara Regency; 2) There is no difference in self-resilience between outstanding martial arts female athletes and martial arts female athletes who do not excel in Banjarnegara Regency, 3) There is a difference in self-resilience between martial arts athletes who excel and martial arts athletes who do not excel in Banjarnegara Regency. Based on the study results, there is a difference in self-resilience between martial arts athletes and those who do not excel in Banjarnegara Regency.

© 2023 Pahlewi Asih Mukti, Sulaiman, Heny Setyawati
Under the license CC BY-SA 4.0

✉ Alamat korespondensi: Kampus Pascasarjana UNNES Jl. Kelud Utara 3, Gajahmungkur Semarang
E-mail: Pahlewia@students.unnes.ac.id

INTRODUCTION

People in their lives will experience unpleasant situations. Circumstances that are unpleasant and do not match expectations can cause pressure on humans. Resilience generally leads to positive adaptation patterns during or after facing difficulties or risks. Resilience is an idea that refers to the capacity of dynamic systems to survive or recover from disruptions (Utami & Helmi, 2017; Ramadan et al., 2020). An athlete has many risks in carrying out the sports activities he runs, both training and matches. Regular and continuously varied exercises will generate physical and psychological fatigue, not to mention the time of the fight. This danger threatens to suffer minor, moderate, severe injuries and even death. An athlete will fight as much as possible to win the match. In martial arts, for example, it is not uncommon for athletes whose legs or hands are broken during a game and even die in the arena.

Self Resilience is a person's ability to be kind and understanding of oneself rather than being critical. When faced with personal shortcomings or failures (Sagbakken et al., 2020). *Self-resilience* is important for athletes because it is capital for athletes in exporting experiences of difficulties such as injuries. Career slumps and transitions. Some athletes have difficulty conducting self-evaluations after a loss. Poor performance to injury (Paulana et al., 2021). For athletes who excel, how do they make peace with themselves? When losing an event and a martial arts match, how do athletes who are not accomplished

make peace and understand themselves? When seeing friends get numbers in martial arts championships, athletes who do not excel, how do they reconcile and understand themselves? When seeing friends get a championship number, how to build enthusiasm to be more active in achieving targets.

Resilience must be improved so that athletes are not only optimistic and confident but also calm and able to control their emotions and solve their problems well. Resilience is how high a person's endurance is in the face of stress and misery; misfortune resilience is a universal capacity. Resilience is the ability to be able to overcome *the adversities* experienced. Resilience, in this case, can be identified as the ability or capacity and the pressure or disappointment it experiences more positively. Resilience after experiencing traumatic situations (HADIANTI et al., 2017). The ability of resilience between individuals to one another is very diverse. This is influenced by various factors such as age, gender, race/ethnicity, socioeconomic status, employment, relationship status, and difficult conditions experienced. In disaster situations, for example, individual resilience is greatly influenced by physical and mental disorders (Tri Sulastri & Muhammad Jufri, 2021).

The pencak silat organization in Indonesia called IKatan Pencak Silat Indonesia or IPSI was founded on May 18, 1948, in Surakarta and was initiated by Wongsonegoro, who at that time served as the chairman of the second cultural center Lubis and Wardoyo (2014). Martial arts has basic techniques that

can be used, such as punches, kicks, locks, slams, and cutouts, and it is determined how to perform attacking and dodge techniques. Techniques in martial arts are quite diverse (Saputro & Siswantoyo, 2018). Pencak silat is one of the true martial arts of the Indonesian state, rich in engineering diversity, an advantage even if it is of high value worth keeping its existence (Gristyutawati, Purwono, and Widodo, 2012). *Martial arts training that is to improve balance and flexibility.*

Martial arts training is to improve balance and flexibility (Adrian, 2012). The same applies to martial arts in Indonesia; the term pencak silat only began to be used after establishing the IPSI martial arts organization (Ikatan Pencak Silat Indonesia); previously, in Sumatra, it was better known as silat. In contrast, in Java, it was known as Pencak only. Pencak Silat is by faith; if you have a good attitude, you have a good attitude like this respects parents, coaches, friends, and seniors, you are friendly, polite, and kind, and you can cooperate (Ardian Khoerul Anam, 2014). Physical condition is a whole of inseparable components, both repair and maintenance; this means any attempt to improve the condition. Physically, it is necessary to develop all these components (Raihanati & Wahyudi, 2021).

Physical condition is very important to be careful of; this physical condition affects the motor skills of athletes (Bakar et al., 2019). Sometimes being an athlete does not always get support from parents, which can trigger doubts and a lack of self-confidence in yourself. Therefore, every human needs motivation in his life, even though the types

and levels are different. A systematic, planned, orderly, and continuous coaching process needs to be evaluated because a field of work can be done, good or bad, if an evaluation has been carried out (Winata et al., 2015).

However, man cannot do something without motivation because motivation is an impulse that moves people. One of the motivations of the human self is to succeed and succeed in life. Therefore, this kind of impulse must arise in an athlete so that the athlete can have a goal to achieve success and be willing to move without giving up. Self-motivation will result in enthusiasm in training, while outside motivation, such as family support and, coaching, attention, will make athletes together to pursue their success. Motivation to excel is an important factor in sports activities. An athlete who achieves success has a high motivation to achieve. Namaun, this high level of motivation does not guarantee an athlete a bright future. Other factors influence their achievements (Suprianto & Novanto, 2016).

According to McClelland (Rahayuni & Gayatri, 2009), A person with motivation has the following characteristics: responsible, sets the value to be achieved, or sets superior standards, strives to work creatively, strives to achieve goals, and has moderate tasks. Do the best of your job and hold anticipation. Various literature on the motivation of achievement states that motivated individuals always behave with a certain intensity that exceeds the average athlete in their environment; they train harder, train longer, work harder, are more committed to Exercise, perform better,

concentrate longer, are more astute, and last longer. This intensity is considered tip curls or common in motivated individuals.

This training aims to improve athletes' abilities through fun Exercise. So that athletes can easily understand the ability both effectively and efficiently maximize appearance. So it is necessary to have a special training process to make it easier for coaches and practitioners to improve athletes' physical quality. The locations used for Practice are in each college, for training the athletes routinely five times a week.

Based on the results of preliminary observations in Banjarnegara Regency, some athletes still quit their fitness due to the lack of mental aspects needed by athletes when entering the world of competitive sports. The solution from researchers recommends academics or universities in collaboration with

sports practitioners in the martial arts branch, especially in Banjarnegara Regency, to jointly rise and remain energized in attitude, patterning, and maintaining the stability of athletes' conditions and performance. Therefore, researchers want to compare the self-resilience found in athletes. So that the above problems do not spread widely, they can be prevented properly when this study produces indicators in Pencak Silat athletes in Banjarnegara Regency.

METHODS

This research uses quantitative methods with a comparative design of 4 free variables (Ramadan & Juniarti, 2020). The population of this study is at the Pencak Silat College in Banjarnegara Regency. Sampling using *purposive sampling* with a total sample of 150 athletes.

Table 1. Research Samples

No	College Name	Total
1	PSHT	50
2	Tapak Suci	55
3	Merpati Putih	45
Total		150

The variables examined are four free variables, namely: 1) Self Resilience in outstanding martial arts male athletes, 2) Variable X₂: Self Resilience in outstanding martial arts male athletes, 3) Variable X₁: Self Resilience in outstanding martial arts female athletes, 4) Variable X₂: *Self Resilience* in outstanding martial arts female athletes.

The data collection method used is a *Self Resilience* measuring instrument. The *Self Resilience* Scale is the acquisition of data used

by researchers to demonstrate an athlete's ability to bounce back and recover when things do not go as expected.

Using the *Self Resilience* scale, this research scale is the Likert scale. The results of this resilience scale validity test showed that of the 56 items tested, 30 correlated with the total item (rix), with risk values of 0.455 to 0.642. Meanwhile, the 26 items that do not have a correlation coefficient with rix range between -0.038 to 0.331.

Items are expressed as having a total item correlation coefficient (rix) and are viewed from the r table. With a total of 30 respondents and with a significant degree of 5% (0.05), it is known that the risk is greater than 0.349 (six> 0.349). Reliability test of resilience scale using Alpha Cronbach statistical technique with the *software* program IBM SPSS statistics 25. The reliability test results of the resilience scale obtained a coefficient of 0.897. The choice of answer alternatives and the scoring of each item on the resilience scale is to refer to the scaling of the Likert with four alternative answers, namely: Strongly Disagree (STS), Disagree (TS), Appropriate (S), and Very Appropriate (SS).

Data analysis used a different test with *an independent sample t-test* to see the Difference in *Self Resilience* Between Outstanding and Non-Outstanding Pencak Silat Athletes in Banjarnegara Regency and the variance homogeneity test (*leavens' test* with and hypothesis testing by going to the F test with the $\alpha > 0,05\%$) sample normality

test level (Kolmogorov Smirnov test with $\alpha < 0,05\%$). Prerequisite test: normality test and homogeneity test.

FINDINGS AND DISCUSSION

1) There are differences in self-resilience between outstanding martial arts male athletes and martial arts male athletes who do not excel in Banjarnegara Regency; 2) There is no difference in self-resilience between martial arts female athletes who excel and martial arts female athletes who do not excel in Banjarnegara Regency, 3) There are differences in *self-resilience* between outstanding martial arts athletes and non-outstanding martial arts athletes in Banjarnegara Regency.

Findings

The difference test is basically to test whether there is a difference in all the free (independent) variables included in the independent test sample t-test. The following are the results of different tests using independent test sample t-tests:

Table 2. Descriptive Analysis Data on the Difference between Self-Resilience of Outstanding and Non-Achieving Athletes

Group Statistics					
Group		N	Mean	Std. Deviation	Std. Error Mean
Group	Outstanding Athletes	83	104.46	6.554	0.719
	Non-Outstanding Athletes	67	101.4	4.691	0.573

Table 4.3 above obtains it from the average Outstanding Athletes (BP) score of 104.46, while the average score of non-

outstanding athletes (TBP) is 101.40. Then in order for the data to be known to have been significant, it can be seen as follows:

Table 3. Different Test of Outstanding and Non-Achieving Athletes

Independent Samples Test										
		Levene's Test for Equality of Variances				t-test for Equality of Means				
		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Rank	Equal variances assumed	0.914	0.341	3.208	148	0.002	3.055	0.952	1.173	4.936
	Equal variances are not assumed.			3.321	146.028	0.001	3.055	0.92	1.237	4.873

From the table above, it can be concluded that $F_{hitung} = 0.914 > R_{tabel} = 0.1593$ with a significance value (0.002) smaller than α (0.05), then H_0 is rejected. This means there is a significant difference in *Self Resilience* between outstanding martial arts athletes and non-outstanding athletes in Banjarnegara Regency.

Discussion

The hypothesis of research that shows a difference in *self-resilience* between outstanding martial arts athletes and athletes who do not excel in the Banjar district of the country is accepted. Based on a descriptive analysis of *Self Resilience* in outstanding and non-outstanding athletes, an *independent test*

sample t-test was carried out, resulting in a significant difference between the *self-resilience* of outstanding and martial arts athletes who did not excel in the banjarnegara district. In this study, a sample of 150 athletes was taken from 4 martial arts universities in the banjarnegara district; this study used a questionnaire.

Pencak silat is one of the martial arts sports that has a connection between artistic culture and spiritual mentality. The element of martial arts teaching is developing the behavior and character of virtuous individuals. The process of forming individuals through martial arts teachings can develop character values of self-concept and self-confidence (Nandana et al., 2020). The positive outcomes associated

with resilience are alleviating the negative effects of stress, an increase in adapting, and developing effective coping skills to deal with changes and difficulties. Resilience is therefore defined as the ability of the individual to choose to recover from sad and challenging life events using increasing knowledge to be adaptive and overcome similar adverse situations in the future (Keye & Pidgeon, 2013).

Resilience is a concept that has become popular in both academic research and applied Practice over the past 30 years (Bryan et al., 2019). Excessive fear of failure causes athletes who do not succeed in realizing their optimal abilities. Anxiety is not always detrimental, which results in defeat in the race, because anxiety serves as a control mechanism for the self to stay alert to what is about to happen (Rachmaningdiah & Jannah, 2016). In martial arts, athletes are expected to have the ability to adapt to situations when defending or attacking, such as attracting attention, being confident and calm, and having good coordination. The method used in martial arts is to attack and defend against the opponent's attack without use. When an athlete has a good mentality, he will be able to control negative emotions and be able to control himself even though he is under pressure (Noviansyah & Jannah, 2021). The psychic factor is widely underestimated by an athlete or even a coach. This factor is the key to its success; the athlete must have a stable psychic, meaning that the athlete must be able to beat all the non-technical pressures that come to him. This is

aimed at achieving the highest achievements (Sulistyo, 2014; Iskandar & Ramadan, 2019).

When in the healing of severe injuries, the rehabilitation process has been carried out, but the athlete's psychic cannot accept the condition of his body and does not motivate himself to recover; of course, the series of processes will be a waste. Stress is a common aspect of life and has been studied in different disciplines establishing its damaging effects (Eaves & Payne, 2019). So here is the need for resilience in athletes to realize individual qualities in athletes that allow athletes to develop in the face of suffering and return to existence (Azumar et al., 2022). The quality of resilience between individuals is not the same; it is influenced by the level of age, the level of development, the intensity of a person in dealing with difficult situations, and how much support is needed in forming that resilience. One of the main factors that affect resilience is the internal factor, namely personality. Personality is a pattern that tends to settle in thoughts, feelings, and behaviors that distinguish individuals from one another (Ilham & Mubarak, 2018; Ramadan & Ningrum, 2019).

Exercising can form a healthy physical and spiritual human being and form a disciplinary disposition so that it is formed into a quality human being. The insight that various factors better predict mental health, many of which can and do change over time, foster the conceptualization of resilience as a complex and dynamic process of adaptation to adversity. The consensus is to define resilience as a positive mental health outcome despite exposure to

stress, which results from a dynamic process of adaptation to these stressors (the resilience process) and is partially predictable by facilitating factors (Schäfer et al., 2022).

From some of the literature above, it can be concluded that athletes who excel (BP) and athletes who do not excel (TBP) are motivated by several factors, including motivational factors in athletes and environmental and social factors. Being an athlete requires not only motivation from oneself but also from the social environment. It starts with his parents, coaches, and peers. So that when the athlete has motivation from himself and from outside himself, it will make him train more vigorously to show achievements to the people who have given him support to excel. So as to be able to think positively and have a high sense of responsibility to himself and some of the supporters behind him. Athlete resilience and social support coaches on stress fatigue relationships (Lu et al., 2016).

CONCLUSION

Research implication shows that: 1) There are differences in self-resilience between outstanding martial arts male athletes and martial arts male athletes who do not excel in Banjarnegara Regency, 2) There is no difference in self-resilience between martial arts female athletes who excel and martial arts female athletes who do not excel in Banjarnegara Regency. 3) There is a difference in *self-resilience* between outstanding and non-outstanding martial arts athletes in Banjarnegara Regency. This is

shown in the hypothesis test that outstanding athletes (BP) are higher on average.

ACKNOWLEDGMENTS

This research was completed thanks to the help of various parties. Therefore, the researcher expresses his highest gratitude and appreciation to those who have helped complete this research. The researcher's gratitude was conveyed for the first time to the supervisors: Dr. Sulaiman, M.Pd as Supervisor I, and Dr. Heny Setyawati, M.Si as supervisor II. Thank you to Alm Dr. Tri Rustiadi, M.Kes as Supervisor I, who, during his life, always gave excellent direction and guidance, hopefully, Husnul Khatimah. Thank you to your dearest people, especially your Parents and family. As well as a thank you to all the colleges that permitted me to conduct research and the athletes who were willing to participate.

REFERENCES

- A, H. (2019). Pengaruh Kelentukan, Kekuatan Dan Keseimbangan Terhadap Kemampuan Tendangan Lurus Ke Depan Pencak Silat Kota Palopo. *Jurnal Health and Sport*, 1(5), 1–13.
- Adrian, C. (2012). The Effect of Some Martial Arts Exercises on the Balance and Flexibility To the Elderly. *Scientific Journal of Education, Sports, and Health*, 13(1), 35–47. <http://www.topendsports.com/testing/tests/balance-flamingo.htm>
- Ardian Khoerul Anam, T. H. (2014). Analisis Gerak Tendangan Depan Pada Ekstrakurikuler Pencak Silat. *Journal of Sport Sciences and Fitness*, 3(3), 19–24.

- Azumar, A., Sokhviah, & Kusmawati, A. (2022). Resiliensi Atlet Berprestasi yang Mengalami Cedera Berat (Studi Atlet Tapak Suci Cabang 14 Jakarta Selatan). *Journal of Social Work and Social Services*, 3(1), 31–40.
- Bakar, A., Nasuka, & imam Santosa. (2019). latihan yang didukung dengan berbagai ilmu antara lain filsafat , psikologi Proses latihan yang dilakukan untuk diraih dalam dunia olahraga prestasi merupakan suatu pekerjaan yang unik karena objek yang dil. *Journal of Sport Coaching and Physical Education*, 4(79), 66–74.
- Bryan, C., O'Shea, D., & MacIntyre, T. (2019). Stressing the relevance of resilience: a systematic review of resilience across the domains of sport and work. *International Review of Sport and Exercise Psychology*, 12(1), 70–111. <https://doi.org/10.1080/1750984X.2017.1381140>
- Eaves, J. L., & Payne, N. (2019). Resilience, stress and burnout in student midwives. *Nurse Education Today*, 79, 188–193. <https://doi.org/10.1016/j.nedt.2019.05.012>
- Gristyutawati, A. D., Purwono, E. P., & Widodo, A. (2012). Persepsi Pelajar Terhadap Pencak Silat Sebagai Warisan Budaya Bangsa Sekota Semarang Tahun 2012. *Journal of Physical Education, Sport, Health and Recreation*, 1(3), 129–135.
- Hadianti, S. W., Nurwati, N., & Darwis, R. S. (2017). Resiliensi Remaja Berprestasi Dengan Latar Belakang Orang Tua Bercerai. *Prosiding Penelitian Dan Pengabdian Kepada Masyarakat*, 4(2), 223–229. <https://doi.org/10.24198/jppm.v4i2.14278>
- Ilham, R. M., & Mubarak, A. (2018). Kontribusi Trait Kepribadian Big Five Personality terhadap Resilience pada Atlet Tuna Daksa Non Bawaan di NCPI Kota Bandung. *Prosiding Psikologi*, 4(1), 1–8.
- Iskandar, D., & Ramadan, G. (2019). The development of a concentration training model on free throw shots basketball players. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 5(1), 1. https://doi.org/10.29407/js_unpgri.v5i1.12493
- Keye, M. D., & Pidgeon, A. M. (2013). Investigation of the Relationship between Resilience, Mindfulness, and Academic Self-Efficacy. *Open Journal of Social Sciences*, 01(06), 1–4. <https://doi.org/10.4236/jss.2013.16001>
- Lu, F. J. H., Lee, W. P., Chang, Y. K., Chou, C. C., Hsu, Y. W., Lin, J. H., & Gill, D. L. (2016). Interaction of athletes' resilience and coaches' social support on the stress-burnout relationship: A conjunctive moderation perspective. *Psychology of Sport and Exercise*, 22(October), 202–209. <https://doi.org/10.1016/j.psychsport.2015.08.005>
- Nandana, D. D., Maksum, A., & Priambodo, A. (2020). Pengaruh Latihan Pencak Silat Terhadap Pembentukan Konsep Diri Dan Kepercayaan Diri Siswa. *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*, 19(1), 23–31. <https://doi.org/10.20527/multilateral.v19i1.8543>
- Noviansyah, I. A., & Jannah, M. (2021). Hubungan Antara Mental Toughness dengan Kecemasan Olahraga pada Atlet Beladiri. *Jurnal Penelitian Psikologi*, 9(9), 85–91. <https://ejournal.unesa.ac.id/index.php/character/issue/view/2418>
- Paulana, A. N., Rejeki, A., & Sholichah, I. F. (2021). Regulasi Emosi terhadap Resiliensi atlet Pencak Silat. *Psikodinamika - Jurnal Literasi Psikologi*, 1(2), 76–83. <https://doi.org/10.36636/psikodinamika.v1i2.732>
- Rachmaningdiah, E. N., & Jannah, M. (2016). Pengaruh Pelatihan Otogenik Terhadap Penurunan Kecemasan Atlet Bulutangkis. *Jurnal Psikologi Teori Dan Terapan*,

- 6(2), 107–112.
<https://doi.org/org/10.26740/jppt.v6n2.p107-112>
- Rahayuni, K., & Gayatri, R. (2009). Motivasi Sebagai Sebuah Proses Dinamis : Menumbuhkan Motivasi Berprestasi Olahraga Ditinjau Dari Paradigma Sosial-Kognitif. *Sport Psychology*, 2(2), 68–73.
https://www.researchgate.net/publication/328412976_Motivasi_Sebagai_Sebuah_Proses_Dinamis_Menumbuhkan_Motivasi_Berprestasi_Olahraga_Ditinjau_Dari_Paradigma_Sosial-Kognitif
- Raihanati, E., & Wahyudi, A. (2021). Tingkat Keterampilan Teknik Dasar Bermain Bola Voli Pra Junior Putri Di Kabupaten Kudus. *Indonesian Journal for Physical Education and Sport*, 2(1), 222–229.
<https://journal.unnes.ac.id/sju/index.php/inapes/article/view/43972/18907>
- Ramadan, Gilang & Juniarti, Y. (2020). Metode penelitian : pendekatan kuantitatif, kualitatif dan R & D. CV Sadari Press.
- Ramadan, G., Mulyana, N., Iskandar, D., Juniarti, Y., & Hardiyanti, W. E. (2020). Physical Education for Early Childhood: The Development of Students' Motor in Athletics Basic Motion. Proceedings of the 4th International Conference on Sport Science, Health, and Physical Education (ICSSHPE 2019), 83–86.
<https://doi.org/10.2991/ahsr.k.200214.023>
- Ramadan, G., & Ningrum, D. A. (2019). Pengaruh Kemampuan Motorik, Imagery dan Motivasi Terhadap Hasil Belajar Lay-up Shoot. *JUARA : Jurnal Olahraga*, 4(1), 36.
<https://doi.org/10.33222/juara.v4i1.399>
- Sagbakken, M., Bregård, I. M., & Varvin, S. (2020). The Past, the Present, and the Future: A Qualitative Study Exploring How Refugees' Experience of Time Influences Their Mental Health and Well-Being. *Frontiers in Sociology*, 5(August), 1–16.
<https://doi.org/10.3389/fsoc.2020.00046>
- Saputro, D. P., & Siswantoyo, S. (2018). Penyusunan norma tes fisik pencak silat remaja kategori tanding. *Jurnal Keolahragaan*, 6(1), 1–10.
<https://doi.org/10.21831/jk.v6i1.17724>
- Schäfer, S. K., Kunzler, A. M., Kalisch, R., Tüscher, O., & Lieb, K. (2022). Trajectories of resilience and mental distress to global major disruptions. *Trends in Cognitive Sciences*, 26(12), 1171–1189.
<https://doi.org/10.1016/j.tics.2022.09.017>
- Sulistyo, E. (2014). Hubungan Antara Regulasi Emosi Dengan Kecemasan Menghadapi Pertandingan. In *Psikologi*.
<http://eprints.ums.ac.id/id/eprint/37466>
- Suprianto, G. B., & Novanto, Y. (2016). Influence Adversity Quotient and Social Support Family to Achieve Motivation Finswimming Athletes in Surabaya. In: *Paper for ASEAN Conference 2nd on Psychology & Humanity© Psychology Forum UMM, on February*, 807–813.
- Tri Sulastris, & Muhammad Jufri. (2021). Resiliensi di Masa Pandemi: Peran Efikasi Diri dan Persepsi Ancaman Covid-19. *Jurnal Penelitian Psikologi*, 12(1), 25–32.
<https://doi.org/10.29080/jpp.v12i1.531>
- Utami, C. T., & Helmi, A. F. (2017). Self-Efficacy dan Resiliensi: Sebuah Tinjauan Meta-Analisis. *Buletin Psikologi*, 25(1), 54–65.
<https://doi.org/10.22146/buletinpsikologi.18419>
- Winata, R. A., Rahayu, S., & Pramono, H. (2015). Evaluasi Program Pembinaan Prestasi Pencak Silat. *Journal of Physical Education and Sports*, 4(1), 58–63.
<https://doi.org/10.15294/jpes.v4i1.6909>