

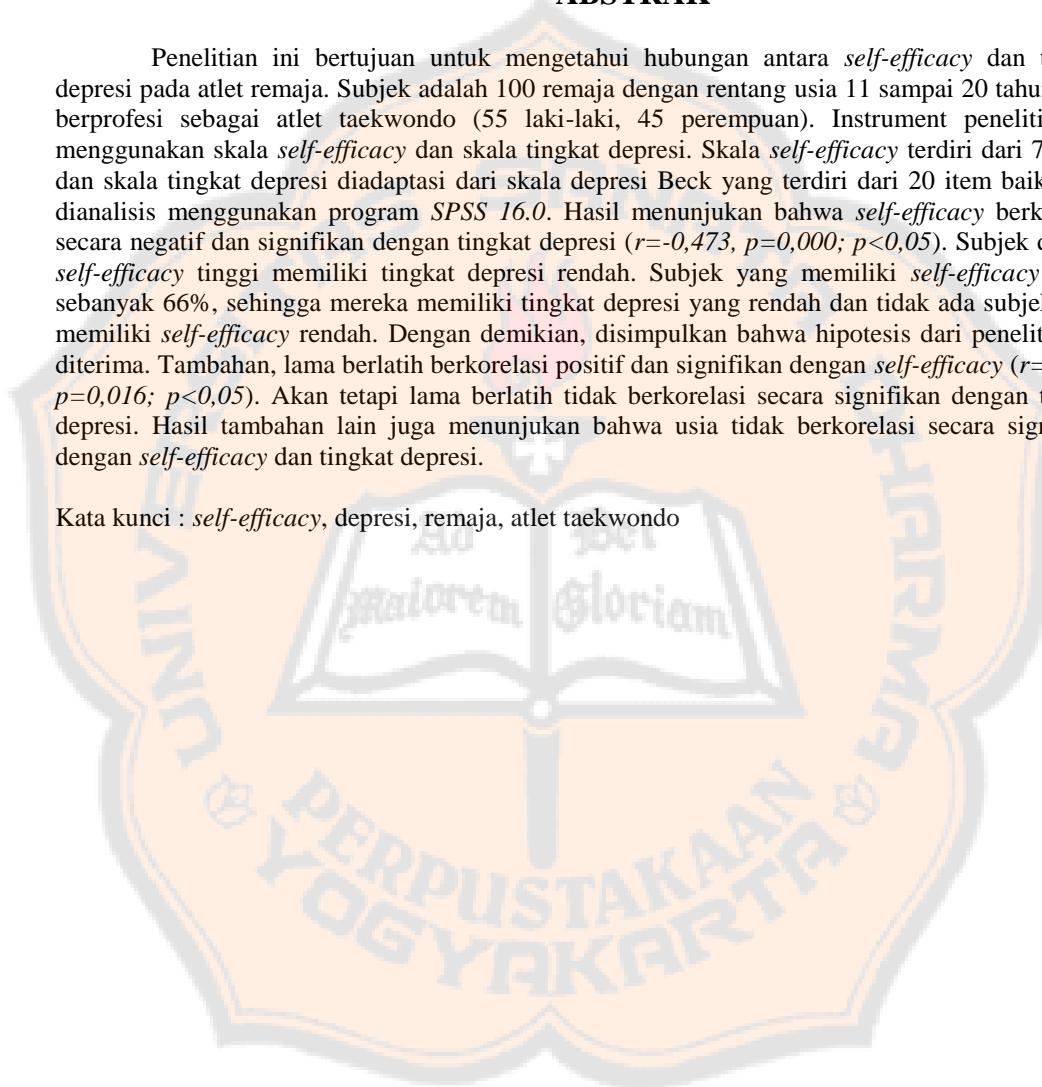
**HUBUNGAN SELF-EFFICACY DENGAN TINGKAT DEPRESI
PADA ATLET TAEKWONDO REMAJA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dan tingkat depresi pada atlet remaja. Subjek adalah 100 remaja dengan rentang usia 11 sampai 20 tahun yang berprofesi sebagai atlet taekwondo (55 laki-laki, 45 perempuan). Instrumen penelitian ini menggunakan skala *self-efficacy* dan skala tingkat depresi. Skala *self-efficacy* terdiri dari 72 item dan skala tingkat depresi diadaptasi dari skala depresi Beck yang terdiri dari 20 item baik. Data dianalisis menggunakan program *SPSS 16.0*. Hasil menunjukkan bahwa *self-efficacy* berkorelasi secara negatif dan signifikan dengan tingkat depresi ($r=-0,473$, $p=0,000$; $p<0,05$). Subjek dengan *self-efficacy* tinggi memiliki tingkat depresi rendah. Subjek yang memiliki *self-efficacy* tinggi sebanyak 66%, sehingga mereka memiliki tingkat depresi yang rendah dan tidak ada subjek yang memiliki *self-efficacy* rendah. Dengan demikian, disimpulkan bahwa hipotesis dari penelitian ini diterima. Tambahan, lama berlatih berkorelasi positif dan signifikan dengan *self-efficacy* ($r=0,239$, $p=0,016$; $p<0,05$). Akan tetapi lama berlatih tidak berkorelasi secara signifikan dengan tingkat depresi. Hasil tambahan lain juga menunjukkan bahwa usia tidak berkorelasi secara signifikan dengan *self-efficacy* dan tingkat depresi.

Kata kunci : *self-efficacy*, depresi, remaja, atlet taekwondo



**THE RELATION BETWEEN SELF-EFFICACY AND DEPRESSION
LEVEL IN ADOLESCENT TAEKWONDO ATHLETES**

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ABSTRACT

This research was purposed to found the correlation between self-efficacy and depression level in adolescent athletes. Subjects were 100 adolescent with the age range start from 11 years old until 20 years old which has a profession as a taekwondo athlete (55 males, 45 females). The Instruments of this research were self-efficacy scale and depression level scale. Self-efficacy scale was consisted of 72 items and depression level scale was adopted from Beck's Depression Scale, and it is consisted of 20 good items. Datas was analyzed by SPSS 16.00 program. The result showed that self-efficacy had a negative correlated and it is significant with depression level ($r=-0,473$, $p=0,000$; $p<0,05$). A subject with a high self-efficacy has a low depression level. Subject had a high self-efficacy as much as 66%, therefore they had a low depression level and there was no subject who had low self-efficacy. From the result of these analysis, it could be concluded that the hypothesis of this research was accepted. Addition, the practice duration was positively correlates and significant with self-efficacy ($r=0,239$, $p=0,016$; $p<0,05$). But, the practice duration wasn't significantly correlated with depression level. The result of the addition also shows that the age hasn't significant correlation between self efficacy and depression level.

Keyword: self-efficacy, depression, adolescent, taekwondo athlete.

