

## ABSTRAK

Obetin Maria Magdalena. (2025). *Dinamika Psikologis Adaptasi Diri Terhadap Proses Mutasi Di Kalangan Atlet Bola Basket Ajang Indonesia Basketball League (IBL)*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Mutasi atlet dalam ajang Indonesia Basketball League (IBL) merupakan perpindahan atlet antar tim yang menuntut adaptasi psikologis kompleks, seperti menghadapi tekanan kerja baru, penyesuaian peran, dan ekspektasi pelatih yang tinggi. Penelitian ini bertujuan untuk mengungkap gambaran dinamika psikologis atlet bola basket profesional dalam menyesuaikan diri setelah mengalami mutasi tim. Penelitian ini menggunakan pendekatan kualitatif deskriptif. Enam atlet profesional dari IBL yang mengalami mutasi tim diwawancarai secara mendalam. Teknik pengambilan informan dilakukan dengan *purposive sampling*, yaitu pemilihan subjek berdasarkan kriteria tertentu. Informan diperoleh dengan menghubungi manajer klub dan menjangkau langsung atlet melalui jaringan profesional. Analisis data dilakukan secara tematik melalui pendekatan ideografik dan nomotetik. Hasil penelitian menunjukkan bahwa proses mutasi klub menimbulkan tekanan emosional, perubahan peran, serta tuntutan adaptasi terhadap sistem dan lingkungan baru, yang direspon informan dengan refleksi diri, strategi *coping* emosional, dan perilaku kerja keras seperti latihan tambahan serta peningkatan disiplin. Meskipun mengalami dinamika psikologis yang kompleks, seluruh informan menunjukkan kemampuan beradaptasi secara emosional, kognitif, dan sosial, mencerminkan fleksibilitas mental, kedewasaan ego, serta profesionalisme dalam menghadapi tantangan sebagai atlet profesional. Pemahaman terhadap dinamika psikologis ini penting bagi organisasi olahraga untuk merancang intervensi yang mendukung kesejahteraan dan performa atlet.

**Kata Kunci:** *adaptasi, dinamika psikologis, atlet basket, mutasi tim, IBL*

**ABSTRACT**

Obetin, Maria Magdalena. (2025). Psychological Dynamics of Athletes' Self-Adaptation to Team Mutations in the Context of the Indonesia Basketball League (IBL). *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

Mutations in the Indonesia Basketball League (IBL), referring to the mutation of athletes between teams, demand complex psychological adaptation, including adjustments to new performance pressures, role redefinitions, and heightened expectations from coaches. This study aims to explore the psychological dynamics experienced by professional basketball players in adapting after undergoing team mutations. A descriptive qualitative approach was employed. Six professional IBL athletes who had experienced team mutations participated in in-depth interviews. Informants were selected using purposive sampling, based on specific criteria. Participants were recruited through club managers and direct outreach via professional networks. Data were analyzed thematically using both idiographic and nomothetic approaches. The findings reveal that team mutations trigger emotional stress, a perceived decline in roles, and the need to adapt to new systems and environments. Participants responded to these challenges through self-reflection, emotional coping strategies, and work-related behaviors such as additional training and increased personal discipline. Despite the complex psychological dynamics involved, all participants demonstrated emotional, cognitive, and social adaptability—reflecting mental flexibility, ego maturity, and professionalism in confronting the demands of professional athletic life. Understanding these psychological dynamics is crucial for sports organizations aiming to design interventions that support athletes' well-being and performance.

**Keywords:** *adaptation, psychological dynamics, basketball athletes, team mutations, IBL*