

ABSTRAK

SOVIA KAMAL. 2025. Faktor Kepercayaan Diri Yang Berpengaruh Terhadap Performa Atlet UKM Basket Putri Universitas Siliwangi Pada Saat Pertandingan. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Unit Kegiatan Mahasiswa merupakan wadah atau tempat bagi para mahasiswa yang memiliki minat dan bakat untuk berlatih terlebih lagi dalam olahraga. UKM basket universitas siliwangi menghasilkan beberapa atlet yang memiliki tujuan yang sama meskipun UKM Basket Universitas Siliwangi vakum akibat pandemi COVID-19 yang menyebabkan keterbatasan atlet yang siap berkompetisi, UKM Basket Universitas Siliwangi menunjukkan perkembangan yang signifikan dalam dua tahun terakhir. Tim berhasil meraih prestasi membanggakan di Liga Pendidikan Tasikmalaya, dengan tim putra menjadi juara pertama dan tim putri meraih posisi kedua. Namun, dalam beberapa pertandingan dari event yang diikuti tim mengalami inkonsistensi performa, yang diduga dipengaruhi oleh faktor psikologis, Teknik, tetapi juga oleh peran pelatih, tekanan kompetisi, dan dukungan dari lingkungan sekitar. Berdasarkan analisis data pertandingan dan wawancara dengan atlet, penelitian ini menyoroti bahwa kepercayaan diri berperan penting dalam performa tim. Oleh karena itu, dibutuhkan pendekatan kepelatihan yang lebih strategis dalam membangun mental atlet agar dapat mencapai performa optimal setiap pertandingan.

Kata kunci: UKM Basket, kepercayaan diri, performa atlet, faktor psikologis, strategi kepelatihan.

ABSTRACT

SOVIA KAMAL. 2025. *Faktor Kepercayaan Diri Yang Berpengaruh Terhadap Performa Atlet UKM Basket Putri Universitas Siliwangi Pada Saat Pertandingan. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.*

Abstract contains a brief description of the contents of the thesis which contains the title, objectives, research methods, population and sample, research instruments, data collection techniques, data analysis techniques, research results, and conclusions. Abstract is written in 1 paragraph with a maximum of 400 words (no more than 1 page) typed with a distance of 1 space, the first line is not indented (left and right aligned) equipped with keywords with a maximum of 5 terms The Student Activity Unit is a forum or place for students who have interest and talent to practice sports first. The Siliwangi University Basketball UKM produces several athletes who have the same goal. Even though the Siliwangi University Basketball UKM is on hiatus due to the COVID-19 pandemic which causes limited athletes who are ready to compete, the Siliwangi University Basketball UKM has shown significant development in the last two years. The team succeeded in achieving outstanding achievements in the Tasikmalaya Education League, with the men's team winning first place and the women's team taking second place. However, in several matches in the events the team participated in, the team experienced performance inconsistencies, which were not influenced by psychological factors, technique, but also by the role of the coach, competition pressure, and support from the surrounding environment. Based on analysis of match data and interviews with athletes, this research highlights that self-confidence plays an important role in team performance. Therefore, a more strategic coaching approach is needed in building athletes' mentality so they can achieve optimal performance in each match.

Key words: SME basket, self-confidence, athlete performance, psychological factors, coaching strategy.