

ABSTRAK

MUHAMAD IRPAN PAUZI. 2026. **Hubungan Kecerdasan Emosional dan Kecemasan Bertanding Terhadap Performa Pertandingan Dalam Olahraga Taekwondo**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi.

Kondisi psikologis merupakan aspek krusial yang sering kali menjadi penentu keberhasilan seorang atlet saat menghadapi tekanan diarena pertandingan, di samping kesiapan fisik dan teknik. Penelitian ini bertujuan untuk mengetahui hubungan antara kecerdasan emosional dan kecemasan bertanding terhadap performa pertandingan pada atlet remaja dalam olahraga taekwondo di Kota Tasikmalaya. Dengan menggunakan pendekatan kuantitatif korelasional, penelitian ini melibatkan 30 atlet yang dipilih melalui teknik purposive sampling. Data diolah menggunakan statistik inferensial yang mencakup uji normalitas, korelasi sederhana, korelasi ganda, serta uji signifikansi. Hasil penelitian ini menunjukkan adanya hubungan yang signifikan pada masing-masing variabel, dimana kecerdasan emosional terhadap performa memiliki nilai $t_{hitung} 6,00 > t_{tabel} 2,048$, dan kecemasan bertanding terhadap performa pertandingan memiliki nilai $t_{hitung} -3,30 > t_{tabel} 2,048$. Secara simultan, kedua variabel tersebut memiliki hubungan yang signifikan terhadap performa bertanding dengan nilai $F_{hitung} 52,9 > L_{tabel} 3,44$. Temuan ini menyimpulkan bahwa kecerdasan emosional dan kecemasan bertanding secara statistik terbukti menjadi faktor determinan dalam mengoptimalkan kualitas performa pertandingan atlet remaja di lapangan.

Kata Kunci : Kecerdasan Emosional, Kecemasan Bertanding, Performa Pertandingan, Atlet Remaja.

ABSTRACT

MUHAMAD IRPAN PAUZI. 2026. *The Relationship between Emotional Intelligence and Competition Anxiety with Competition Performance in Taekwondo*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

Psychological condition is a crucial aspect that often determines an athlete's success when facing pressure in the competition arena, complementing physical and technical readiness. This study aims to determine the relationship between emotional intelligence, competition anxiety, and competition performance among adolescent taekwondo athletes in Tasikmalaya City. Using a quantitative correlational approach, this study involved 30 athletes selected through a purposive sampling technique. Data were processed using inferential statistics, including normality tests, simple correlation, multiple correlation, and significance tests. The results of this study indicate a significant relationship between the variables. Partially, the relationship between emotional intelligence and performance showed a calculated t_{value} of $6.00 > t_{\text{table}} 2.048$. Meanwhile, competition anxiety showed a calculated t_{value} of $-3.30 > t_{\text{table}} 2.048$. Simultaneously, both variables had a significant relationship with competition performance, with an F_{value} of $52.9 > F_{\text{table}} 3.44$. These findings conclude that emotional intelligence and competition anxiety are statistically proven determinants in optimizing the competition performance quality of adolescent athletes on the field.

Keywords: Emotional Intelligence, Competition Anxiety, Competition Performance, Adolescent Athlete.