

DAFTAR PUSTAKA

- Andriawan, S. (2013). *MMA Dorong Perkembangan Olahraga Beladiri di Indonesia*. Berita Satu. <https://www.beritasatu.com/olahraga/126809/mma-dorong-perkembangan-olahraga-beladiri-di-indonesia>
- Ardiansyah, B. (2014). Dampak Kecemasan Pada Atlet Bola Basket Sebelum Bertanding. *Phederal: Physical Education, Health and Recreation Journal*.
- Bachri, B. S. (2010). Meyakinkan Validitas Data Melalui Triangulasi Pada Penelitian Kualitatif. *Teknologi Pendidikan, 10*, 46–62.
- Bali, A. (2015). Psychological Factors Affecting Sports Performance. *International Journal of Physical Education, Sports and Health, 1*(6), 92–95. <https://doi.org/10.4314/sajrs.v29i2.25972>
- Bramantoro, T. (2016). *One Pride Indonesia Mix Martial Arts Sukses Lahirkan Dua Juara Nasional*. Tribun News. <https://www.tribunnews.com/sport/2016/11/30/one-pride-indonesia-mix-martial-arts-sukses-lahirkan-dua-juara-nasional>
- Cole, R. (2018). *MMA's Top 10 Strangest Pre-Fight Rituals*. LowKickMMA. <https://www.lowkickmma.com/top-10-strangest-ufc-star-pre-fight-rituals/>
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (4th ed.). SAGE Publications.
- Cunningham, R., & Turner, M. J. (2016). Using Rational Emotive Behavior Therapy (REBT) with Mixed Martial Arts (MMA) Athletes to Reduce Irrational Beliefs and Increase Unconditional Self-Acceptance. *Journal of Rational - Emotive and Cognitive - Behavior Therapy, 34*(4), 289–309. <https://doi.org/10.1007/s10942-016-0240-4>
- Dewe, P. J., O'Driscoll, M. P., & Cooper, C. L. (2012). Theories of Psychological Stress at Work. *Handbook of Occupational Health and Wellness, 23–38*. <https://doi.org/10.1007/978-1-4614-4839-6>
- Dosil, J. (2008). The Sport Psychologist's Handbook: A Guide for Sport-Specific Performance Enhancement. In *The Sport Psychologist's Handbook: A Guide for Sport-Specific Performance Enhancement*. <https://doi.org/10.1002/9780470713174>
- Effendi, H. (2016). Peranan psikologi olahraga dalam meningkatkan prestasi atlet. *Nusantara (Jurnal Ilmu Pengetahuan Sosial), 1*, 23–30.
- Firmansyah, I., & Widuri, E. (2014). Subjective Well-Being Pada Guru Sekolah Luar Biasa (Slb). *Empathy, 2*(1), 1–8.
- Fisher, A. C., & Zwart, E. F. (1982). Psychological Analysis of Athletes' Anxiety

- Responses. *Journal of Sport Psychology*, 4, 139–158.
- Folkman, S., Lazarus, R. S., Dunkel-Schetter, C., DeLongis, A., & Gruen, R. J. (1986). Dynamics of a Stressful Encounter: Cognitive Appraisal, Coping, and Encounter Outcomes Susan. *Journal of Personality and Social Psychology*, 50(5), 992–1003. <https://doi.org/10.2135/cropsci1977.0011183x001700060012x>
- Franchini, E., Brito, C. J., & Artioli, G. G. (2012). Weight loss in combat sports: Physiological, psychological and performance effects. *Journal of the International Society of Sports Nutrition*, 9. <https://doi.org/10.1186/1550-2783-9-52>
- García, R. S., & Malcolm, D. (2010). Decivilizing, civilizing or informalizing? the international development of mixed martial arts. *International Review for the Sociology of Sport*, 45(1), 39–58. <https://doi.org/10.1177/1012690209352392>
- Gustafsson, H., Sagar, S. S., & Stenling, A. (2017). Fear of failure, psychological stress, and burnout among adolescent athletes competing in high level sport. *Scandinavian Journal of Medicine and Science in Sports*, 27(12), 2091–2102. <https://doi.org/10.1111/sms.12797>
- Hakim, A. L. R., & Indardi, N. (2015). Perkembangan Mixed Martial Arts (MMA) di Purwokerto. *Journal of Sport Sciences and Fitness*, 4(4), 1–5. [file:///C:/Users/polsek/Downloads/10089-Article Text-20010-1-10-20160414.pdf](file:///C:/Users/polsek/Downloads/10089-Article%20Text-20010-1-10-20160414.pdf)
- Hardiyono, B. (2020). Tingkat Kecemasan Sebelum Bertanding Dan Percaya Diri Pada Saat Bertanding Atlet Pelatda Pengprov Fpti Sumatera Selatan. *Kinestetik*, 4(1), 47–54. <https://doi.org/10.33369/jk.v4i1.10399>
- Jensen, P., Roman, J., Shaft, B., & Wrisberg, C. (2013). In the cage: MMA fighters' experience of competition. *Sport Psychologist*, 27(1), 1–12. <https://doi.org/10.1123/tsp.27.1.1>
- Kim, S., Greenwell, T. C., Andrew, D. P. S., Lee, J., & Mahony, D. F. (2008). An Analysis of Spectator Motives in an Individual Combat Sport: A Study of Mixed Martial Arts Fans. *Sport Marketing Quarterly*, 17(2), 109–119. <http://search.ebscohost.com/login.aspx?direct=true&db=sph&AN=32830527&site=ehost-live>
- Kusmarni, Y. (2012). Studi Kasus. *UGM Jurnal Edu UGM Press*, 1–12.
- Lazarus, R.S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. Springer Publishing Company.
- Lazarus, Richard S., Deese, J., & Osler, S. F. (1952). The effects of psychological stress upon performance. *Psychological Bulletin*, 49(4), 293–317. <https://doi.org/10.1037/h0061145>
- Mahpur, M. (2017). Memantapkan Analisis Data Melalui Tahapan Koding. *Repository*

- Universitas Islam Negeri Malang*, 1–17. <http://repository.uin-malang.ac.id/800/2/koding.pdf>
- Manab, A. (2015). *Penelitian Pendidikan Pendekatan Kualitatif*. KALIMEDIA. <http://repo.iain-tulungagung.ac.id/10156/1/Penelitian Pendidikan Pendekatan Kualitatif.pdf>
- Massey, W. V., Meyer, B. B., & Naylor, A. H. (2013). Toward a grounded theory of self-regulation in mixed martial arts. *Psychology of Sport and Exercise*, 14(1), 12–20. <https://doi.org/10.1016/j.psychsport.2012.06.008>
- Mcfadzean, F. (2020). *UFC news: Dana White reveals how much the UFC is worth*. Give Me Sport. <https://www.givemesport.com/1627000-ufc-news-dana-white-reveals-how-much-the-ufc-is-worth>
- Mirowsky, J., & Ross, C. E. (2003). Social Causes of Psychological Distress. In *Social institutions and social change* (2nd ed.). Aldine de Gruyter. <https://doi.org/10.1111/1467-9566.ep11340460>
- Mustafa, P. S., Gusdiyanto, H., Victoria, A., Masgumelar, N. K., Lestariningsih, N. D., Maslacha, H., Ardiyanto, D., Hutama, H. A., Boru, M. J., Fachrozi, I., Rodriquez, E. I. S., Prasetyo, T. B., & Romadhana, S. (2020). *Metodologi Penelitian Kuantitatif, Kualitatif, Dan Penelitian Tindakan Kelas Dalam Pendidikan Olahraga*. Fakultas Ilmu Keolahragaan Universitas Negeri Malang.
- Nugrahani, F. (2014). *Metode Penelitian Kualitatif dalam Penelitian Pendidikan Bahasa*. <http://e-journal.usd.ac.id/index.php/LLT%0Ahttp://jurnal.untan.ac.id/index.php/jpdpb/article/viewFile/11345/10753%0Ahttp://dx.doi.org/10.1016/j.sbspro.2015.04.758%0Awww.iosrjournals.org>
- Olf, M., Langeland, W., & Gersons, B. P. R. (2005). The psychobiology of PTSD: Coping with trauma. *Psychoneuroendocrinology*, 30(10), 974–982. <https://doi.org/10.1016/j.psyneuen.2005.04.009>
- Poerwandari, E. K. (2017). *Pendekatan Kualitatif untuk Penelitian Perilaku Manusia*. LPSP3 UI.
- Pradoko, A. M. S. (2017). *Paradigma Metode Penelitian Kualitatif Keilmuan Seni, Humaniora, dan Budaya* (2nd ed.). UNY Press.
- Raco, J. R. (2010). *Metode Penelitian Kualitatif: Jenis, Karakteristik dan Keunggulannya*. Grasindo.
- Rahardjo, M. (2017). Studi Kasus Dalam Penelitian Kualitatif: Konsep dan Prosedurnya. *Program Pascasarjana Universitas Islam Negeri Maulana Malik Ibrahim Malang*.
- Ridner, S. H. (2004). Psychological distress: Concept analysis. *Journal of Advanced Nursing*, 45(5), 536–545. <https://doi.org/10.1046/j.1365-2648.2003.02938.x>

Sandroto, C. W. (1999). Wawancara Sebagai Salah Satu Alat Seleksi. *Bina Ekonomi*, 3(2). <https://doi.org/10.26593/be.v3i2.521>.

Schwabe, L., & Wolf, O. T. (2012). Stress modulates the engagement of multiple memory systems in classification learning. *Journal of Neuroscience*, 32(32), 11042–11049. <https://doi.org/10.1523/JNEUROSCI.1484-12.2012>

Spencer, K., & Vera, A. (2018). Effective coach feedback and fighter application in mixed martial arts. *Scope: Contemporary Research Topics (Health & Wellbeing)* 3, 61–73. <https://www.thescopes.org/assets/Uploads/61-Scope-Health-and-Wellbeing-3-Spencer-Vera.pdf>

Tomaka, J., Blascovich, J., Kibler, J., & Ernst, J. M. (1997). Cognitive and physiological antecedents of threat and challenge appraisal. *Journal of Personality and Social Psychology*, 73(1), 63–72. <https://doi.org/10.1037//0022-3514.73.1.63>

TPI FIGHTING CHAMPIONSHIP. (n.d.). Sherdog Australia. Retrieved March 4, 2021, from <https://www.sherdog.com/organizations/TPI-Fighting-Championship-253#>

Vaccaro, C. A., Schrock, D. P., & McCabe, J. M. (2011). Managing Emotional Manhood : Fighting and Fostering Fear in Mixed Martial Arts. *Social Psychology Quarterly*, 74(4), 414–437. <https://doi.org/10.1177/0190272511415554>

Voinea, A. (2009). History of M.M.A. *The Bucharest University of Economic Studies*, 122–125.

Williams, S. E., & Cumming, J. (2016). Athlete imagery ability: A predictor of confidence and anxiety intensity and direction. *International Journal of Sport and Exercise Psychology*, 14(3), 268–280. <https://doi.org/10.1080/1612197X.2015.1025809>