

## Resume

**MELYSANGGRAINI. 6815123175. DIFFERENT LEVELS OF ANXIETY ATHLETE Pencak Silat Pelatda JAKARTA EXPERIENCE EVER INJURED MILD, MEDIUM AND HEAVY. Thesis Jakarta: Sport Science Study Program, Faculty of Sport Science, State University of Jakarta in 2016.**

### ABSTRACT

This study aims to determine differences in anxiety levels martial arts athletes Pelatda Jakarta who've suffered a minor injury, moderate and severe. This research was conducted in February-May 2016. By using descriptive method with survey questionnaires. This study population is a whole martial arts athletes Pelatda Jakarta amounting to 23 athletes, the sample in this study were 23 athletes with a total sampling technique. The research data was obtained from the results of questionnaires and then performed statistical analysis and data processing by using a testing technique one way analysis of variance (one-way analysis of variance).

This study include differences in levels of anxiety pencak silat athletes Pelatda Jakarta who've suffered a minor injury, moderate and severe. This hypothesis is based on that injury may give anxiety during the process of rehabilitation / recovery and anxiety when returning coaching or competition.

Based on the results of the questionnaire and data processing of statistics, it is known that there are differences in the level of anxiety of athletes who've suffered a minor injury, moderate and severe with a confidence level of 95% which is evidenced by the results of data processing using techniques of analysis of variance of the street (one-way analysis of variance) with The average results of the Inter-group Sum of Squares (RJKA) = 718.75 and the average Sum of Squares Within (RJKD) = 203.05. From these results expressed  $F_{hitung} > F_{tabel}$ .  $f\text{-count} > f\text{-table}$  (3:54 > 3:49).

**Keywords: Difference, Anxiety, Pencak Silat athletes Pelatda Jakarta, Injury Light, Medium and Heavy.**