

Ringkasan

RIRI OKTAVIA. 6815132686. PERBEDAAN TINGKAT KECEMASAN ATLET CABANG OLAHRAGA ATLETIK DKI JAKARTA YANG PERNAH MENGALAMI CEDERA AKUT DAN CEDERA KRONIS. Skripsi Jakarta: Program Studi Ilmu Keolahragaan, Fakultas Ilmu Olahraga Universitas Negeri Jakarta 2017.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kecemasan atlet atletik DKI Jakarta yang pernah mengalami cedera akut dan cedera kronis. Penelitian ini dilakukan Juni 2017. Penelitian menggunakan metode deskriptif dengan teknik survei penyebaran kuesioner. Populasi penelitian ini merupakan seluruh atlet atletik DKI Jakarta yang yang berjumlah 47 atlet, sampel dalam penelitian ini berjumlah 36 atlet dengan teknik *proposive sampling*. teknik analisis data penelitian ini menggunakan variansi satu jalan (*one way analysis of variance*).

Berdasarkan hasil pengolahan data statistika, diketahui bahwa terdapat perbedaan tingkat kecemasan atlet yang pernah mengalami cedera akut dan cedera kronis dengan tingkat kepercayaan 95% yang di buktikan dengan hasil pengolahan data menggunakan teknik analisa varian satu jalan (*one way analysis of variance*) dengan hasil Rata-rata Jumlah Kuadrat Antar kelomok (RJKA) = 3634.28 dan Rata-rata Jumlah Kuadrat Dalam (RJKD) =17,69. Dari hasil tersebut menyatakan $F_{hitung} > F_{tabel}$. $f_{hitung} > f_{tabel}$ $205.47 > 3.26$.

Kata kunci : Kecemasan, Atlet Atletik DKI Jakarta, Cedera Akut dan Cedera Kronis.

Summary

**RIRI OKTAVIA. 6815132686. DIFFERENCE LEVEL
ANNOUNCEMENT ATLET ATLETIK SPORT AT JAKARTA
SPORTS WHICH HAVE NEVER EXPERIENCED ACUTE ACUTE
AND CHRONIC INJURY.** Thesis Jakarta: Sport Science
Program, Faculty of Sport, Jakarta State University 2017.

ABSTRACT

This study aims to determine differences in anxiety level athletic athletes of DKI Jakarta who had suffered acute injuries and chronic injury. This research was conducted in June 2017. The research used descriptive method with questionnaire dispersion survey technique. The population of this study is all athletic athletes of DKI Jakarta, which amounts to 47 athletes, This research was conducted in June 2017. The research used descriptive method with questionnaire dispersion survey technique. The population of this study is all athletic athletes of DKI Jakarta, which amounts to 47 athletes, The sample in this study amounted to 36 athletes with purposive sampling technique. This data analysis technique using one way variance (one way analysis of variance).

Based on the results of statistical data processing, it is known that there are differences in anxiety level athletes who have experienced acute injury and chronic injury with 95% confidence level that is proven by the data processing using one way analysis of variance technique (One way analysis of variance) Average Number of Squares between Groups (RJKA) = 3634.28 and Average In-Square Quantities (RJKD) = 17.69. From the result stated Fcount> Ftable..f-count> f-table 205.47> 3.26.

Keywords: Anxiety, Jakarta Athletic Athletic, Acute Injury and Chronic Injury.