

DAFTAR PUSTAKA

- Arikunto, S. (2010). *Prosedur Penelitian: Suatu Pendekatan Praktik (Edisi Revisi)*. Jakarta: Rineka Cipta.
- Atkinson, R. L., & Hilgard, E. R. (1983). *Introduction to Psychology (6th ed.)*. New York: Harcourt Brace Jovanovich.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training (5th ed.)*. Champaign, IL: Human Kinetics.
- Choi Hong Hi. (2015). *The Art of Taekwondo*. Seoul: Taekwondo International.
- Dewey, J. (1938). *Experience and Education*. New York: Macmillan.
- Fachrezzy, F. (2021). *Taekwondo: Filosofi dan Teknik Dasar*. Jakarta: Pustaka Taekwondo.
- Gould, D., Eklund, R. C., & Jackson, S. A. (2002). *Stress and anxiety in sport. International Journal of Sport Psychology*.
- Haff, G. G., & Triplett, N. T. (2016). *Essentials of Strength Training and Conditioning (4th ed.)*. Champaign, IL: Human Kinetics.
- Hanin, Y. L. (2000). *Emotions in Sport*. Champaign, IL: Human Kinetics.
- Hardy, L., & Fazey, J. (1987). *The inverted-U hypothesis: A review of the empirical literature*. Psychology of Sport and Exercise.
- Jeong-Rok, S., & Aisyah, S. (2023). *Teori dan Praktik dalam Taekwondo*. Bandung: Penerbit Olahraga.
- Jones, B. H., et al. (2018). *The role of strength and conditioning in the performance of combat sports*. Journal of Sports Sciences, 36(9), 973–980.
- Jones, J. G. (1995). *Understanding anxiety in sport*. Journal of Sport Sciences.
- Kim, S., & Cruz, A. (2019). *Psychological factors in Taekwondo freestyle performance: Anxiety and performance pressure*. Journal of Martial Arts Studies, 5(2), 45–58.
- Kraemer, W. J., & Ratamess, N. A. (2004). *Strength Training for Sport*. Champaign, IL: Human Kinetics.
- Martens, R., Vealey, R. S., & Burton, D. (1990). *Competitive Anxiety in Sport*. Champaign, IL: Human Kinetics.

- Mappiare, A. (1982). *Psikologi Remaja*. Surabaya: Usaha Nasional.
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2010). *Exercise Physiology: Energy, Nutrition, and Human Performance* (7th ed.). Baltimore: Lippincott Williams & Wilkins.
- Merriam-Webster. (2016). *Strength*. In Merriam-Webster.com Dictionary. <https://www.merriam-webster.com/dictionary/strength>
- Mulyasa, E. (2011). *Standar Kompetensi dan Sertifikasi Guru*. Bandung: Remaja Rosdakarya.
- Schmidt, R. A., & Lee, T. D. (2011). *Motor Control and Learning: A Behavioral Emphasis*. Champaign, IL: Human Kinetics.
- Setyobroto, A. (2002). *Ilmu Kepelatihan Olahraga*. Jakarta: Departemen Pendidikan Nasional.
- Spielberger, C. D. (1983). *Manual for the State-Trait Anxiety Inventory (Form Y)*. Palo Alto, CA: Consulting Psychologists Press.
- Sudjana. (2005). *Metoda Statistika*. Bandung: Tarsito.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta.
- Weinberg, R. S., & Gould, D. (2014). *Foundations of Sport and Exercise Psychology*. Champaign, IL: Human Kinetics.
- Weinberg, R. S., & Gould, D. (2015). *Foundations of Sport and Exercise Psychology* (6th ed.). Champaign, IL: Human Kinetics.
- Wilk, M., & Krawczyk, P. (2015). *The importance of strength training in martial arts*. Journal of Martial Arts Science, 3(1), 45–53.
- World Taekwondo. (2018). *Freestyle Poomsae Guidelines*. Retrieved from <http://www.worldtaekwondo.org>
- World Taekwondo. (2020). *Poomsae Competition Rules & Interpretation*. Seoul: World Taekwondo.
- Yerkes, R. M., & Dodson, J. D. (1908). *The relationship of strength of stimulus to rapidity of habit-formation*. Journal of Comparative Neurology and Psychology.