

DAFTAR PUSTAKA

- Ach. Rizal Firdaus 1 , Muhimmatul Hasanah 2, P. A. 3. (n.d.). *Pengaruh Self Efikasi terhadap Mental Toughnes Pada Mahasiswa Pecinta Alam*. 104–115.
- Arazzini Stewart, M., & De George-Walker, L. (2014). Self-handicapping, perfectionism, locus of control and self-efficacy: A path model. *Personality and Individual Differences*, 66, 160–164.
<https://doi.org/10.1016/j.paid.2014.03.038>
- Asyari, B. A. (2023). Peran Mental Toughness Dalam Perolehan Hasil Akhir Pertandingan Sepakbola Pada Atlet Sepakbola Diy Diajukan. *Angewandte Chemie International Edition*, 6(11), 951–952., 3(1), 10–27.
<https://medium.com/@arifwicaksanaa/pengertian-use-case-a7e576e1b6bf>
- Ayyub Mas'ud, M., Zainuddin, K., Firdaus, F., Psikologi, J., & Psikologi, F. (2022). Pengaruh Mental Toughness Terhadap Peak Performance Pada Atlet Sepak Bola di Kota Makassar The Effect of Mental toughness on Peak performance in Soccer Athletes at Makassar. *Journal of Art, Humanity, & Social Studies*, 2(6), 171–177.
- Azwar. (2002). *Penyusunan Skala Psikologi*. Pustaka Pelajar.
- Azwar. (2016). *Metode Penelitian*. Pustaka Pelajar.
- Bahari, F., Biyabani, M., & Zandi, H. G. (2016). Relationship between Mental Toughness and Behavioral Regulation among University Student-athletes. *IOSR Journal of Sports and Physical Education*, 03(04), 06–10.
<https://doi.org/10.9790/6737-03040610>

- Bandura. (1997). Bandura Self-Efficacy: The Exercise of Control. In *W.H Freeman and Company New York* (Vol. 43, Issue 9, pp. 1–602).
- Crust, L., & Keegan, R. (2010). Mental toughness and attitudes to risk-taking. *Personality and Individual Differences*, 49(3), 164–168.
<https://doi.org/10.1016/j.paid.2010.03.026>
- Effendi, H. (2016). Peranan psikologi olahraga dalam meningkatkan prestasi atlet. *Nusantara (Jurnal Ilmu Pengetahuan Sosial)*, 1, 27.
- Fauziana. (2022). Pengaruh Self Efficacy Terhadap Kemampuan Memecahkan Masalah. *Jurnal Pendidikan*, 11(1), 2022.
- Fletcher, D., & Sarkar, M. (2016). Mental fortitude training: An evidence-based approach to developing psychological resilience for sustained success. *Journal of Sport Psychology in Action*, 7(3), 135–157.
<https://doi.org/10.1080/21520704.2016.1255496>
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2008). Towards an understanding of mental toughness in Australian football. *Journal of Applied Sport Psychology*, 20(3), 261–281. <https://doi.org/10.1080/10413200801998556>
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009). Development and preliminary validation of a mental toughness inventory for Australian football. *Psychology of Sport and Exercise*, 10(1), 201–209.
<https://doi.org/10.1016/j.psychsport.2008.07.011>
- Gucciardi, D. F., & Maps, A. (2008). Mental toughness in Australian football . *Psychology of Sport and Exercise*, 10(1), 201–209.

<https://www.sciencedirect.com/journal/psychology-of-sport-and-exercise>

- Ika Herani. (2016). *Mental Toughness dengan Peak Performance pada Atlet Renang*. June, 198–212.
- Ilmu, P., Humaniora, P., & Aryanto, D. B. (2020). *Machine Translated by Google Faktor-Faktor yang Mempengaruhi Ketangguhan Mental Machine Translated by Google*. 395(Acpch 2019), 307–309.
- Jones, G., Hanton, S., & Connaughton, D. (2002). What is this thing called mental toughness? An investigation of elite sport performers. *Journal of Applied Sport Psychology*, 14(3), 205–218. <https://doi.org/10.1080/10413200290103509>
- Kang, W., 강원식., Yi, K., & 이경명. (1999). *A Modern History of Taekwondo*.
- LaForge-MacKenzie, K., & Sullivan, P. J. (2014). The relationship between self-efficacy and performance within a continuous educational gymnastics routine. *International Journal of Sport and Exercise Psychology*, 12(3), 206–217. <https://doi.org/10.1080/1612197X.2014.909511>
- Mahsunah, A., & Musbikhin, M. (2023). Pengaruh Self Efficacy terhadap Kepercayaan Diri pada Siswa. *Al-Ihath: Jurnal Bimbingan Dan Konseling Islam*, 3(1), 34–48. <https://doi.org/10.53915/jbki.v3i1.318>
- Maulidya, N., & Jannah, M. (2021). HUBUNGAN PSYCHOLOGICAL CAPITAL DENGAN MENTAL TOUGHNESS PADA ATLET BELADIRI Novarida Maulidya Miftakhul Jannah. *Jurnal Penelitian Psikologi*, 8(6), 1–120. <https://ejournal.unesa.ac.id/index.php/character/article/view/41967>
- Muadhoni, R., Tagela, U., & Windrawanto, Y. (2023). Pengaruh Self Efficacy

- Terhadap Peak Performance Pada Atlet Voli Surya Muda Salatiga. *Jurnal Mahasiswa BK An-Nur : Berbeda, Bermakna, Mulia*, 9(1), 250.
<https://doi.org/10.31602/jmbkan.v9i1.10341>
- Nicholls, A. R., Perry, J. L., Jones, L., Sanctuary, C., Carson, F., & Clough, P. J. (2015). The mediating role of mental toughness in sport. *Journal of Sports Medicine and Physical Fitness*, 55(7–8), 824–834.
- Note, E. (2021). *Editorial Note : Uji Validitas Dengan Korelasi Item-Total ?* 4, 315–320.
- Priyambodo, B. (2018). Ketangguhan Mental Pada Atlet Ditinjau Dari Usia, Jenis Kelamin, Dan Pengalaman Bertanding. (*Doctoral Dissertation, Universitas Muhammadiyah Surakarta*). <http://eprints.ums.ac.id/69609/>
- Rahayuni, K., & Fadil, R. (2013). *Analisis Psikometri Validitas Dan Reliabilitas Kuisner Athletic Coping Stress Inventory-28 (CSAI-28) Dalam Bahasa Indonesia*. 28, 17–31.
- Rozikin, A., & Hidayah, T. (2015). Hubungan Fleksibilitas Dan Kekuatan Otot Tungkai Terhadap Hasil Tendangan Eolgol Dollyo-Chagi Pada Olahraga Taekwondo. *Journal of Sport Sciences and Fitness*, 4(1), 32–36.
- S.Azwar. (2010). *Metode Penelitian*. Pustaka Pelajar.
- Schwarzer, R. (2021). *The General Self-Efficacy Scale (GSE)*. January.
- Setiawan, E., Patah, I. A., Baptista, C., Winarno, M. ., Sabino, B., & Amalia, E. F. (2020). Self-efficacy dan mental toughness: Apakah faktor psikologis berkorelasi dengan performa atlet? *Jurnal Keolahragaan*, 8(2), 158–165.

<https://doi.org/10.21831/jk.v8i2.33551>

Yulianto, F., & Nashori, F. (2010). Kepercayaan Diri Dan Prestasi Atlet Tae Kwon Do Daerah Istimewa Yogyakarta. *Jurnal Psikologi Universitas Diponegoro*, 3(1), 55–62. <https://ejournal.undip.ac.id/index.php/psikologi/article/view/692>

Zufri, M., & Tyoso, J. S. P. (2017). Peningkatan Kualitas Atlet Pada KONI Kota Semarang dikaji dengan Analisis Value For Money (Studi Kasus Pada Program Pembinaan Atlet). *Jurnal Ilmiah UNTAG Semarang*, 6(1), 69–83.

