

HUBUNGAN DUKUNGAN SOSIAL PELATIH DENGAN *SELF-EFFICACY* PADA ATLET PENCAK SILAT PAGAR NUSA DI JEMBER

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INTISARI

Penelitian ini dilatarbelakangi oleh fenomena kerentanan *self-efficacy* atlet Pencak Silat Pagar Nusa Jember yang secara paradoksal justru terjadi akibat beban moral dari besarnya ekspektasi pelatih dalam budaya *ta'dzim*. Berfokus untuk menguji hubungan antara dukungan sosial pelatih dengan *self-efficacy* atlet, penelitian kuantitatif korelasional ini melibatkan 137 atlet (usia 16-29 tahun) yang dipilih melalui teknik *accidental sampling*. Pengumpulan data menggunakan dua instrumen yang telah teruji keabsahannya. Skala *Self-Efficacy* terdiri dari 10 aitem yang seluruhnya dinyatakan valid ($r = 0,630-0,820$; $p < 0,001$) dengan nilai reliabilitas Cronbach's Alpha sebesar 0,773. Sementara itu, Skala Dukungan Sosial Pelatih terdiri dari 18 aitem yang juga seluruhnya valid ($r = 0,556-0,811$; $p < 0,001$) dengan nilai Cronbach's Alpha sebesar 0,758. Hasil uji statistik menunjukkan tidak terdapat hubungan yang signifikan antara dukungan sosial pelatih dengan *self-efficacy* atlet ($R = 0,068$; $p = 0,407 > 0,05$). Temuan ini mengonfirmasi terjadinya *Social Support Paradox* pada atlet remaja, di mana tingginya dukungan afektif pelatih tanpa diimbangi arahan taktis justru memicu tekanan moral (*evaluative threat*) akibat kuatnya nilai *ta'dzim*. Di sisi lain, atlet dewasa terbukti mampu mempertahankan *self-efficacy* mereka di atas matras dengan lebih mengandalkan kemandirian *internal locus of control* dan pengalaman bertanding (*mastery experiences*) dibandingkan sekadar dukungan eksternal pelatih.

Kata Kunci: atlet pencak silat, dukungan sosial, *self-efficacy*, *ta'dzim*.

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1. Peneliti
 2. Dosen Pembimbing 1
 3. Dosen Pembimbing 2

THE RELATIONSHIP BETWEEN COACH SOCIAL SUPPORT AND SELF-EFFICACY AMONG PAGAR NUSA PENCAK SILAT ATHLETES IN JEMBER

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ABSTRACT

This study is motivated by the phenomenon of self-efficacy vulnerability among Pagar Nusa Pencak Silat athletes in Jember, which paradoxically occurs due to the moral burden of high coach expectations within the ta'dzim culture. Focusing on examining the relationship between coach social support and athlete self-efficacy, this correlational quantitative study involved 137 athletes (aged 16-29 years) selected through accidental sampling. Data were collected using two instruments that have been proven valid and reliable. The Self-Efficacy Scale consists of 10 items, all of which were declared valid ($r = 0.630-0.820$; $p < 0.001$) with a Cronbach's Alpha reliability value of 0.773. Meanwhile, the Coach Social Support Scale consists of 18 items, all of which were also valid ($r = 0.556-0.811$; $p < 0.001$) with a Cronbach's Alpha value of 0.758. The statistical test results showed no significant relationship between coach social support and athlete self-efficacy ($R = 0.068$; $p = 0.407 > 0.05$). These findings confirm the occurrence of a Social Support Paradox among adolescent athletes, where high affective support from the coach without tactical guidance actually triggers moral pressure (evaluative threat) due to the strong ta'dzim value. On the other hand, adult athletes are proven capable of maintaining their self-efficacy on the mat by relying more on an independent internal locus of control and mastery experiences rather than merely on external support from the coach.

Keywords: *pencak silat athletes, self-efficacy, social support, ta'dzim.*

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