

**PENGARUH *EMOTIONAL INTELLIGENCE* DAN *MENTAL-TOUGHNESS*
DALAM MENGATASI *COMPETITIVE ANXIETY* PADA ATLET ATLETIK**

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk Memenuhi
Persyaratan dalam Menyelesaikan Program Studi Strata Satu (S1) Psikologi (S.Psi)



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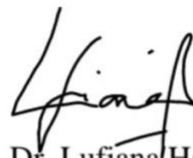
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ABSTRACT

Competitive anxiety is a negative emotion in the form of anxiety that is experienced before, shortly and after a match and is felt by athletes. The aim in this study is to overcome the influence emotional intelligence and mental toughness in overcoming competitive anxiety athletic athlete. The research method used is correlational quantitative method, with multiple regression analysis techniques. The subjects of this study were East Java's athletic athletes, and involved 248 athletes. The instruments used in this study are, Sport Anxiety Scale (SAS), Emotional Competency Inventory (ECI), and Mental Toughness Scale (MTS). The results in this study show Sig. ,002 and ,000 (< 0,05) with β -.325 and -.529 which means there is a negative and significant effect between emotional intelligence and mental toughness to competitive anxiety in athletic athletes. The hypothesis in this study was accepted with a Sig. 0.000 (<0.05) with an F-count value of 53.483. There is 30.4% influence emotional intelligence and mental toughness to form competitive anxiety athletic athletes. The conclusion in this study is the higher emotional intelligence and mental toughness athletes will be lower competitive anxiety owned and vice versa. Suggestions, for future researchers are expected to use sample bigger or variable which is more interesting and related with competitive anxiety.

Keywords: *competitive anxiety, emotional intelligence, mental toughness*



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