

Instrument Development of Self-Confidence for Badminton Athletes

Nyak Amir

Fakultas Keguruan dan Ilmu Pendidikan
Universitas Syiah Kuala, Banda Aceh

Standardized measurement with good reliability and validity values to assess levels of self-confidence of badminton athletes is not yet available in Indonesia. The purpose of this study was to develop such measurement, applicable to the condition of athletes in Indonesia. Subjects ($N = 60$) were badminton athletes and PBSI coaches in Kabupaten Pidie Aceh Province. The process included two stages: (1) collection of item pool and (2) screening of item pool with Q-sort method. The measurement was then tested on 172 athletes from PBSI Kabupaten Pidie Aceh Province. Data was analyzed through tests for validity, reliability, and factor analysis. Results showed that badminton athlete's self-confidence measurement consisting of five factors and 38 items is valid and reliable, with index scores of .614 and .872 for validity and reliability respectively.

Keywords: development, measurement, self-confidence

Alat ukur baku dengan tingkat validitas dan reliabilitas yang baik untuk mengukur tingkat kepercayaan diri atlet bulutangkis belum ada di Indonesia. Tujuan penelitian ini untuk mengembangkan alat ukur kepercayaan diri atlet cabang bulutangkis yang memiliki tingkat validitas dan realibilitas yang baik dan dapat diterapkan sesuai kondisi atlet Indonesia. Subjek penelitian ($N = 60$) atlet bulutangkis dan pelatih PBSI Kabupaten Pidie Provinsi Aceh. Proses pembuatan alat ukur kepercayaan diri atlet bulutangkis yaitu meliputi dua tahap (1) pengumpulan butir-butir (*item pool*), dan (2) pemilihan butir-butir (*screening of item pool*) dengan metode Q-sort. Selanjutnya alat ukur ini diuji coba pada 172 atlet PBSI Kabupaten Pidie Provinsi Aceh. Data dianalisis melalui pengujian validitas, reliabilitas, dan analisis faktor. Hasil penelitian bahwa skala kepercayaan diri atlet bulutangkis yang terdiri atas lima faktor dan 38 butir pernyataan merupakan alat ukur yang valid dan memiliki tingkat kesahihan yang tinggi dengan indeks .614 dan reliabel yang memiliki tingkat keterandalan yang tinggi dengan indeks .872 yang dapat digunakan untuk mengukur kepercayaan diri atlet bulutangkis.

Kata kunci: perkembangan, pengukuran, kepercayaan diri

In every sporting activity, physical and mental conditions as well as technique are the main priorities. Synergistic involvement of physical, mental, and technical elements will produce optimal results. Bomp (1983) stated that there are four main aspects that need to be prepared for sports training, including badminton, which are: (a) physical preparation, (b) technical preparation, (c) tactical preparation, and (d) psychological preparation.

One way to examine an athlete's mental condition

is to measure their level of self-confidence. Thus, a valid and reliable measurement for self-confidence is needed. The purpose of the current study is to develop a standardized, valid, and reliable measurement to examine the level of self-confidence in badminton athletes. This was based on earlier observations in several province badminton championships, which revealed a low self-confidence of the participants. To convince these assumptions a serious survey/measurement should be conducted immediately.

A special development of such a measurement on self-confidence for badminton athletes is in line with what Vealey (1986) proposed that in developing a self-confidence model as such in sport, one should take care

Correspondence concerning this article should be addressed to Nyak Amir, Jurusan Pendidikan Olahraga Fakultas Keguruan dan Ilmu Pendidikan, Universitas Syiah Kuala, Jalan T. Nyak Arief Darussalam, Banda Aceh 23111. E-mail: amir_fkip@yahoo.com