

Abstrak

Suatu bentuk fenomena *flow* pada atlet taekwondo dapat diamati ketika atlet taekwondo mampu dengan fokus melakukan gerakan kaki, tangan, kepala, dan dada. Dalam mencapai keadaan *flow* tentunya diperlukan faktor-faktor baik dari dalam atau luar diri atlet itu sendiri. Penelitian ini bertujuan untuk menganalisis pengaruh *sport motivation* dan *social support* terhadap *flow* dalam konteks berlatih pada olahragawan remaja *taekwondo*. Penelitian ini menggunakan pendekatan kuantitatif metode korelasional dengan 265 partisipan atlet remaja *taekwondo* Kabupaten Bandung. Instrumen yang digunakan yaitu *Flow State Scale (FSS)*, *Social Support Questionnaire for Transactions (SSQT)* dan *Sport Motivation Scale (SMS)*. Hasil regresi linier berganda yang didapatkan menunjukkan bahwa *sport motivation* dan *social support* berpengaruh secara simultan yang signifikan terhadap *flow* ($R\text{ Square} = 0,653$ atau 65,3%), Dengan *sport motivation* berkontribusi sebesar 59,7%. Namun untuk *social support* berkontribusi sebesar 5,6%. Hasil tersebut menunjukkan pentingnya memperhatikan motivasi dan dukungan sosial dalam meningkatkan kemungkinan munculnya kondisi *flow* pada atlet *taekwondo* remaja.

Kata Kunci : *Flow, Sport Motivation, Social Support, Taekwondo.*



Abstract

A form of flow phenomenon in taekwondo athletes can be observed when taekwondo athletes are able to focus on performing movements of the feet, hands, head, and chest. In achieving a state of flow, factors both internal and external to the athlete are required. This study aims to analyze the influence of sport motivation and social support on flow in the context of training among adolescent taekwondo athletes. This study used a quantitative correlational approach with 265 adolescent taekwondo athletes from Bandung Regency as participants. The instruments used were the Flow State Scale (FSS), Social Support Questionnaire for Transactions (SSQT), and Sport Motivation Scale (SMS). The results of multiple linear regression showed that sport motivation and social support simultaneously and significantly influenced flow ($R^2 = 0.653$ or 65.3%), with sport motivation contributing 59.7%. However, social support contributed only 5.6%. These results indicate the importance of paying attention to motivation and social support in increasing the likelihood of flow conditions in adolescent taekwondo athletes.

Keywords: *Flow, Sport Motivation, Social Support, Taekwondo.*

