

ABSTRAK

Penelitian ini bertujuan untuk mengkaji pengaruh peran pelatih terhadap self-efficacy atlet bola voli berprestasi di Kota Bandung. Data dikumpulkan dari 324 atlet yang tergabung dalam berbagai klub resmi, dan dianalisis menggunakan statistik deskriptif, uji asumsi klasik, serta regresi linier sederhana. Hasil analisis menunjukkan bahwa peran pelatih memiliki pengaruh signifikan terhadap self-efficacy atlet, dengan koefisien regresi sebesar 0,311 dan nilai signifikansi $p = 0,000 (<0,05)$. Nilai R Square sebesar 0,592 menunjukkan bahwa 59,2% variasi self-efficacy atlet dapat dijelaskan oleh peran pelatih. Uji asumsi klasik membuktikan bahwa model regresi memenuhi syarat normalitas, linearitas, dan homoskedastisitas. Temuan ini memperkuat teori Bandura (1997) bahwa self-efficacy dipengaruhi oleh pengalaman, dukungan sosial, dan motivasi dari lingkungan, termasuk dari pelatih. Oleh karena itu, kompetensi pelatih dalam memberikan instruksi, dukungan emosional, dan motivasi menjadi faktor krusial dalam pengembangan kepercayaan diri dan performa atlet.

Kata Kunci : *peran pelatih, self-efficacy, atlet bola voli, regresi linier, psikologi olahraga.*



Abstract

This study aims to examine the influence of coaches' roles on the self-efficacy of high-achieving volleyball athletes in Bandung City. Data were collected from 324 athletes registered in various official clubs and analyzed using descriptive statistics, classical assumption tests, and simple linear regression analysis. The results indicate that the coach's role has a significant influence on athletes' self-efficacy, with a regression coefficient of 0.311 and a significance value of $p = 0.000$ (<0.05). The R Square value of 0.592 shows that 59.2% of the variation in athletes' self-efficacy can be explained by the coach's role. Classical assumption tests confirmed that the regression model meets the criteria of normality, linearity, and homoscedasticity. These findings support Bandura's (1997) theory that self-efficacy is influenced by experience, social support, and motivation from the surrounding environment, including the coach. Therefore, a coach's competence in providing instruction, emotional support, and motivation plays a crucial role in developing athletes' confidence and performance.

Keywords: coach's role, self-efficacy, volleyball athletes, linear regression, sport psychology

