

## DAFTAR PUATAKA

- Adisasmito, W. (2007). *Sistem kesehatan*. Jakarta: PT. Raja Grafindo Persada.
- Al-Ansi, F.M.A., Arifin, T., & Salamuddin, B. N. (2016). The Relationship between psychological skills and sport anxiety among University Student Athletes in the Republic of Yemen, *IOSR Journal of Sports and Physical Education (IOSR-JSPE)*, 3(5), pp: 86-90, p-ISSN: 2347-6745.
- Anshel, M. H., & Payne, J. M. (2006). Application of sport psychology for optimal performance in martial arts. In J. Dosil (Ed.), *The sport psychologist's handbook. A guide for sport-specific performance enhancement* (pp. 353-374). Inglaterra: John Wiley & Sons.
- Anshel, M.H. (1990), *Psychology sport from theory to practice*. Scottsdale Arizona: Gorsuch Scarisbrick Publishers.
- Athan, A.N., & Sampson, U.I. (2013). Coping with precompetitive anxiety in sports competition. *European Journal of Natural and Applied Sciences*, 1(1),1-9
- Azwar, S. (2012). *Reliabilitas dan validitas edisi 4*. Yogyakarta: Pustaka Pelajar.
- Barbara, A. (2003). *Percaya diri*. Jakarta:Pt. Gramedia Pustaka Utama
- Benenson, J. F. (2013). The development of human female competition: Allies and adversaries. *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*, 368, 20130079.
- Björkqvist, K. and Varhama, L. (2001) Attitudes toward violent conflict resolution among male and female karateka in comparison with practitioners of other sports. *Perceptual and Motor Skills* 92, 586-588.
- Boostani, M. H., Boostani, M. A., Javanmardi, R., & Tabesh, M. (2011). Investigation and comparison of aggression in Olympic and Non-Olympic athletes of sport fields. *Ido Movement for Culture: journal of martial arts anthropology*, 11(1-4), 134-138.
- Brabender, V. M. & Mihura, J. L. (2016). *Handbook of gender and sexuality in psychological assessment*. By Routledge ISBN: 978-1-315-76938-7.
- Brewer, B.W. (2009). *Handbook of sport medicine and health; sport psychology*. USA: Wiley-Blackwel.
- Channon A, Matthews C R. (2015). Global perspectives on women in combat sports women warriors around the world. *Palgrave Macmillan. Handbook*.

- Chung, KH & Lee, KM (1994). Taekwondo kyorugi: olympic style sparring. *Sport Psychology For Martial Arts* 373. Hartford, CT: Turtle Press.
- Colly, A., Berman, E., & Van Milligen, L. (2005). Age and gender differences in young peoples perception of sport participants. *Journal Of Applied Social Psychology*. 23, 193-206.
- Cox, R.H. (2002). *Sport psychology concepts and applications*. New York : Mc Graw-Hill.
- Davidson J. (2014). *Sexting gender and teens*. Published By: Sense Publishers, Rotterdam, The Netherlands. ISBN 978-94-6209-851-0.
- Deaner, R. O., Balish, S. M., & Lombardo, M. P. (2016). Sex differences in sports interest and motivation: An evolutionary perspective. *Evolutionary Behavioral Sciences*, 10(2), pp: 73–97. <https://doi.org/10.1037/ebs0000049>
- Devonport, T.J. (2006) Perceptions of the contribution of psychology to success in elite kickboxing. *Journal of Sports Science and Medicine* CSSI, 99-107.
- Dimiyati., Herwin., Hastuti, T.A. (2013). Karakteristik psikologis atlet di pusat pendidikan dan latihan pelajar (PPLP). *Jurnal psikologi*. 40, 143–158.
- Dongoran, Fadli. (2017). *Karakteristik psikologis atlet sea games XXIX cabang olahraga beladiri indonesia*. Thesis. Tidak diterbitkan. Universitas Negeri Yogyakarta.
- Dosil, J. (2006). *The sport psychologist's handbook; a guide for sport-specific performance enhancement*. USA: John Wiley & Sons, Ltd.
- Elferink- Gemser., Visscher., & Lemmink. (2005). Psychological characteristics of talented youth athletes in field hockey, basketball, voleyball, speed skating, and swimming. *The Sports Psychologist (in revision)*.
- Fahmi, M.H. (2013). Hubungan antara kecemasan dengan ketepatan floating overhand serve bolavoli pada siswa ekstrakurikuler bolavoli di MA Negeri Rengel Kabupaten Tuban. *Jurnal Penelitian Psikologi*. Vol 1, No 2, (2013). Dari <http://ejournal.unesa.ac.id/article/3493/17/article.pdf> diakses 21 Januari 2019.
- Fakih, M. (2004). *Analisis gender & transformasi sosial*. Yogyakarta: Pustaka Belajar.
- Faturochman, M. (2017). Pengaruh kecemasan bertanding terhadap peak performance pada atlet softball universitas negeri yogyakarta. *E-Journal Bimbingan dan Konseling* Edisi 1 Tahun ke-6.

- Fauzee, M.S.O., Saputra, Y.H., Samad, N., Gheimi, Z., Asmuni, M.N., & Johar, M. (2012). Mental toughness among footbaers: A case study. *International Journal Of Academic Research in Business and Social Science*, 2, pp:639 – 658.
- Fernandez,. Merino. (2019). State-trait anxiety and reduced emotional intelligence in combat sport athletes of different genders and competitive levels. *Journal of Physical Education and Sport*. Vol 19 pp 363-368. DOI:10.7752/jpes.2019.s2054
- Finkenbergn, M.E. (1990). Effect of participation in Taekwondo on college women’s self-concept. *Perceptual and Motor Skills*, 71, 891-894.
- Fuller, J.R. (1988). Martial arts and psychological health. *British Journal of Medical Psychology*, 61. pp:317-328.
- Gacek M. (2005). Physical activity in the lifestyle of academic youth – psychological conditions. *Annales UMCS Sectio D Medicina* 60 (suppl. 16), 108, pp:500-503.
- Gilang, M. (2007). *Pendidikan jasmani, olahraga, dan kesehatan untuk SMA*. Jakarta. Ganeca.
- Gillet, N., Vallerand, R. J., Amoura, S., & Baldes, B. (2010). Influence of coaches’ autonomy support on athletes’ motivation and sport performance: A test of the hierarchical model of intrinsic and extrinsic motivation. *Psychology of Sport and Exercise*, 11, 155–161.
- Gould, D., & Dieffenbach, K. (2002). Psychological characteristics and their development in olympic champions. *Journal Of Aplpied Sport Psychology*, 14, pp: 172–204. DOI: 10.1080/10413200290103482.
- Gristyutawati, D. (2012). Persepsi Belajar terhadap Pencak Silat Sebagai Warisan Budaya Bangsa Sekota Semarang Tahun 2012. *Journal of Physical Education, Sport, Health and Receptions*, 1 (2), hlm. 1-7.
- Gunarsa, S. (2008). *Psikologi olahraga prestasi*. Jakarta: PT. BPK Gunung Mulia.
- Gunawan,G. (2007). *Beladiri*. Yogyakarta: Insan Madani
- Hakim, T. (2002). *Mengatasi rasa tidak percaya diri*. Jakarta: Puspa Swara.
- Hamalik, O. (2004). *Proses belajar mengajar*. Jakarta: Bumi Angkasa.
- Hamzah, B. (2008). *Teori motivasi dan pengukurannya*, Jakarta : Bumi Aksara.

- Hariono, A. (2006) “*Metode melatih fisik pencak silat*”. Yogyakarta: Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta.
- Hariono, A. (2008). *Peran Olahraga Pencak Silat dalam Pembentukan Karakter*. Proceeding Seminar Olahraga Nasional ke 2.
- Harsuki. (2003). *Perkembangan Olahraga Terkini*. Jakarta: PT Raja Grafindo Persada.
- Heilman M.E., Wallen A.S., Fuchs D., Tamkins M.M. (2004). Penalties for success: Reactions to women who succeed at male gender – typed tasks. *Journal of Personality and Social Psychology* 89, 416-427.
- Helgeson, V. S. (2017). *Psychology of gender fifth edition*. By Routledge 711 Third Avenue. New York. ISBN: 978-1-315-64355-7.
- Hermawati, L.R. (2014). *Profil perilaku sosial atlet cabang olahraga beladiri, cabang olahraga permainan dan cabang olahraga konsentrasi*.
- Hoyle, R. H. (2006). Personality and self-regulation: trait and information-processing perspectives. *Journal of Personality*, 74(6), 1507-1526.
- Husdarta, H.J.S. (2010). *Sejarah dan filsafat olahraga*. Bandung: Alfabet.
- Jannah, M. (2016). *Kecemasan olahraga: teori, pengukuran, dan latihan mental*. Surabaya: Unesa University Press.
- Jarvis, M. (2006). *Sport psychology a student's handbook*. New York: Routledge
- Jones, G.W., MacKay, K.S. and Peters, D.M. (2006) Participation motivation in martial artists in the West Midlands region of England. *Journal of Sports Science and Medicine* 5, 28-34
- Kajbafnezhad, H., Ahadi, H., Heidarie, A. R., Askari, P., & Enayati, M. (2011). Difference between team and individual sports with respect to psychological skills, overall emotional intelligence and athletic success motivation in Shiraz city athletes. *Journal of Physical Education and Sport*, 11(3), 249.
- Karageorghis, C & Terry, P. 2010. *Inside sport psychology*. US: Human Kinetics.
- Kavoura A., Ryba V., Kokkonen M. (2012). Psychological Research on Martial Artists A Critical View from a Cultural Praxis Framework. *Scandinavian Sport Studies Forum Issn 2000-088x Volume Three*, 1–23.
- Komarudin. (2013). *Psikologi olahraga*. Bandung: PT. Remaja Rosdakarya.

- Kriswanto, E. (2015). *Pencak silat*. Yogyakarta. Pustaka Baru Press.
- Kruger, A. & Pienaar, A. E. (2014). Gender differences in the sport psychological skills profile of adolescent sport participants, *International SportMed Journal*, 15(4), pp: 474-482. <http://www.ismj.com>
- Kuan, G., & Roy, J. (2007). Goal profiles , mental toughness and its influence on performance outcomes among Wushu athletes. *Journal of Sports Science and Medicine*, 6, 28–33.
- Kumar, M. (2017). Study of contact game sports person in context to aggressive tendency Mahesh Kumar C.R.M. Jat. College, Hisar Haryana India. *International Interdisciplinary Research Journal*, 7, 139–142.
- Kumar, R. (2015). A comparative study of self confidence among boxers and wrestlers of hyderabad in India. *AASCIT Journal of Psychology*, 1, 1–4.
- Kusuma W R., Mulyono A. (2019). Comparison of Athletes Personality between Martial Art Sports in Central Java. *Ra Journal Of Applied Research* ISSN: 2394-6709 DOI:10.31142/rajar/v5i3.04.
- Lakes, K.D.& Hoyt, W.T. (2004). Promoting self-regulation through school-based martial arts training. *Journal of Applied Developmental Psychology* 25(3), 283-302.
- Lamarre B.W., Nosanchuk T.A. (2002). Judo training and aggression: comment on reynes and lorant. *Perceptual and Motor Skills* 94, 1057-1058
- Lauster, P. (2002). *Tes kepribadian* (Alih Bahasa: D.H Gulo). Edisi Bahasa Indonesia. Cetakan Ketigabelas. Jakarta: Bumi Aksara.
- Lawrence, P.D. (2008). *365 steps to self confidence*. Uk: how to books.
- LeUnes, A. (2011). *Sport psychology*. UK. Icon Books. Ltd, ISBN:978-184831-328-6
- Litwiniuk A., Daniluk A. (2009). Selected personality traits of women training basketball and taekwon-do WTF. In Z. ukowska (Ed.), Sports activity of women. Conditions and results (pp. 56-62). Warszawa: *Polskie Stowarzyszenie Sportu Kobiet*.
- Lubis, J. (2004). *“Pencak silat panduan praktis”*. Jakarta: PT. Raja Grafindo Persada.
- Lubyszewa, L.I. (2000). Woman and a social aspect of sport. In S. Socha (Ed.), Problems of sexual dimorphism in sport (part 6) (pp. 20-24). Katowice: AWF Katowice.

- Lutan (1992) *Modul 6 konsep konsep olahraga*. Diambil dari pada tanggal 14 Desember 2018, dari file.upi.edu.
- Magnusson E, Marecek J. (2012). *Gender and culture in psychology theories and practices*. United States of America by Cambridge University Press. New York. ISBN: 978-91-27-11818-8.
- Mahoney, M.J., Gabriel, T.J., & Perkins, T.S. (1987). Psychological skills and exceptional athletic performance. *The Sport Psychologist, 1*, 181-199.
- Maksum, A. (2007). *Kualitas pribadi atlet: kunci keberhasilan meraih prestasi tinggi*. Fakultas Ilmu Keolahragaan, Universitas Negeri Surabaya, Jakarta.
- Mardotillah. (2017). Silat: identitas budaya, pendidikan, seni bela diri, dan pemeliharaan kesehatan. *Jurnal Antropologi: Isu-Isu Sosial Budaya*. Vol. 18 (2):121-133.
- Maulana, A. (2010). *Analisis perbandingan aikido di jepang dan silek di minangkabau sebagai seni beladiri tradisional*. Skripsi. Universitas Sumatera Utara.
- Mellalieu, S.D., Hanton, S & Fletcher, D. (2008). *A competitive anxiety review*. New York: Nova science Publishers, Inc.
- Miville M L, Ferguson A D. (2014). *Handbook of race-ethnicity and gender in psychology*. DOI 10.1007/978-1-4614-8860-6 Springer. New York. ISBN 978-1-4614-8860-6.
- Moran, A. (2012). *Sport and exercise psychology: A Critical Introduction*. Second Edition.
- Moran, A.P. (2004). *Sport and exercise psychology*. London and New York: Routledge.
- Morris, T., Spittle, M., And Watt, A. (2005). Imagery in funtl. shoal of human movement, recreation, and performance and centre for ageing, rehabilitation, exercise and sport. Victoria University. *Human Kinetics*.
- Morris, T. (2000). Psychological characteristics and talent identification in soccer. *Journal of Sports Sciences, 18*, 715-726.
- Mroczkowska, H. (2009). The feminine auto perception of sporting competences and aspirations achievements. *Polish Journal of Sport and Tourism 16*, 229-238

- Muthu., Jayanth., Sakthiganavel. (2014). A study on psychological variables on women sports participation levels in university. *IOSR Journal of Sports and Physical Education (IOSR-JSPE)* e-ISSN: 2347-6737, p-ISSN: 2347-6745, Volume 1, Issue 3, PP 12-15 [www.iosrjournals.org](http://www.iosrjournals.org)
- Mylsidayu A. (2014). *Psikologi olahraga*. Jakarta: Bumi Aksara.
- Mytskan, B. (2006). Psychic qualities and their role in the system of psychological training of judoists. *Idō - Ruch dla Kultury*.
- Nesic, M., Fratric F & Vukasinovic V. (2013). Motivational characteristics of karate coaches. *Physical Education and Sport* Vol. 11, No 3, 2013, pp. 275 – 284.
- Nopiyanto, Y.E., Dimiyati. (2018). Karakteristik psikologis atlet Sea Games Indonesia ditinjau dari jenis cabang olahraga dan jenis kelamin. *Jurnal Keolahragaan*. DOI: <https://doi.org/10.21831/jk.v6i1.15010>
- Nosanchuk, T. A., & Macneil, M. L. C. (1989). Examination of the Effects of Traditional and Modern Martial Arts Training on Aggressiveness. *Aggressive Behavior*, 15, 153–159.
- Nugroho, A. (2004). *Diktat pedoman latihan pencak silat*. Yogyakarta: FIK UNY.
- Oetojo, P. (2000). *Pencak silat*. Semarang: Universitas Negeri Semarang.
- PB IPSI (2007). *Peraturan pertandingan pencak silat*. Jakarta: Munas XII IPSI.
- Piskorska E., Mieszkowski J., Kochanowicz A., Wędrowska E., Niespodziński., Borkowska. (2016). Mental skills in combat sports – review of methods anxiety evaluation. *Archives of Budo. Science Of Martial Arts*.
- Pomatahu A R. (2018). *Box jump, depth jump sprint, power otot tungkai pada cabang olahraga pencak silat*. Yogyakarta: Zahir Publishing.
- Prayitno, E. (1989). *Motivasi dalam belajar dan berprestasi*. Jakarta: Departemen Pendidikan dan Kebudayaan Direktorat Jenderal Pendidikan Tinggi.
- Priyambodo, B. (2018). *Ketangguhan mental pada atlet ditinjau dari usia, jenis kelamin, dan pengalaman bertanding*. Universitas Muhammadiyah Surakarta.
- Putri P.S., Ismalasari. (2017). Analisis Kecemasan Atlet Terhadap Prestasi Sebelum Dan Sesudah Pertandingan. *Jurnal Prestasi Olahraga*. Vol 1, No 1.
- Rachmawati P, Karini M, Priyatama N. (2016). Hubungan antara kepercayaan diri dengan kecemasan menghadapi pertandingan pada atlet karate Unit

Kegiatan mahasiswa institut karate-do indonesia universitas sebelas maret (UKM INKAI UNS). *Jurnal Ilmiah Psikologi Candrajawa* Vol 4, No 4.

- Rattanakoses., Omar-Fauzee., & Soh. (2009). Evaluating the relationship of imagery and self-confidence in female and male athletes. *European Journal of Social Sciences*. 10(1):129-142.
- Raynaldi., Rachmah., Akbar. (2016). Hubungan ketangguhan mental dengan kecemasan bertanding pada atlet pencak silat di Banjarbaru. *Jurnal Ecopsy*, Volume 3, Nomor 3.
- Reynes E., Lorant J. (2004). Competitive martial arts and aggressiveness: a 2-yr. longitudinal study among young boys. *Perceptual and Motor Skills* 98, 103-105.
- Richards C., Barker, M J. (2015). *The palgrave handbook of the psychology of sexuality and gender*. By Palgrave Macmillan. New York. ISBN 978-1-137-34588-2.
- Riduwan. (2005). *Skala pengukuran variabel-variabel penelitian*. Bandung: Alfabeta.
- Rifqi M. (2016). Pengembangan Sumber Belajar Materi Pencak Silat Untuk Pemula Berbasis Android. Universitas Negeri Yogyakarta.
- Rinawati, N. (2009). *Pelatihan olahraga karate sebagai upaya meningkatkan kepercayaan diri anak tunarungu Di SLB B Karnnamanohara Sleman*, Yogyakarta. Skripsi. Yogyakarta: Fakultas Ilmu Pendidikan Universitas Negeri Yogyakarta.
- Riyadiningsih, Hening. (2010). *Peran kondisi psikologis dan karakteristik pribadi dalam pengembangan kepemimpinan efektif: sebuah tinjauan konseptual*. Makalah Call for Paper STIE Stikubank. Semarang
- Rolleri, L. (2012a). Operationalizing gender equality: An important determinant of sexual and reproductive health (SRH) outcomes. Article. New York: EngenderHealth. [www.actforyouth.net](http://www.actforyouth.net)
- Ruslan. (2011). Meningkatkan kondisi fisik atlet pusat pendidikan dan latihan olahraga pelajar. *Jurnal ILARA*, Volume I I, Nomor 2,, hlm. 45 – 56
- Sardiman, A.M. (2011). *Interaksi & motivasi belajar mengajar*. Jakarta: PT. Raja Grafindo Persada.



- Satiadarma, Monty P. (2000). *Dasar-dasar psikologi olahraga*. Jakarta: Pustaka Sinar Harapan.
- Simpson, D., & Wrisberg, C. (2013). Fail to Prepare , Prepare to Fail : Professional Boxers ' *Experiences of Training*, 109–119.
- Siregar, S. (2012). *Statistik deskriptif untuk penelitian; dilengkapi perhitungan manual dan aplikasi SPSS Versi 17*. Jakarta: PT. Rajagrafindo Persada.
- Sugiyono. (2012). *Metode penelitian kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta.
- Sukadiyanto. (2002). *Metode Latihan Fisik*. Yogyakarta : FIK Universitas Negeri Yogyakarta.
- Sukadiyanto. (2010). *Pengantar Teori dan Metodologi Melatih Fisik*. Yogyakarta: Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta
- Suwaryo. (2008). *Peranan organisasi perguruan seni beladiri pencak silat dalam meminimalisir kejahatan (studi suatu studi upaya non-penal pada organisasi perguruan seni beladiri pencak silat Di Kabupaten Banjarnegara, Provinsi Jawa Tengah)*. Semarang: Universitas Diponegoro.
- Sya'ban Purnama Surya Darma. (2013). *Profil kondisi fisik pemain bolabasket putri Smp N 1 Kalasan Sleman*. Skripsi. Yogyakarta: FIK UNY
- Tenenbaum. G & Eklaud. R.C. (2007). *Hanbook of sport psychology 3ed*. Canada: John Weley & Sons, Inc.
- Thantaway. (2005). *Kamus istilah bimbingan dan konseling*. Yogyakarta: Kanisius
- Triyono, D. (2014). *Hubungan tingkat kepercayaan diri dengan kecemasan atlet pencak silat (Ipsi) Kota Bandung Sebelum Menghadapi pertandingan popda Jawa Barat Tahun 2014*.
- Vealey, R. (2002). Personality and sport behavior. In T. Horn (ed.), *Advances in Sport Psychology* (2nd edn; pp. 43–82). Champaign, IL: Kinetika Manusia.
- Vertonghen,J., Theeboom M. (2010). The social-psychological outcomes of martial arts practice among youth: A review. *Journal of Sports Science and Medicine*, 9, 528-537
- Wagiran. (2015). *Metodologi penelitian pendidikan: Teori dan implementasi*. Yogyakarta: Deepublish.

- Weinberg, R.S & Gould, D.(2011).*Foundation of sport and exercise psychology*. Champaign, IL. human kinetics.
- Wilson, P.M., Rodgers, W.M., Fraser, S.N. & Murray, T.C. (2004). Relationship between exercise regulations and motivational consequences in University Students. *Research Quarterly For Exercise And Sport*, 75, 81-91.
- Winkle, JM & Ozmun, JC (2003). Martial arts: an exciting addition to the physical education curriculum. *Journal of Physical Education, Recreation, and Dance*, 74, 29–38.
- Wolowik J.B., Goral K. (2014). Selected Personality Traits Of Women Training Combat. *Pol. J. Sport Tourism*. 21, 3-7, DOI: 10.2478/pjst-2014-0001
- Yetisa I. P. (2007). *Hubungan antara intimasi pelatih – atlet dengan kecemasan bertanding pada atlte ikatan pencak silat (IPSI) Semarang*. Skripsi. Fakultas Kedokteran, Universitas Diponegoro.
- Zaggelidis, G. (2016). Image evaluation of karate athletes. *Journal of Physical Education and Sport*, 16(3), Art 134, pp. 850 - 856.
- Zinsser, N., Bunker, L., & Williams, J. M. (2001). Cognitive techniques for building confidence and enhancing performance. In J.M. Williams, (Ed.), *Applied sport psychology: Personal growth to peak performance* (4th ed., pp. 284-311). Mountain View, CA: Mayfield.