

ABSTRACT

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Resilience Overview of The Early Adulthood National Badminton Athletes Who Have Experienced Loss. (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psi.) Undergraduate Program in Psychology, Tarumanagara University, (i-ix; 1-69 pages; R1-R3; Appdx 1-12)

Badminton is the flagship sports in Indonesia. However, Indonesian athlete's performance has decreased, especially in last five years. One of the factor that effect their performance is the mental conditions of the athlete itself. Resilience concept has the important role in determining athlete performance on the court. Resilience is the ability to empower themselves to overcome the pressure or challenges or even obtain a significant benefit from the experience to later achieve a better performance than previous. This research aims to look at the illustration of resilience national level badminton athletes who have experienced loss to be able to win again. This research uses *mixed method* (quantitative and qualitative). The results were obtained by looking at the results of the quantitative data and then followed by looking at the results of qualitative interviews and observations. The research participants are the achievement athletes aged 20-30 years old. Total of the quantitative participants are thirty four people and subjects were obtained for interviews totaled four people. The results showed that the achievement of the national training athletes have a pretty good source of resilience. But in fact, the participant tend to have less resilience. This is because not all of participants have the characteristics of resilient.

Keyword : resilience, sports.