

ABSTRACT

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Overview of Resilience in Early Adult Badminton Athletes Who Have Been Defeated at Training Center X; Dr. Monty P. Satiadarma, MS/ AT, MCP/ MFCC & Untung Subroto, M. Psi.; Bachelor of Psychology, Universitas Tarumanagara, (i-xi, 79 pages, P1-P2, L1-L18)

In the world of sports, resilient capabilities are needed. The ability to bounce back in difficult / pressing conditions is known as resilience. In the world of sports, of course, resilient capabilities are needed. This study aims to evaluate resilience in badminton athletes who have experienced widespread defeat. Research methods used include in-depth interviews with interview guidelines based on the theory of resilience. The subjects of this study were 6 young adult badminton athletes who had experienced defeat and stay at X training center. Based on the results of data analysis and the theory of resilience, it can be concluded that of the dimensions of resilience, the six subjects met all dimensions (optimism, self efficacy, emotional regulation, reaching out, empathy, impulse control, and causal analysis). Based on resilience forming factors, the six subjects fulfilled the "I have" and "I am" factors.

In the third forming factor, namely "I can", only 3 subjects fulfilled

it.

Keywords: resilience, sports, early adult