

ABSTRACT

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The Relationship Between Resiliency and Anxiety in Intercollegiate Woman Athlete (Sandi Kartasasmita, M. Psi); Psychological Study Program, Strata One Undergraduate Program, University of Tarumanagara, (51 pages; P1-P3; L1-L41)

This research was intended to find out the relation between resiliency with anxiety. Resiliency is the ability to survive and recover from negative situations effectively and the individuals capabilities to deal with, to prevent, to minimize, and to eliminate the adverse impact of the unpleasant conditions. Anxiety is an unpleasant emotional reaction to the dangers that are not real or imaginary. This reaction appeared with autonomic and subjective experience which is felt as tension, anxiety, fear of something that is not clear and has impact on every individual. This non-experimental correlational research is using questionnaires given to 100 subjects. Pearson Product-Moment correlation technique is used to process the data. The results of this study showed that there was a negative correlation between resilience with anxiety ($r = -0.605$, $p < 0.01$).

Keyword: Resiliency, Anxiety, Intercollegiate Woman Athlete