

ABSTRACT

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Range of Mixed Martial Arts Exercises to Improve Self-esteem; Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC. Undergraduate Program in Psychology, Tarumanagara University, (i-x; 69 Pages; R1-R6; Appendix 1-50).

Mixed Martial Arts (MMA) is a martial art that is a combination of several martial arts such as Jiu-Jitsu, Boxing, Kick Boxing, Boxing and Muay Thai has become a sport that enough interested people in Indonesia. The purpose of this study is to provide additional information that the MMA training can improve self-esteem Synergy Warrior Dojo members, so a higher level of self-esteem cause increased achievement Synergy Warrior Dojo. This study included 45 members and 3 coaches Synergy Warrior Dojo. This study uses a quantitative method with purposive sampling technique. This study is a comparative study by providing pre-test and post-test in each subject group are distinguished by the range practicing MMA. In addition, in this study the MMA trainers were asked to provide the assessment of the level of self-esteem which owned the subject of research by filling interreter observation sheet during the pre-test and post-test implemented. The results showed an increase in self-esteem in the entire group of MMA on the subject after undergoing additional training MMA, MMA coaches also provide a higher assessment of the level of self-esteem in MMA owned by Synergy Warrior Dojo after undergoing additional training MMA. Also note also that the achievement Dojo warrior Synergy Synergy increased after Warrior Dojo members undergo additional training MMA.

Keywords : *Mixed Martial Arts and Self-esteem.*