

MENTAL TOUGHNESS DAN RISK TAKING BEHAVIOR PENDAKI GUNUNG

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Abstrak

Mental toughness memiliki peranan penting bagi pendaki gunung. Fungsi *mental toughness* yaitu untuk pertahanan diri pendaki ketika berhadapan dengan risiko selama melakukan pendakian. Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *mental toughness* dengan *risk taking behavior* pada pendaki gunung. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif korelasional. Penelitian ini menggunakan teknik *purposive sampling* dimana peneliti melibatkan 100 orang yang tergabung dalam organisasi Wanadri dengan rentang usia 18-50 tahun. Data penelitian diperoleh dari adaptasi skala *mental toughness* milik Clough et al, serta skala *risk taking behavior* milik Woodman et al. Teknik analisis data menggunakan uji korelasi *product moment* dengan bantuan Software JASP 0.15 for Windows. Hasil penelitian menunjukkan terdapat hubungan antara variabel *mental toughness* dengan *risk taking behavior* dengan nilai koefisien sebesar 0.663 dan taraf signifikan 0.001 ($p < 0.05$). Hal ini menunjukkan bahwa terdapat korelasi positif diantara kedua variabel, sehingga *mental toughness* pendaki gunung dapat menentukan tingkat *risk taking behavior* yang dimilikinya.

Kata Kunci: *mental toughness*, *risk taking behavior*, pendaki gunung

Abstract

Mental toughness has an important role for mountain climbers. The *mental toughness* function is for the climber's self-defense when dealing with risks during the ascent. This study aims to determine the relationship between *mental toughness* and *risk taking behavior* in mountain climbers. The method used in this research is correlational quantitative method. This study uses a *purposive sampling* technique in which the researchers involved 100 people who are members of the Wanadri organization with an age range of 18-50 years. The research data were obtained from adaptation of Clough et al's *mental toughness* scale, and Woodman et al's *risk taking behavior* scale. The data analysis technique uses the *product moment* correlation test with the help of JASP 0.15 software for Windows. The results showed that there was a relationship between the *mental toughness* variable and *risk taking behavior* with a coefficient value of 0.663 and a significant level of 0.001 ($p < 0.05$). This shows that there is a positive correlation between the two variables, so that the *mental toughness* of mountain climbers can determine the level of *risk taking behavior* they have.

Keywords: *mental toughness*, *risk taking behavior*, mountain climbers