

**TINGKAT KEDISIPLINAN ATLET RUGBY DAN CRICKET
PADA MASA ADAPTASI KEBIASAAN BARU
DI KABUPATEN BULELENG**

Oleh

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui tingkat kedisiplinan atlet cabang olahraga rugby dan crickt pada masa adaptasi kebiasaan baru di Kabupaten Buleleng tahun 2022. Jenis penelitian ni adalah penelitian deskriptif dengan metode kuantitatif. Penelitian deskriptif ini menggunakan *simple random sampling*, dengan jumlah atlet rugby sebanyak 40 orang dan atlet cricket sebanyak 40 orang. Instrumen penelitian berbentuk angket tertutup dalam bentuk *google form*. Analisis data menggunakan deskriptif kuantitatif. Hasil penelitian menunjukkan bahwa tingkat kedisiplinan atlet cabang olahraga rugby berada pada kategori sangat disiplin sebanyak 28 orang (70%), dan kategori disiplin sebanyak 12 orang (30%). Sedangkan hasil penelitian tingkat kedisiplinan atlet cricket berada pada kategori sangat disiplin sebanyak 29 orang (72,5%), kategori disiplin sebanyak 6 orang (15%), kategori cukup disiplin sebanyak 3 orang (7,5%) dan kategori sangat kurang disiplin sebanyak 2 orang (5%). Berdasarkan nilai rerata tingkat kedisiplinan atlet cabang olahraga rugby dan cricket berada pada kategori sangat disiplin. Kategori ini dapat digeneralisasikan, namun hanya berlaku untuk kelompok yang diteliti saja. Disarankan kepada atlet cabang olahraga rugby dan cricket yang ada di Kabupaten Buleleng, agar tetap menjaga kondisi tubuh juga perfoma dalam latihan pada masa adaptasi kebiasaan baru.

Kata kunci: disiplin, AKB, rugby, cricket

DISCIPLINE LEVEL OF RUGBY AND CRICKET ATHLETES DURING THE ADAPTATION OF NEW HABITS IN BULELENG DISTRICT

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ABSTRACT

This study aims to determine the level of discipline of athletes in rugby and cricket sports during the adaptation period of new habits in Buleleng Regency in 2022. This type of research is descriptive research with quantitative methods. The descriptive study used simple random sampling, with 40 rugby athletes and 40 cricket athletes. The research instrument is in the form of google form. Data analysis used descriptive quantitative. The result showed that the discipline level of rugby athletes was in the very discipline category as many as 28 people (70%), and the discipline category as many as 12 people (30%). While the results of the research on the level of discipline of cricket athletes were in the very disciplined category as many as 29 people (72,5%), in the category as many as 6 people (15%), the moderately disciplined category as many as 3 people (7,5%) and the very less disciplined category as many as 2 people (5%). Based on the average value of the discipline level of athletes in rugby and cricket sport, they are in the very disciplined category. This category cannot be generalized, but only applies to the studied group. It is recommended to athletes in the rugby and cricket sport in Buleleng Regency, to maintain body condition as well as performance in training during the adaptation period of new habits.

Keywords: discipline, IMR, rugby, cricket