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**Judul** :  
Pengaruh Latihan Relaksasi Napas Dalam Terhadap Kecemasan Atlet  
Tinju di Lingkungan Militer TNI AU Cilangkap Jakarta Timur

### **ABSTRAK**

**Latar Belakang** : Atlet tinju di lingkungan militer kerap mengalami kecemasan tinggi menjelang pertandingan karena tuntutan fisik dan mental yang berat. Kecemasan ini dapat menurunkan performa atlet, sehingga diperlukan intervensi non-farmakologis yang efektif seperti latihan relaksasi napas dalam.

**Tujuan** : Mengetahui pengaruh latihan relaksasi napas dalam terhadap kecemasan pada atlet tinju TNI Angkatan Udara di lingkungan militer Mabes AU Cilangkap, Jakarta Timur.

**Metode** : Penelitian ini menggunakan desain kuasi eksperimen dengan rancangan *one group pre-test and post-test*. Sampel berjumlah 22 atlet tinju TNI AU yang dipilih melalui teknik total sampling. Pengukuran tingkat kecemasan dilakukan menggunakan kuesioner *Sport Anxiety Scale-2* (SAS-2) sebelum dan sesudah intervensi latihan relaksasi napas dalam. Data dianalisis menggunakan *uji Wilcoxon Signed Ranks Test*.

**Hasil** : Hasil menunjukkan adanya penurunan signifikan tingkat kecemasan setelah diberikan latihan relaksasi napas dalam. Sebelum intervensi, 54,5% atlet mengalami kecemasan tinggi, sedangkan setelah intervensi, 68,2% berada dalam kategori kecemasan ringan. Uji statistik menghasilkan nilai  $p = 0,000$  ( $p < 0,05$ ), yang menunjukkan perbedaan signifikan antara tingkat kecemasan sebelum dan sesudah intervensi.

**Kesimpulan** : Latihan relaksasi napas dalam terbukti efektif menurunkan tingkat kecemasan pada atlet tinju TNI AU. Teknik ini direkomendasikan sebagai strategi non-obat untuk mendukung kesehatan mental dan performa atlet militer.

**Kata Kunci** : Atlet Tinju, Kecemasan, Latihan Relaksasi Napas, TNI AU  
**Daftar Pustaka** : 23 buah (2020 – 2025)

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Title :

*The Effect of Deep Breathing Relaxation Exercises on Anxiety in Boxers in the Indonesian Air Force Military Environment in Cilangkap, East Jakarta*

#### ABSTRACT

*Background: Boxing athletes in a military environment often experience high levels of anxiety before competitions due to the demanding physical and mental requirements. This anxiety can impair athletic performance, necessitating effective non-pharmacological interventions such as deep breathing relaxation exercises.*

*Objective: To determine the effect of deep breathing relaxation exercises on anxiety levels among boxing athletes in the Indonesian Air Force military environment at the Indonesian Air Force Headquarters in Cilangkap, East Jakarta.*

*Method: This study employed a quasi-experimental design with a one-group pre-test and post-test design. The sample consisted of 22 Indonesian Air Force boxing athletes selected using total sampling technique. Anxiety levels were measured using the Sport Anxiety Scale-2 (SAS-2) questionnaire before and after the deep breathing relaxation exercise intervention. Data were analysed using the Wilcoxon Signed Ranks Test. Results: The results showed a significant decrease in anxiety levels after deep breathing relaxation exercises were administered. Before the intervention, 54.5% of athletes experienced high anxiety, while after the intervention, 68.2% were in the mild anxiety category. Statistical analysis yielded a p-value of 0.000 ( $p < 0.05$ ), indicating a significant difference between anxiety levels before and after the intervention.*

*Conclusion: Deep breathing relaxation exercises have proven effective in reducing anxiety levels among TNI AU boxing athletes. This technique is recommended as a non-pharmacological strategy to support mental health and performance among military athletes.*

*Keywords : Breathing Relaxation Exercise, Anxiety, Boxers, TNI AU*

*References: 23 (2020–2025)*

#### DAFTAR ISI