

Peran pelatihan mental terhadap perceived control of anxiety pada atlet pelajar olahraga atletik = Role of mental training on perceived control of anxiety among athletic student athletes

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Abstrak

[ABSTRAK

Penelitian ini dilakukan untuk mengetahui peran pelatihan mental terhadap perceived control of anxiety pada atlet pelajar olahraga atletik. Penelitian ini dilakukan di Pusat Pendidikan dan Latihan Pelajar Daerah (PPLPD) Kabupaten Bogor dengan partisipan sebanyak 16 atlet pelajar olahraga atletik non teknik. Pelatihan mental yang digunakan adalah pelatihan mental tingkat lanjut, yaitu pelatihan mental yang menggunakan gabungan berbagai pelatihan mental dasar yaitu teknik kognitif tingkah laku melalui goal setting dan self talk, relaksasi otot progresif, konsentrasi, dan imajeri. Perceived control of anxiety diukur dengan Revised Anxiety Control Questionnaire (ACQ-R) yang disusun oleh Brown, White, Forsyth, dan Barlow (2004). Hasil penelitian menunjukkan bahwa pelatihan mental dapat meningkatkan perceived control of anxiety atlet. Secara spesifik, dua dimensi dalam perceived control of anxiety yaitu threat control dan stress control menunjukkan peningkatan setelah diberikan pelatihan mental. Hal ini menunjukkan bahwa pelatihan mental tingkat lanjut dapat meningkatkan kepercayaan seseorang terhadap kemampuannya untuk melakukan penyesuaian secara psikologis terhadap kejadian yang dapat menimbulkan rasa cemas dengan melakukan pengendalian terhadap ancaman yang muncul dan pengendalian terhadap stress.

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ABSTRACT

This research was conducted to examine the role of mental training on perceived control of anxiety among athletic student athletes. This research was conducted at PPLPD Bogor Regency with total participants are 16 non-technique athletic student athletes. Mental training consists of several basic mental training, including goal setting and self talk, progressive muscle relaxation, concentration, and imagery, and called advanced mental training. Perceived control of anxiety was measured with Revised Anxiety Control Questionnaire (ACQ-R) from Brown, White, Forsyth, dan Barlow (2004). Result showed that mental training did play a role in enhancing perceived control of anxiety among athletic student athletes. Specifically, two out of three dimensions of perceived control of anxiety: threat control and stress control showed a significant increase after mental training. This result showed that advanced mental training can enhancing individuals perceived level of control over anxiety and anxiety-related events through threat control and stress control.;This research was conducted to examine the role of mental training on perceived control of anxiety among athletic student athletes. This research was conducted at PPLPD Bogor Regency with total participants are 16 non-technique athletic student athletes. Mental training consists of several basic mental training, including goal setting and self talk, progressive muscle relaxation, concentration, and imagery, and called advanced mental training. Perceived control of anxiety was measured with Revised Anxiety Control Questionnaire (ACQ-R) from Brown, White, Forsyth, dan Barlow (2004). Result showed that mental training did play a role in enhancing perceived control of anxiety among athletic student athletes. Specifically, two out of three dimensions of perceived control of anxiety: threat control and stress control

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