

The influence of integrated mental skill training in enhancing self confidence of pplp DKI Jakarta taekwondoin

Muhammad Syauqi Putra, author

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Abstrak

Background: The purpose of this study is to analyze the effect of Mental skill training (PST) to enhance self-confidence of PPLP DKI Jakarta taekwondoin athletes in competition preparation phase. Methods: Eight athletes, a coach and his asisstant are the participants of this study. Eight taekwondoin athlete were given a PST program, and self-confidence measurement were conducted before and after intervention bas completed. The coach and his assistant were asked to give their evaluation by completing Athlete's Self-Confidence Evaluation Form. Results: This study shows that PST influences self-confidence. The results of this Study also suggests that PST should be integrated in the preparation phase; using breathing technique, positive self-talk, and imagery training before exercise, as well as breathing and relaxation after a training exercise.