

The influence of imagery and instructional film on achievement of Indonesian special olympics 100 meter running athlete

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20512262&lokasi=lokal>

Abstrak

Background: Some Intellectual disability athletes who have intelligence quotation between 70-75 around the world can have the same achievement as the athletes who have normal cognitive ability. The purpose of this study is to find out the influence of imagery training and instructional film program towards the improvement of running performance in Intellectual disability athletes. Methods: 12 Intellectual disability 100 meters running athletes, 9 men and 3 women, with intelligence score between 70-75 at the age of 20 – 29 years old from Indonesian Special Olympics Club in Rawamangun, Jakarta were divided into 3 treatment groups: (a) Imagery group, (b) Instructional film groups, (c) control group. Each treatment groups was conducted to 12 times of their training program. Every athlete was performed running tests before and after treatments. Result : The results show that there is no influence of all the training types towards the before and after treatment running tests (in control group $p=0.957$, instructional film group $p=0.661$, and imagery group $p=0.192$). There is no significant difference between all groups in the results of running test before and after treatment with $p=0.744$ ($p<0.05$). Conclusion : Imagery practicing method and Instructional film program do not influence the achievement of the Special Olympic Athlete Club in Jakarta in 100 m running group.