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Improving Of Sports Mental Education Training For Central Java Rowing Athletes To Sports Week Of North Sumatera - Aceh 2024

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Abstract

The purpose of the study is to create and improve performance both subjectively and objectively even under challenges, overcoming stress, anxiety and decisions related to match situations. The results of the community service research of 8 Pelatda rowing athletes on Resilience: 5 athletes in the high category, 3 athletes in the very high category. On Psychological Tension: 1 athlete in the high category, 7 athletes in the very high category. On Mental Skills: 4 athletes in the high category, 4 athletes in the very high category. Discussion on Resilience, athletes are given recommendations: high and very high categories, then Maintain the ability and skills in managing emotions, tension, and adapting to various situations, On Psychological Tension, athletes are given recommendations: Need to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this. Mental Skills athletes are given recommendations: Maintain the ability and skills in managing thoughts, and adapting to various situations.

Keywords: *Athlete Psychology Performance, Mental Education, Rowing Athlete*

INTRODUCTION

Athletes participating in competitive sports need to use psychological skills and effective coping strategies to reduce their expectations and improve their performance. Failure of athletes to respond to tension, anxiety and stress often results in repeated poor performance during competition.

Achieving sports achievements is not only focused on technical elements, physical condition, tactics, but mental psychology is also an important thing to train in each training session, two factors of athlete performance, namely physiological and psychological factors (1). Basically, movement is a process of change

for the better, namely improving physical quality, the functioning of body parts and the psychological quality of children who exercise (2). Psychological factors are related to the mental ability of athletes to train and compete, the characteristics of athlete performance are related to different personalities or personal characteristics which include attitudes and behavior (3). Athletes are able to compete or compete at a higher level. Of course, the standards that athletes must have are also higher.

Athletes must have better technical, physical and mental performance (4). If an athlete cannot meet these demands, then he will not be able to perform at his best.

NO	Sample	Resilience	Strain Psychological	Skills Mental
1	Athlete 1	High	Very High	Very High

Table 1. Psychological test results of athlete 1

In table 1 Resilience with a good category and the athlete's mental skills already have a very good category, then the athlete maintains the ability and skills in managing thoughts, and adapting to various situations.

In psychological tension has a very bad category, then the athlete needs to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this matter.

The mental training process is defined as the personal ability to create and improve performance both subjectively and objectively in difficult situations, dealing with stress, anxiety and decision making related to competitive situations (1,5). Athletes with a high mental level reflect the athlete's ability to cope with stress and anxiety caused by stressful competition situations (6,7).

Athletes with high levels of anxiety require intervention or training to develop good mental resilience so they can maintain focus and motivation so they are not easily affected by competitive situations (8). Therefore, the higher the mindset of the athlete, the lower the level of anxiety. Athletes can handle pressure positively, so that the less anxiety they feel when they face the match. The psychological benefits of sports can help rowers.

It helps anyone a lot to outsmart their opponents and try to succeed under pressure (9,10). A good mental state is related to stress tolerance and peak performance; specifically, the ability to consistently function at the peak of one's skills and abilities, regardless of the circumstances (11).

Mental training and education is important for rowing athletes and coaches to understand that teaching mental toughness to their players is just as important as teaching technical and physical skills to their players (5,12). In addition, a small number of coaches have

implemented individual and team mental skills training for players in their daily training, but they are less aware of it (13,14). For rowers, mental fitness is a factor that greatly determines the psychological readiness of the athlete himself, both in training sessions and in competitions. If the athlete's mental condition is good, then the opportunity to perform at his best level is wide open. Mental toughness is one of the most important psychological constructs in athlete performance. Mental toughness in sports is interpreted as conditions on the field or in the competition arena, the higher the mental quality of an athlete, the better the athlete can deal with heavy pressure from outside (15).

Based on the problems above, it can be concluded that providing an understanding of mental training is very important for rowing athletes and providing solutions to solving problems faced by athletes both during training and during competitions.

METHOD

This research service uses a descriptive quantitative type. The method used is the test survey method. Each athlete carries out the Resilience test, psychological tension test and mental skills test. Each athlete has different psychological characteristics, the athlete's experience is also influenced by the specific situation they are facing. The population in this study were rowing athletes of Pelatda PON Aceh Sumut 2024 Central Java, totaling 8 people. Then the sampling technique is total sampling, which is a sampling determination technique by taking the entire population.

RESULT AND DISCUSSION

NO	Sample	Resilience	Strain Psychological	Skills Mental
7	Athlete 7	High	Very High	High

Table 7. Psychological test results of athletes 7

In table 7, the resilience and mental skills of athletes are already in the good category, so athletes maintain their abilities and skills in managing their thoughts, and adapting to various situations.

In psychological tension, it is in the very bad category, so athletes need to practice controlling their emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this matter.

NO	Sample	Resilience	Strain Psychological	Skills Mental
2	Athlete 2	High	Very High	High

Table 2. Psychological test results of athlete 2

In table 2, the athlete's resilience and mental skills are already in the good category, so the athlete maintains the ability and skills in managing thoughts, and adapting to various situations.

In psychological tension, it is in the very bad category, so the athlete needs to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this.

NO	Sample	Resilience	Strain Psychological	Skills Mental
3	Athlete 3	Very High	Very High	High

Table 3. Psychological test results of athlete 3

In table 3, Resilience has a very good category and the athlete's mental skills already have a good category, so the athlete maintains the ability and skills in managing thoughts, and adapting to various situations.

In psychological tension, it has a very bad category, so the athlete needs to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this.

NO	Sample	Resilience	Strain Psychological	Skills Mental
4	Athlete 4	High	Very High	Very High

Table 4. Psychological test results of athlete 4

In table 4, Resilience has a good category and the athlete's mental skills already have a very good category, so the athlete maintains the ability and skills in managing thoughts, and adapting to various situations.

In psychological tension, it has a very bad category, so the athlete needs to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this.

NO	Sample	Resilience	Strain Psychological	Skills Mental
5	Athlete 5	Very High	High	Very High

Table 5. Psychological test results of athletes 5

In table 5, the resilience and mental skills of athletes are already in the very good category, so athletes maintain their abilities and skills in managing their thoughts, and adapting to various situations.

In psychological tension, it is in the bad category, so athletes need to practice controlling their emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this matter.

NO	Sample	Resilience	Strain Psychological	Skills Mental
6	Athlete 6	Very High	Very High	Very High

Table 6. Psychological test results of athletes 6

In Resilience with a very good category and the athlete's mental skills already have a very good category, the athlete maintains the ability and skills in managing thoughts, and adapting to various situations.

In psychological tension has a very bad category, the athlete needs to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this matter.

Discussion

The results of the community service research from the table above, there is a division of categories from 8 Pelatda rowing athletes in Resilience: 5 athletes in the high category, 3 athletes in the very high category. In Psychological Tension: 1 athlete in the high category, 7 athletes in the very high category. In Mental Skills: 4 athletes in the high category, 4 athletes in the very high category.

Discussion on Resilience, athletes are given recommendations: high and very high categories, then Maintain the ability and skills

NO	Sample	Resilience	Strain Psychological	Skills Mental
8	Athlete 8	High	Very High	High

Table 8. Results of the athlete's psychological test 8 In Resilience and mental skills, athletes already have a good category, so athletes maintain their abilities and skills in managing their thoughts, and adapting to various situations.

In psychological tension, it has a very bad category, so athletes need to practice controlling their emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this matter.

in managing emotions, tension, and adapting to various situations, In Psychological Tension, athletes are given recommendations: Need to practice controlling emotions, thinking practically, focusing on the match, and thinking positively. If you really can't do it independently, you should contact the psychological team to get counseling related to this. Mental Skills athletes are given recommendations: Maintain the ability and skills in managing thoughts, and adapting to various situations.

The finding in the competitive arena that mental toughness is associated with high resilience is consistent with the statement that mental toughness is associated with positive adaptation

to pressure or stress (16,17). Resilience is a process of interaction, adaptation, or effective management of significant sources of stress or trauma (18). The study results support previous research that has reported that mentally tougher athletes experience lower levels of stress (19). It is concluded from various findings that resilience is very necessary for athletes in facing competitions, especially so that athlete performance is always maintained and they remain focused on goal setting.

The relationship between psychosocial stressors and psychological illness in athletes is influenced by the nature, number, and persistence of stressors as well as the biological vulnerability of each individual (20,21). Psychological intervention has been shown to be beneficial in the treatment of stress-related disorders (22). Specific stress management strategies that should be used by sports coaches to assist in excellent performance in sports competitions as well as identifying the educational implications of stress management in sports competitions (23,24). From these opinions, it can be concluded that athletes who experience stress must immediately manage it and ask for assistance from a trainer or psychologist to reduce stress levels.

The finding was that only 27% of athletes reported that they used mental skills during their injury rehabilitation, and only 3% learned mental skills from a sports psychologist (25). Given these findings, more efforts are needed to educate athletes, coaches, and injury care professionals about the benefits of mental skills, and how they can be incorporated into rehabilitation programs (26). The results showed that there was a negative relationship between mental skills and the cognitive and somatic anxiety subscales, but there was a significant positive relationship between mental skills and self-confidence (27).

Mental skills during a match are the best strategy to control the factors that cause poor performance. An athlete who can control his/her stress condition before the match can be more successful in achieving his/her goals (28). From this opinion, it can be concluded that mental skills are one of the most important mental parameters that influence athlete performance and have a positive linear relationship with performance and can cause athletes to interpret anxiety positively during the competition.

CONCLUSION

Conclusion on resilience and psychological skills of rowing athletes has a good category proven athletes easily maintain the ability to adapt and self-control in facing the competition. In psychological tension has a low category which results in athletes being unable to control emotions, think practically, focus on the match.

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