

Psychological characteristics of PON DIY athletes

by Dimiyati, Lismadiana, Ria Lumintuarso

ABSTRACT

This study aims to: (1) Achieve a modeling exercise equipment that is appropriate for the age of the child, (2) Improve the motion response of children through the use of the tools of the sport, (3) Train the use of the tool, (4) to motivate manufacturers to produce tools en masse, (5) to motivate sports coaching at multilateral level coaching (To promote). In this study were used as research subjects are sports equipment for young children. The samples are 5 types of sports equipment for young children. The tools consist of: (1) Safety Hurdles modification, (2) Missile, (3) Petak red green, (4) bat for a tennis ball and badminton (5) Clapping. This research is an action research (action research). This study was designed with 3 cycles, and each cycle consists of four phases: planning, action, observation / observation, and reflection. Exercise tools are tested in 60 elementary school students in the city of Yogyakarta. The research instrument used was a questionnaire to ask for student feedback, as well as direct observation sheet. In this study the data by descriptive qualitative dianalisis. Outcomes to be gained is drafting five sports equipment for children of primary school students. Exercise tools are as follows: (1) Safety Hurdles modification, the material remains Impraboard made of triangular-shaped wicket, (2) Missile. The missile is a tool that resembles a sport javelin, which serves to be thrown, (3) red green plot. Red green swath step is to train to run on the child, (4) bat tennis balls and badminton (5) Clapping, which is a tool to exercise the reaction.

Kata Kunci: *characteristic, athlete, psychology*