

PERSEPSI PELATIH DAN ATLET TERHADAP KESIAPAN MENTAL ATLET POLO AIR DIY DALAM MENGHADAPI PON JAWA BARAT

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ABSTRACT

Mental is the readiness of one's mind to meet the psychological demands. In the mental exercise is an important element that determines the victory. PON (National Games) is the highest championship in Indonesia, for that mental preparedness is necessary to be a winner in the PON. This study aims untuk mengetahui mental readiness DIY water polo athletes both male and female in the face of the West Java PON seen from the perception of athletes and coaches themselves. This research uses descriptive qualitative research method, the research directed to provide the symptoms, facts, or events in a systematic and accurate information on the research and analysis were correct based on the data obtained. Data collection techniques used by observation and in-depth interviews. Sources of data in this study is a water polo coach DIY totaling 3 and also playing water polo DIY totaling 13 sons and 13 daughters. After the data is collected and analyzed the data with interactive analysis model which has three components, namely, data reduction, data presentation, and conclusion and verification. Based on the results of the description, it can be concluded (1) Perception of trainers on mental preparedness playing water polo DIY are the athletes in the ready mentally to face the PON Jabar, mental readiness is more visible on the men's team it is seen from the confidence of the players, team work good, and also increasingly rhythmic pattern of the game. As for the women's team are still some athletes who lack confidence, it affects teamwork becomes unfavorable pattern of the game becomes choppy, (2) Perceptions of male athlete of the mental readiness of playing water polo DIY is the male athlete have the mental preparation is good, all the athletes said that they are ready to become a champion 3 in PON Jabar, motivate each other among fellow athletes, communication and teamwork is getting better, (3) Perceptions of women athletes on the mental readiness of playing water polo DIY are some women athletes consider themselves less confident, of the interview they say that often feel anxious when when playing make mistakes, compactness team was unstable resulting teamwork when playing poorly, but the athletes still give each other motivation among friends both on the pitch and when it breaks

Kata Kunci: *Perception, mental readiness, water polo*