

ANALYSIS AND EVALUATION OF PSYCHOLOGICAL TRAINING PROGRAMS FOR DIY GYMNASTIC NATIONAL COMPETITION ATHLETE 2019

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ABSTRACT

This study aims to analyze and evaluate psychology training programs for DIY gymnastics athletes in 2019. This research is included in evaluative research using mix match method. The population used in this study were all gymnastics athletes. The sampling technique used was purposive sampling, the research sample was Athletic Gymnastics Workers in the Special Region of Yogyakarta, Athletes Gymnastics athletes who routinely attend training. The results of this study indicate that there is a significant effect of the training program of the DIY Gymnastics Athletes Training Team on general intelligence with a significance of 0.010, whereas in the personality domain, the training program provided does not have a significant effect (Sig. 0,100). It can be concluded that the training program implemented has not been able to maximally improve the psychological condition of DIY gymnastics athletes.

Kata Kunci: *evaluation, psychology training program, gymnastic athlete*