

# **WORKSHOP FOR STRENGTHENING PSYCHOLOGICAL ASPECTS IN PEDIATRIC LEARNING FOR TEACHERS TO DEVELOP AN ACTIVE SPORT LIFESTYLE**

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## **ABSTRACT**

Education is one of the best means of developing Indonesia's human resources as a whole, for future generations in order to face current developments. The development of psychological aspects in the form of cultivating positive attitudes and intrinsic motivation in students towards physical education is very urgent because it will be the basis for building an active sports lifestyle. This means that if Physical Education teachers through Physical Education learning can build positive attitudes and intrinsic motivation in students, then after learning Physical Education they will continue to live actively in sports.

In general, lecturers' activities outside campus run smoothly and are in accordance with the planned program. This DKL program will be held on Thursday/ 8 June 2023 and Thursday 15 June 2023. The DKL location and training will be held at SMPN 2 Dukun. The total length of DKL is 32 hours, consisting of 16 hours of training and 16 hours of independent work. The number of participants who took part in the activity was 35 people.

Based on the analysis of the results and discussion of the implementation of DKL activities, it can be concluded as follows: Mental imagery training can improve the movement skills of PJOK teachers who are also extra-curricular sports trainers. This DKL program will be held on Thursday, 8 June 2023 and Thursday, 15 June 2023. The location of the service will be held at SMPN 2 Dukun and the training will be held in the SMPN 2 Dukun Hall. The total length of service is 32 hours, consisting of 16 hours of training and 16 hours of independent work. The number of participants who took part in the activity was 35 people. This PPM program was successful due to several factors, including: active participants, implementation time which coincided with school holidays, optimal stakeholder support.

*Kata Kunci: Strengthening, Psychological Aspects, Physical Education, Middle School*