

EXPLORATION OF MENTAL RESISTANCE CONDITIONS DUE TO SITTING FREQUENCY SYNCHRONIC ONLINE LEARNING IN DIY BAPOMI ATHLETE

by Aris Fajar Pambudi, Willylhsan, Ismail Gani, M. Sigit Antoni

ABSTRACT

This study aims to explore the decrease in mental toughness due to the frequency of sitting in synchronous daring learning in Bapomi DIY athletes. The research focuses on five aspects, namely: 1) self-confidence (self-concept); 2) burn out (depersonalization); 3) sand (consistency of interest); 4) motivation (practice/compete); and 5) depressive symptoms (emotional state). This research is a combination of models embedded together, with quantitative methods as primary methods and qualitative methods as secondary methods. Samples were taken by purposive sampling. The quantitative sample is 50 respondents from BAPOMI athletes who are high school students and students in Yogyakarta. Qualitative samples were 6 participants consisting of 3 coaches and 3 parents and guardians of athletes. Quantitative data was taken with a scale of 1-5 questionnaires and qualitative data with semi-structured interviews. Quantitative data analysis uses descriptive statistics, qualitative data analysis by reducing data, presenting data, and drawing conclusions. The results showed that the decrease in mental toughness of self-confidence in BAPOMI DIY athletes due to synchronous daring learning was included in the high category. In decreasing mental toughness, burn out is included in the moderate category. The result of decreasing mental toughness grit or consistency of interest is included in the high category. The decrease in mental toughness motivation (practice/compete) is included in the high category. The results of the decrease in depressive symptoms were included in the high category. The results of this quantitative data are also in line with the statements of the coaches and parents of students who stated that: during courageous learning, athletes were tired because of more assignments, decreased interest in practicing compared to when learning was engaging, lacked focus and lack of enthusiasm, tired from sitting in front of a laptop, concentrating decreased because of college assignments, became more because they had to be diligent in controlling the physical and physical development of athletes. Athletes feel bored, are often late for training, to do college assignments, often make excuses, their motivation to train decreases, their fitness decreases, and their faces do not look fit. Thus, it can be said that daring synchronous learning for too long and a lot of sitting without regular physical activity can cause a decrease in mental toughness from various aspects at the level, although there is one aspect that is in the low category, but still such conditions can reduce high sports performance. has been working on it for a long time. Keywords: Mental Toughness, Courage Learning, Bapomi DIY Athletes

Kata Kunci: *Mental toughness, Online learning, Bapomi DIY Athletes*