

PSYCHOSOCIAL ASPECTS IN INDIVIDUAL SPORT ATHLETES

by Prof. Dr. Fx. Sugiyanto, M.Pd, Agus Supriyanto, M.Si., Nur Indah Pangastuti, M.Or., Adib Febrianta, M.Pd

ABSTRACT

A teenager's athletes collide with many things, such as rapid physical, psychological, and intellectual development. This study aims to determine how much the psychosocial aspects of the adolescent athletes of the Special Region of Yogyakarta (DIY) are in individual sports.

The type of research used in this research is quantitative descriptive. The method used is a survey with the main instrument in the form of a questionnaire. The population of this study were all athletes in individual sports in DIY. The research sample was obtained through incidental samples totaling 59 DIY athletes from six sports. These sports include athletics, swimming, speed skating, pencak silat, karate, and taekwondo. The research instrument was a Google Form questionnaire distributed via social media. The data analysis technique uses descriptive statistics expressed in percentages.

The results of the research and discussion show that the psychosocial aspects of DIY youth athletes in individual sports are included in the always category of 18.35%, the frequent category is 64.22%, the occasional category is 1.83%, and the low category is 15, 60%. These results conclude that the psychosocial aspects of DIY teenage athletes in this individual sport are typical. No abnormalities were found in the athlete's behavior related to their social environment. However, there is also a need for comprehensive assistance for athletes to optimize their performance.

Kata Kunci: *Psychosocial, Athletes, Teenagers, Individual Sport*