

Mental Skills Basic Training for Coach of Various Sports Branches Prepared for Indonesian National Sports (PON) XX in Papua

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ABSTRACT

Abstract

The most basic study in Sports Psychology is mental skills training (MST). Various literature states that the approach from the point of view of the Sports Psychology aspect to improve the skills of difficult motion techniques in various sports has been carried out, including through mental skills training (MST). On the basis of the theoretical analysis the writer has guided the thesis and conducted research related to mental skills training (MST). There is a professional and academic responsibility on the writing team to disseminate (disseminate) the results of the research to the sports community, especially the Pre-National Sports (Pre-PON) DIY coach in the form of Community service (CS).

The dissemination was carried out through cooperation in the form of CS between Graduate Program UNY, Indonesian National Sports Committee, Special Region of Yogyakarta

(KONI DIY) and the Indonesian Sports Mental Trainer Association (APMOI) which was held on Saturday, September 7, 2019 in the Hall of KONI DIY Building. CS activities are important because in general sports coaches lack understanding about mental training.

The objective to be achieved through CS activities is to increase the knowledge of Pre-PON DIY Puslatda coach. To achieve this goal the method used is training in MFIs. The target audience in this CS activity is the pre-PON DIY Regional Training Center (RTC) Coach, totaling 42 people from various sports.

Based on the analysis of the results and discussion of the implementation of CS activities it can be concluded as follows: (1) able to increase the knowledge and skills of the training participants, namely the Pre-PON DIY RTC coach about mental skills training; and (2) The training attended by 42 participants through this training was able to improve their knowledge and skills in applying mental exercises to improve athlete performance.

Kata Kunci: *Training, Mental Skills, Coach,*