

# **PSYCHOLOGICAL SKILLS TRAINING TO OVERCOME STRESS NATIONAL SPORT TEACHER ASSOCIATION IN YOGYAKARTA SPECIAL REGION**

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## **ABSTRACT**

The pandemic period requires teachers to adapt to learning situations and conditions. With limited space, teachers are expected to make adaptations and innovations to the learning process so that students continue to participate in the learning process even though there is no face-to-face or direct learning activities at school. Online learning or distance learning processes in theory in youth subjects are understood and can be conveyed through various media. There are many factors that do not support the distance learning process or the online learning process. These factors come from the teaching factors of teachers, students, facilities, infrastructure, time, and subject matter. Based on the problems faced by the sports teacher, it triggers stress on the sports teacher himself. Based on this situation analysis, our Community Service Team, Physical Health and Recreation Education Study Program (PJKR) Faculty of Sports Science (FIK) Yogyakarta State University (UNY) feel the need to provide a Psychological Skills training to deal with stress for Sports Teachers in the Special Region of Yogyakarta. The results of this training are that Sports Teachers in the Special Region of Yogyakarta can overcome stress in online learning so that they can increase self-confidence, innovate in the application of online and offline learning methods and provide material that is right on target and easy for students to understand.

Kata Kunci: *Training, Psychological Skills, Stress and PJOK.*