

THE INFLUENCE OF FACE-TO-FACE LEARNING AND HYBRID LEARNING METHODS ON THE MENTAL TOUGHNESS OF BAPOMI DIY ATHLETES

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Background: (1) Mental toughness is the main capital for athletes to excel apart from physical and biomotor aspects. (2) Athlete Bapomi has a double duty, apart from being an athlete, he is also required to complete the lecture process at PTN and PTS. Problem formulation: (1) Is there an influence of the hybrid learning method on mental toughness? (2) Is there an influence of face-to-face learning methods on mental toughness? (3) Which of the two methods is better for mental toughness? The research method uses experiments with a "pre-test and post-test group" research design. The population of BAPOMI DIY is 300 students who will go to PON, and the sample is 60 people using a purposive sampling technique. Data analysis was carried out by normality tests and homogeneity tests. The results of the research can be concluded (1) There is an influence of the hybrid learning method on mental toughnees, because $t\text{-count} (3.588) > t\text{-table} (2.093)$. (2) there is an influence of the hybrid learning method on mental toughnees. because $t\text{count} (4.178) > t\text{table} (2,093)$. (3) The face-to-face learning method is better than the hybrid learning method, because the average results are greater than the hybrid learning method, namely 15.00 and 12.90.

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