

## Integrasi self-hypnosis dan visualisasi sebagai faktor pada atlet untuk mencapai penampilan puncak = The integration of self-hypnosis and visualization as a factor for athletes to achieve peak performance

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### Abstrak

#### **ABSTRAK**

Penampilan puncak adalah perilaku seseorang yang lebih superior daripada perilakunya pada umumnya. Dalam bidang olahraga, indikator penampilan puncak seorang atlet adalah prestasi terbaiknya yang paling sesuai dengan hasil latihan dan potensi yang dimilikinya. Dimensi penampilan puncak meliputi perasaan a)relaks fisik dan b) mental, c) optimis, d) terpusat pada kekinian, e) merasa tergugah, f) waspada, g) terkendali h) in the cocoon (terseludang). Selama ini hanya sebagian kecil atlet yang berhasil mencapai penampilan puncak dan usaha untuk membantu atlet mencapai penampilan puncak dilakukan antara lain dengan latihan self hypnosis dan visualisasi yang diselenggarakan secara terpisah. Self hypnosis bersifat konvergen, dan bersifat divergen. Padahal, dalam gelanggang pertandingan, aspek konvergen dan divergen berlangsung secara simultan. Oleh karena itu latihan self-hypnosis dan visualisasi harus dijalankan secara simultan dan terintegrasi agar mampu membantu lebih banyak atlet mencapai penampilan puncak.

Penelitian kualitatif ini diikuti oleh 10 atlet nasional (7 atlet panahan dan 3 atlet angkat besi). Para atlet diberikan pelatihan self-hypnosis dan visualisasi. Mereka diminta untuk menjelaskan pengalaman mereka selama menjalani latihan tersebut. Enam dari 10 atlet mengalami delapan dimensi penampilan puncak dan semua atlet menunjukkan peningkatan prestasi. Tiga atlet angkat besi yang melanjutkan sendiri latihan tersebut memecahkan rekor nasional. Kondisi ini menunjukkan bahwa latihan self hypnosis dan visualisasi harus dilakukan secara simultan dan terintegratif guna membantu atlet untuk mencapai penampilan puncak.

#### **Abstract**

Peak performance is behavior which exceeds one's average performance (Privette, 1982) or an episode of superior functioning (Privette, 1983). The highest sport achievement obtained based on the athlete's optimum capacity and training program indicates athlete's peak performance. An athlete's peak performance contains eight aspects which are (a) physically relaxed, (b) mentally relaxed, (c) feeling optimistic, (d) feeling at present, (e) feeling (f) alert, (g) in control, and (h) in the cocoon. Currently only small numbers of athletes experience peak performance. Many athletes try to experience peak performance by engaging- in self-hypnosis or visualization training separately. These two training programs are usually conducted separately since the characteristic of self-hypnosis is convergent, and visualization is divergent. Self-hypnosis converts one's sensation and cognition into a particular-spot within the self; and visualization expands one's imagination into alternatives of action. However, in sport competition these convergent and divergent aspects interact simultaneously. Therefore, for the sake of peak performance in sport, self-hypnosis and visualization training should not be given and practiced separately.

These two training programs must be integrated. In order to help more athletes to achieve peak performance. Ten (10) national athletes (7 archers and 3 weight-lifters) participate in this research. All participants practice the integrated program of self-hypnosis and visualization. They were asked to explain their subjective -during the All athletes improved their score in sport achievement 'Six (6) of 10 athlete experienced the 8 aspects of peak performance. All 3 weight-litters break records. These conditions indicate that the integrated program of self hypnosis and visualization is necessary to help athletes achieve peak performance.