

Peran pelatihan mental dalam proses penurunan kecemasan cedera berulang pada atlet putri bola basket = The role of mental training in decreasing re-injury anxiety in women basketball athletes

Damar Arum Dwiarini, author

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Abstrak

Tesis ini meneliti peranan pelatihan mental dalam menurunkan kecemasan cedera berulang pada atlet putri bola basket yang memiliki riwayat cedera lutut dan atau pergelangan kaki (ankle). Penelitian ini adalah penelitian kualitatif dan kuantitatif. Pelatihan mental terdiri dari empat intervensi, yaitu autogenic relaxation, imagery, self-talk dan social support. Hasil penelitian menunjukkan bahwa pelatihan mental mampu berperan dalam menurunkan tingkat kecemasan cedera berulang pada atlet.

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This thesis examines the role of mental training in decreasing the re-injury anxiety in women basketball athletes who had a history of knee injury or ankle injury. This research is approached qualitative and quantitatively. Mental training consists of four interventions, ie autogenic relaxation, imagery, self-talk and social support. Results showed that mental training can play a role in lowering levels of re-injury anxiety in women athletes.