

# Analysis and Evaluation of Psychological Training Program in Yogyakarta National Gymnastics Championship Athletes

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**Keywords:** evaluation, psychological condition, gymnastics

**Abstract:** Psychological condition of athlete's is a factor that influences athlete's achievement. This study aims to analyse and evaluate psychological training programs on the psychological condition of athletes in Yogyakarta National Gymnastics Championship in 2019. This is evaluative research using mix match method. The population used in this study were all gymnastics athletes in Yogyakarta. The sampling technique used was purposive sampling, while the research sample was national gymnastics competition athletes in Yogyakarta. There are two instruments used in this study, namely: 1) test instruments to measure the psychological condition of athletes in the form of psychological tests from experts or psychologists who measure general intelligence and personality of athletes; and 2) questionnaires filled out by the coaches to determine the conditions of the training process. The data of this study were analysed using both quantitative methods in the form of percentages and qualitative methods. The results of this study indicated that the psychological condition of the research subjects was still at the middle level and needed to be improved. The results of the questionnaire completed by the coaches showed that the psychological training given to the athletes was not maximal because not all coaches mastered mental training to the fullest so that in the training process the improvement of the athlete's psychological condition was not maximal in his achievement.

## 1 INTRODUCTION

Gymnastics is one of the sports that has complex movements. Gymnastics is a complex sport consisting of routines performed on different pieces of apparatus for varying periods of time and with different physiological demands (Amstrong & Sharp, 2013). Gymnastics in general contains skills that contain a rich pattern of motion, which in practice depends on the needs of physical components in the sport. Although the pattern of motion was actually very unlimited, there are at least seven patterns of motion that are very dominant such as landings, static positions, locomotor, swing, rotation, spring, and object manipulation (Abraham, Lavoie, & Montreuil, 2008).

The achievement of the top performance in sports is inseparable from the main aspects that support one another and contribute each other to the achievement. Aspects that are directly related to achievement include aspects of athletes, aspects of quality training, and environmental aspects. The dominant aspect of the three aspects is the aspect of the athlete

itself, including talents, motor skills, physical abilities, athletes' mental or socio-psychological qualities, and the emotional aspects of the athlete. In gymnastics, PB Persani (2001), suggests several important aspects to improve athletes' achievement, including: 1) morphological aspects, 2) physiological and neuromuscular aspects, 3) perceptual aspects, and 4) psychological aspects. Harsono (1988) also states that to help athletes improve their skills and achievements to the maximum, there are four aspects that need to be considered carefully by athletes, namely technical training, physical tactics, and mental.

Mental or psychological aspect is one of the most important factors that affects the performance of the athletes. In today's modern sports framework, the psychological aspect of sports is one of the important scientific aspects as an effort to improve the achievements and performance of athletes. With the progress achieved in the field of psychology, psychological skills have an important meaning in expressing skills in sports (Gharayaghzandi, et.al, 2014).

Gymnastics is one sport where the level of skill and movement is very difficult and complex, so superior gymnasts must have good physical and mental aspects. In fact, some gymnasts believe that gymnastics is 100% physical and 100% mental (Cogan and Vidmar, 2000); meaning that the physical abilities of athletes are the basis of mental abilities, such as concentration, self-confidence and others. This ability can be interpreted as mental toughness. When stress occurs in athletes, this mental toughness will play a role. Therefore, mental toughness plays an important role in the daily training atmosphere and in the atmosphere of competition. In daily routine exercise, mental toughness will help gymnasts to reduce feelings of fear in learning new skills or difficult skills, so that gymnasts will feel capable and confident to do so. In competition, mental toughness will play a role in overcoming pressure from the audience or when seeing other gymnasts play well, so they must continue to concentrate and focus on the competition. Regarding the importance of psychological aspects, Hidayat (2004) reveals that psychological aspects have a large influence on athlete's appearance, at least 50% of athlete's appearance is determined by psychological aspects, and 90% is determined by psychological factors. Likewise, Porter and Foster (1986) argue that some athletes and coaches believe that 90% of peak performance in sports is determined by psychological factors.

The above statement explains that psychological training is very important to apply. Facts on the ground indicate that psychology training is ruled out. Therefore, the researcher intends to examine the analysis and evaluation of psychological training programs for athletes in Yogyakarta gymnastics in 2019.

## 2 METHODS

This study is an evaluation study. Twelve gymnastic athletes, consisting of national championship athlete team, were recruited as samples. The following exclusion criteria were then applied: gymnastic athletes who were involved in the Yogyakarta national championship team, had no health problems or injuries, and always joined the exercises carried out by the coach team. The sampling technique was based on purposive sampling which was chosen specifically based on research objectives.

There are two instruments used in this study, namely: 1) test instruments used to measure the psychological condition of athletes in the form of

psychological tests from experts or psychologists who measure general intelligence and personality of athletes which consist of achievement motivation, emotional maturity, emotional expression, adjustment, social interaction and stress resistance; and 2) questionnaires filled out by coaches to determine the conditions of the applied training process.

## 3 RESULT AND DISCUSSION

Psychological tests carried out on Yogyakarta national championship gymnastics athletes were conducted on two psychology domains, including general intelligence and personality. Personality consists of achievement motivation, emotional maturity, emotional expression, adjustment, social interaction, and stress resistance. The table below is a description of psychological test data.

Table 1: Psychology Test Result

Test Item	SB	B	RA	RT	RB	K	SK
General Intelegency	0	3	6	3	0	0	0
Personality	0	0	4	7	1	0	0

Based on Table 1, it is known that in the psychological tests the majority of general intelligence in Yogyakarta gymnastics athletes are at the top average level, while the Yogyakarta gymnastics athlete's personality is at the middle average level. The following figure is a histogram of psychology test results.

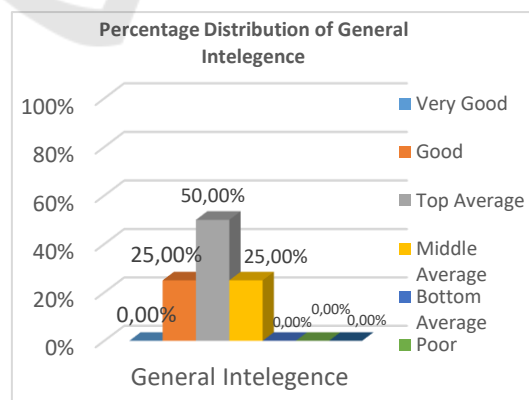


Table 1: Percentage Distribution of General Intelegence

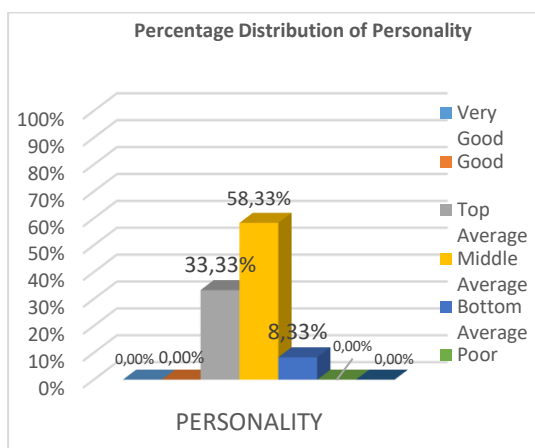


Table 1: Psychology Test Result

The results of data analysis showed that the general intelligence of athletes experienced an increase during the training process, while the personality domain of the athlete’s condition was still at the middle level. The personality domains measured some aspects including achievement motivation, emotional maturity, emotional expression, adjustment, social interaction, and stress resistance.

The results of the analysis indicated that there was no effect of the implementation of the training program provided by the coach team on the psychological conditions of Yogyakarta gymnastics athletes. This condition can be influenced by several factors. Based on the results of observations, this condition occurred because of the lack of maximum training that involved psychological aspects in the exercise. This training needed to be addressed immediately because the athlete’s psychological condition greatly influenced maximum achievement.

Weinberg, R.S. and Gould, D. (1995) suggest that sport and exercise psychology is the scientific study of people and their behaviour in sport and exercise context. Broadly speaking, the activities are: 1) studying how psychological factors influence a person’s physical appearance; and 2) understanding how a person’s involvement in sports affects their psychological development, health, and psychological well-being. When associated with achievement sports, this understanding clearly shows that the appearance (performance) of an athlete is influenced by various psychological factors.

The environment in which athletes compete such as field or spectator conditions can also affect their psychological condition, both positively and negatively. James (1982) suggests that 50% of the results of a match are determined by mental and

psychological factors. Then, Gunarsa (2004) suggests that the appearance of athletes in games or matches cannot be separated from the underlying behaviours and psychological aspects. Physiological and psychological factors are believed to influence gymnasts’ behaviour and thus their performance (Heinen, Vinken, Velentz, 2013). Physical conditions that include strength, flexibility, speed, strength, and muscle power, high anatomical and physiological structures and skills are not enough, because there must be a driver and direction, so that his performance is a combination of various factors, where psychological factors often determine and play a bigger role. Ogilvie (1968), L. Cooper (1969) and Hardiman (1973) suggest that the symptoms or psychological aspects that influence and can be developed in athletes are; 1) emotional stability, 2) tenacity (aggressive), 3) motivation and enthusiasm, 4) discipline, 5) confidence, 6) openness, and 7) intelligence.

In sports achievements, it is loaded with various physical, technical, tactical and mental aspects that must be prepared by practicing well. The four aspects have a very important role in achieving achievement. Without good, planned and programmed training systematically, it will be very difficult to achieve maximum results. These aspects are an integral whole that cannot be separated in achievement sports training. Basically, there are several ways that are used for means of mental training, such as 1) positive thinking, 2) keeping a diary of mental exercises, 3) goal setting, 4) relaxation exercises, 5) visualization exercises and imagery, and 6) concentration training. These methods can be used according to the character or personality of the athlete. They can also be used in combination between one method and the other so as not to cause saturation of athletes.

Empirical evidence indicates that differences in athletes’ personality traits vary with factors such as type of sport, skill level, competition level, gender, and cultural background. Personality alone is thus a rather weak predictor of gymnasts’ behaviour and performance in a wide variety of situation. Therefore, it is noted that information about gymnasts’ personality, situation, and interaction of gymnasts’ personality with the situation had better predict a gymnast performance than a personality or a situation analysis alone.

The explanation above explains that the overall psychological condition of a gymnastic athlete greatly influences the performance of athletes. the psychological condition of the athlete must be considered and improved in the process of achieving achievement. Using a multidimensional and

interactional approach, sport psychologists attempt to characterize a psychological profile for elite gymnasts in which selected psychological characteristics are identified that vary with gymnasts' expertise. Trainers can apply various forms of psychological training such as game approaches and so on, and can use a variety of psychological approaches.

#### 4 CONCLUSION

This study has indicated that the psychological condition of the research subjects was still at the middle level and needed to be improved. The training program provided or implemented for Yogyakarta gymnastics athletes was not maximal. The exercise program that was implemented has not been able to optimally improve the psychological condition of Yogyakarta gymnastics athletes. The results of the questionnaire filled out by the coaches showed that the psychological training given to the athletes was not maximal because not all coaches mastered mental training to the fullest so that in the training process, the improvement of the athlete's psychological condition was not maximal in his achievement.

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