



Model Of Reliciency Program In Training For Athletes With Minimum National Competition In South Sumatra Woodball Athletes

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Abstract

The purpose of this research is to produce a model of resilience program in training for athletes with minimal national competition in South Sumatra woodball athletes. This program model is adapted to the resilience cases experienced by South Sumatra woodball athletes due to the effects of the lack of national competition. This research is a development research (R&D) which refers to the Borg n Gall model. Small-scale trials were carried out on 10 woodball athletes and large-scale trials involved all 24 Pelatda woodball athletes. Collecting data using interviews, value scales, observation sheets. Data analysis techniques using quantitative descriptive analysis. The results of the study are a model of a resilience program in training for athletes with minimal national competition in South Sumatra woodball athletes as outlined in the form of a guidebook. Testing the validity of the program model on large-scale user trials is 0.873 with a reliability above 0.607, namely 0.728 reliable information. The evaluation was carried out on woodball coaching experts and sports psychologists that the resilience program model in training for athletes with minimal national competition in South Sumatra woodball athletes is very feasible to use.

Keywords: *Athlete Resilience Program*

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INTRODUCTION

National achievement is the hope for every regional athlete, especially the South Sumatran woodball athlete. National achievement is the highest achievement within the scope of the national development structure for athletes' careers. Athletes who practice actively in their daily lives certainly have the desire and aspirations to not only compete but to succeed in giving their best by achieving the highest achievements through national competitions. One of the hopes that athletes want in prolonged training in the regions is to win a medal at the National Sports Week (PON).

The National Sports Week (PON) is the highest type of multi-event competition at the national level, especially in Indonesia.

There are no athletes who practice but don't want to be champions in this competition. So what if athletes are constantly practicing, but the hope to compete in multi-event PON has not yet met a bright spot, even some sports do not have a definite national competition schedule. Of course this has an impact on mental disorders or the athlete's mentality. Athletes are worried about losing the degree of endurance in training, not being able to adjust themselves to get up, and losing optimism to keep training, even athletes can reach high levels of stress in training. The psychological term for such a problem can be included in the category of resilience disorders in athletes during training. It is said (Latif & Amirullah, 2020), resilience is a description of the success of the process and the result of adaptation to difficult situations or life experiences that are very challenging, especially situations with high stress levels. In line with the statement (Lakhan, Ullah, Channa, Rehman, Siddique, & Gul, 2020) a person who has resilience is a person who has the capacity to remain successful in the face of difficulties and adapt current or future activities.

The obstacle faced by Woodball athletes in South Sumatra so far is that this sport does not yet have certainty whether it will be competed in the 2024 PON Multievent in Aceh/North Sumatra or not, considering that the Papua PON should have been the first PON followed by athletes in this sport instead it failed contested due to technical constraints. It is very likely that the Aceh/North Sumatra PON even though the implementation of the woodball sport has been established in North Sumatra Province, this does not yet guarantee that this sport will be competed in the 2024 PON, considering that there is a lot of homework that must be completed by the IWbA central board as the highest parent organization for woodball in Jakarta.

The problem is certainly feared to be able to disrupt the emotional stability of athletes, athlete optimism, toughness and persistence of South Sumatra Woodball athletes in training for preparation for the 2024 Aceh/North Sumatra PON or in other terms interfere with the resilience of athletes in achieving achievements at the 2024 Aceh/North Sumatra PON. According to (Khoirunnisa & Jannah, 2014) psychological resilience is a stressor processing process by the challenges of assessment and metacognition of athletes supported by psychological factors such as positive personality, self-confidence, social support, focus and motivation which can continue to produce optimal athlete performance.

Athletes who have minimal competition will certainly experience a feeling of worry within themselves, the possibility of losing enthusiasm, optimism and fighting power can occur. Resilience is needed by athletes to bounce back from a state of disappointment, downturn and loss of optimism, because types of counseling therapy such as rational emotive behavior, imagery

training techniques in training are urgently needed. It is said that rational emotive behavior techniques have several strong reasons to increase resilience in humans, bearing in mind that firstly REB is a fairly well-established theory and has a clear philosophy, secondly REB proves effectiveness in handling behavior, and thirdly REB has basic concepts that are appropriate to be applied in an effort to improve resilience. This technique is considered beneficial because it is able to change the athlete's irrational feelings that arise due to poor competition into rational feelings and become more logical beliefs (Mashudi, 2016, p. 68).

One of the techniques that can be used in order to help the athlete counselee process using the REB method is imaging or imagery techniques. Imagery technique is one of the mental training techniques that coaches can use to build resilience in athletes. According to (Al-Amin & Iswinarti, 2020, p. 97) one technique that uses a relaxation base and is often used in sports because it has an effect on performance and learning is imagery technique. This technique is a cognitive intervention technique, in which individuals use all their senses to recreate their experiences and thoughts.

Athletes can also create new experiences that they have never experienced by taking parts of images stored in memory and rearranging them into new experiences.

It is said (Nurjanah, Andromeda, & Rizki, 2018, p. 52) imagery is one of several types of comprehensive relaxation programs. Through a beautiful image you will feel calm and tension and discomfort will be released so that the body becomes relaxed. The description of the statement above gives the meaning that athletes who practice imagery tend to feel more calm and comfortable towards all the challenges that come within them. Abnormal situations that are brought about when psychological conditions are uncertain, for example due to failure to compete or problems in a match, will be easier to deal with because of the calming effect that is provided through continuous imagery training in him.

Departing from these needs, researchers wish to create a model program that can help athletes maintain athlete resilience in training. This counseling model was created based on the desire of researchers to maintain the resilience of athletes to continue training even though there is minimal competition, maintain the optimism of athletes to continue training, and generate motivation for athletes to continue training even though they are not competing in the 2024 Aceh/North Sumatra PON multievent.

METHODS

The R&D model used is the Borg n Gall model, the aim is to produce certain products and test these products, (Pangesti, 2019, p. 3). The development steps taken are as follows: 1) The

researcher digs up field information and conducts an initial study by finding the source of the problem through interviews with several coaches and athletes, so that the main problem is that the models for overcoming the mental problems of athletes are only limited to advice and a new model is needed that is able to overcome the mental problems of athletes, especially the problem of resilience due to the lack of competition for athletes on a national scale. 2) Then do the planning and detailing the needs analysis from the data collected from the results of the interviews and draw conclusions. 3) Developing the initial product by taking into account some of the psychological considerations suffered by athletes and training programs that have been running. 4) Expert validation and revision by involving a number of experts/experts who are professionals in their field, namely Woodball Game Coaching Expert, Mr. Ahris Sumaryanto, M.Pd and Sports Psychologist in the field of woodball training Drs. Kriswantoro, M.Pd. 5) Small-scale trials are needed to determine the value of validity and reliability on a small scale of 10 athletes. 6) Large-scale trials to determine the validity and reliability on a large scale as many as 24 South Sumatra regional athletes. 7) Product finalization by specifying products that have gone through various evaluations from experts and trial results are prepared for the dissemination stage. Testing the validity and reliability of the program model results from small and large scale trials using Spearman's rank correlation. Analysis of the research data was carried out in a quantitative descriptive manner.

RESULTS AND DISCUSSION

Explanation of Expert/Expert Validation

The initial design of this program model aims to produce a product in the form of a guidebook whose contents contain a program model to overcome athlete resilience in training with minimal national competition in South Sumatra woodball athletes. This model was compiled and validated by involving a team of evaluators, namely experts/experts who are competent in their field. The first expert is a woodball game coaching expert, namely Mr. Ahris Sumaryanto, M.Pd holds a national and international trainer license. The second expert is a sports science expert in the field of sports psychology, namely Mr. Drs. Kriswantoro, M.Pd. The results of the expert assessment can be seen in the validation information table below:

Table 1. Explanation of Expert Validation

Pakar/Ahli	Nilai Konversi	Validator	Keterangan
Kepelatihan	82	Ahris Sumaryanto, M.Pd	Layak
Psikologi Kepelatihan	84	Dr. Iyakrus , M.Pd	
Mean	83		

Based on the validation table above, the average validation score given by experts reaches 83, thus the program model for overcoming athlete resilience in training with minimal national competition for South Sumatra woodball athletes means it is feasible to use and can be tested on a small and large scale. . There are several revision notes submitted by experts/experts which are described as follows:

Revised Expert/Expert

Based on the evaluation results from experts, there are several corrections and revisions that must be corrected and perfected in the resilience program model in training for woodball athletes who have minimal national competition. Woodball coaching expert Mr. Ahris Sumaryanto, M.Pd suggests that a) the program is mental coaching or mental training so that it must be in the right pattern for giving training volume in the training period, b) it is better to improve the steps using the imagery training method with more precise practice steps using woodball tools or media directly not only focusing on rooms and open areas in the form of meditation, c) for competitions it is better to make competitions that are inherent in training but have high selling value in the eyes of athletes, for example with local leagues and points counted.

The revised results suggested by Drs. Kriswantoro, M.Pd, as an expert in the field of coaching psychology regarding models of resilience programs in training for woodball athletes who have minimal national competition, conveyed the following notes: a) make a form of mental training exercise that is not only in the room, but must be directed so that the athlete is right - really feel mental training with actual match situations, b) the mental training program is multiplied in the special preparation phase and the emphasis is on approaching close to match time, c) training steps, training objectives, the tools used are explained to make it easier for athletes and the trainer prepares the training needs, d) displays an overview of the program on your training periods.

Based on requests for corrections received from experts/experts described above, the researcher perfected the corrections and revisions. The results of the corrections that have been

revised by the researcher are then returned to the experts/experts for consultation in order to obtain more perfect product results. In this second stage of revision, no revisions were requested by the team of experts/experts and the researchers obtained approval to conduct small-scale and large-scale trials in order to obtain quality validation of the program model.

Small Group Trial Validity

The small-scale trial in this study is a follow-up to the implementation of the athlete's resilience program model in training with minimal competition in woodball athletes. Athletes who became the object of research were a number of South Sumatran woodball athletes where on a small scale trials were carried out involving as many as 10 athletes. The application of the program emphasizes that the use of the model is only limited to the initial validation test aimed at knowing the quality of the product's evaluation and validation in the eyes of the user, not yet to know the effectiveness of using the product, bearing in mind that the effectiveness of the model requires experimental trials that last long enough so that it takes several trials of the new model to know the identity. model effectiveness. The results of testing the validity of the model on a small scale can be seen in the table below;

Tabel 4.1 Correlations

			Model	Resiliensi
Spearman's rho	Model	Correlation Coefficient	1.000	.691**
		Sig. (2-tailed)	.	.000
		N	10	10
	Resiliensi	Correlation Coefficient	.691**	1.000
		Sig. (2-tailed)	.000	.
		N	10	10

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the validity testing table above, it can be obtained information that the coefficient correlation value is at 0.691 with a fairly high criteria, so it can be concluded that the meaning of the resilience program model in training for South Sumatra woodball athletes with minimal national competition is stated to have a fairly high validation value.

Revision of Small-Scale Products

Based on the findings of the data analysis that emerged on the validity of the small group trial if traced from the quality of the respondents' answers, several points needed to be corrected and still had weaknesses, for example in the application of competition the competition should

represent the athlete's desire to compete at the national level considering that the program was designed on the basis of a substitute if one day a national competition such as PON is not implemented, so that the athlete's resilience is well maintained. Therefore, in this section, the researcher made revisions, even though the scale of the competition was only limited to the regional scale, the competition was directed at the athlete's ambition to continue to excel by giving regional points which functioned to determine the ranking of each player. The purpose of determining the ranking is to give a level to each athlete at the regional level.

Validity of Large Group Trials

The large group trial involved all South Sumatra woodball athletes who were members of tiered training, namely 24 athletes. The application of the product model for the resilience program in training for athletes with minimal national competition is then given a questionnaire to analyze and determine the validation of the model through the use of the rank spearmen formula. The results of testing the validity of the resilience program model in training for South Sumatra woodball athletes who have minimal national competition can be seen in the table below:

Tabel 4.2 Correlations

			Model	Resiliensi
Spearman's rho	Model	Correlation Coefficient	1.000	.873**
		Sig. (2-tailed)	.	.000
		N	24	24
	Resiliensi	Correlation Coefficient	.873**	1.000
		Sig. (2-tailed)	.000	.
		N	24	24

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the validity testing table above, it can be obtained information that the coefficient correlation value is at 0.873 with very high criteria, so it can be concluded that the meaning of the resilience program model in training for South Sumatra woodball athletes with minimal national competition is stated to have a very high validation value.

Large Scale Product Revision

Based on the validity analysis on large-scale product testing, it can be seen that the product validity level is very high and does not need to be revised again, so that the product model for resilience programs in training for South Sumatra woodball athletes who have minimal national competition can be used by South Sumatra woodball athletes.

Mass Product / Dissemination

Program (Rational Emotive Behavior Therapy) Imagery Technique

Obstacle Imagery

This service is provided to athletes through the athlete rehabilitation program in open area. It is recommended that forest or mountainous areas are better. The aim of the obstacle course imagery technique is to emphasize that athletes have a rational concept of all kinds of failures that will occur, but make failures the basis for restarting more detailed activities. The stages in providing counseling using the REB imagery barrier technique are:

1. Beginning Stage

- a) Build working alliances through pre-prepared obstacle games in wild forest or mountain areas.
- b) Teaching the ABC model to athletes

2. Middle Stage

- a) Overcome the athlete's doubts raised in the game.
- b) Consider changing the focus of the problem that arises from that aspect of the game.
- c) Identify and modify core irrational beliefs
- d) Encourage counselees to engage in relevant tasks
- e) Helping counselees internalize new rational beliefs by using imagery techniques in REB counseling
 - f) Overcoming barriers to change
 - g) Encourage athletes to maintain and improve what has been achieved
 - h) Encourage the counselee to become a counselor for himself

3. Final Stage (Ending Stage)

In this final stage the counselor is allowed to reward the counselee for an active role in participating in counseling intervention sessions, as well as offering individual counseling services.

Imagery Characterization

This service is provided to athletes through a rehabilitation program with the concept of characterization. Athletes are invited to take a walk on a character tour. For example in sports museums, especially the great figures of sports heroes. The purpose of this characterization imagery is to provide an overview of the life profiles of sports players who have successfully pursued careers, learn about the failures of their lives who are able to rise, are optimistic and have the fighting spirit to continue to excel. The stages in providing counseling using the REB imagery barrier technique are:

1. Beginning Stage

- a) Build working alliances through character tours by deciding which museums will be visited or which figures will be studied for literacy.

c) Teaching the ABC model to athletes

2. Middle Stage

- a) Overcoming the athlete's doubts that arise in the character.
- b) Consider changing the focus of the problems that arise then compare with the problems faced by the character.
- c) Identify and modify the athlete's core irrational beliefs
- d) Encouraging the counselee to be involved in tasks that are usually done by characters.
- e) Helping counselees internalize new rational beliefs by using imagery techniques in REB counseling
- f) Learn to overcome obstacles from successful figures.
- g) Encourage athletes to maintain and improve what has been achieved
- h) Encourage the counselee to become a counselor for himself
- i) Ending Stage

In this final stage the counselor is allowed to reward the counselee for an active role in participating in counseling intervention sessions, as well as offering individual counseling services.

Competition Support

Competition support is a competition that is designed in order to represent the athlete's addiction point to competition or competition. The competition in this program is a competition that is attached to the training program but has a selling point that is more than other regional scale competitions such as Kejurda, Porprov and other competitions of the same level. The following describes the competition status referred to in the program:

a. Competition Name

The competition was named Liga Primera Woodball Series

b. Competition Goals

- 1) Determining the regional ranking of athletes so that athletes who have a ranking are athletes who are prepared to take part in national level championships taken from their best ranking.
- 2) Accustom athletes to elite matches.
- 3) Maintaining emotional stability, fighting power, and optimism of athletes in the competition.
- 4) As a substitute if the national competition is not held.

c. Competition Type

This competition is a full competition type competition. Given the name of the series because

it is adjusted to the many series that athletes will undergo. The series is held according to the number of regions or regencies/cities that have athletes. In South Sumatra, there are 11 regencies/cities that have management and develop their athletes, meaning that there are 11 series being contested.

d. Competition Mechanism

- 1) The competition is held every month for 1 year.
- 2) Each Regency/City IWbA is required to register as many as 4 of the best male athletes and 4 of the best female athletes at the organizers.
- 3) Once a month at the end of the month a series will be held from series 1 to series 12.

e. Point System

The point system is designed as follows:

- 1) Serial number 1 in each series collects 30 points
- 2) Serial number 2 in each series collects 25 points
- 3) Serial number 3 in each series collects 20 points
- 4) Serial number 4 in each series collects 15 points
- 5) Serial number 5 in each series collects 10 points
- 6) Serial numbers 6-10 in each series earn 5 points
- 7) Serial numbers 11-12 in each series earn 3 points
- 8) Serial number 13 to the maximum limit of participants who take part collect 1 point
- 9) Athletes who do not take part earn 0 points

f. Prizes/Awards

- 1) It is better to give an award at the Porprov level
- 2) Awarded a certificate of appreciation
- 3) Awarded a medal
- 4) The best 4 rankings for each player who have completed 12 series will automatically represent each Province's activity in the national championship.

CONCLUSION

Based on the results of the research and discussion that have been previously determined, this research can be concluded that the product model of the resilience program in training for athletes with minimal national competition in South Sumatra woodball athletes meets the criteria and is in accordance with the psychological characteristics needed by South Sumatra woodball athletes in maintaining resilience. during practice despite minimal national competition. The results

of the small test showed the validity of the model was 0.691 and the large-scale trial showed a validity of 0.873 and a reliability level of 0.728 so that the model for the resilience program in training for athletes with minimal national competition in South Sumatra woodball athletes was declared feasible to use.

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