

**STRATEGI PSIKOLOGIS ATLET PADA MASA LATIHAN DAN KOMPETISI:
Analisis dan Prediksi Berdasarkan Karakteristik Cabang Olahraga**

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Doktor Pendidikan Olahraga



Oleh:

Mona Fiametta Febrianty

NIM 2106652

**PROGRAM STUDI PENDIDIKAN OLARAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2025**

LEMBAR HAK CIPTA

STRATEGI PSIKOLOGIS ATLET PADA MASA LATIHAN DAN KOMPETISI: Analisis dan Prediksi Berdasarkan Karakteristik Cabang Olahraga

Oleh

Mona Fiametta Febrianty

S.Pd, Universitas Pendidikan Indonesia

M.Pd, Universitas Pendidikan Indonesia

Sebuah Disertasi yang Diajukan untuk memenuhi salah satu syarat memperoleh
Gelar Doktor Pendidikan (Dr) pada Sekolah Pascasarjana
Program Studi Pendidikan Olahraga

© Mona Fiametta Febrianty 2025
Universitas Pendidikan Indonesia
April 2025

Hak cipta dilindungi undang-undang

Disertasi ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difotocopy, atau cara lainnya tanpa ijin dari penulis.

HALAMAN PENGESAHAN
MONA FIAMETTA FEBRIANTY
2106652

STRATEGI PSIKOLOGIS ATLET PADA MASA LATIHAN DAN
KOMPETISI: Analisis dan Prediksi Berdasarkan Karakteristik
Cabang Olahraga

disetujui dan disahkan oleh panitia disertasi:

Promotor



Prof. Dr. Komarudin, M.Pd.
197204031999031003

Ko-Promotor



Prof. Dr. Yusuf Hidayat, M.Si.
NIP. 1968083019999031001

Anggota



Dr. Dede Rohmat Nurjaya, M.Pd.
NIP. 196312091988031001

Mengetahui,
Ketua Departemen/Ketua Program Studi Pendidikan Olahraga



Prof. Dr. Sucipto, M.Kes. AIFO
NIP. 196106121987031002

STRATEGI PSIKOLOGIS ATLET PADA MASA LATIHAN DAN KOMPETISI: Analisis dan Prediksi Berdasarkan Karakteristik Cabang Olahraga

ABSTRAK

Kesiapan mental merupakan faktor yang sangat penting dan berpengaruh besar terhadap performa atlet dalam berbagai situasi kompetitif. Oleh karena itu, pelatihan mental memegang peranan penting dalam membantu meningkatkan kemampuan psikologisnya. Namun sayangnya, masih banyak pelatih di berbagai cabang olahraga yang kurang memberikan perhatian pada aspek mental dalam program latihan mereka. Penelitian ini bertujuan untuk: (1) Mengetahui gambaran penggunaan strategi psikologis atlet pada masa latihan dan kompetisi; (2) Menganalisis kebutuhan strategi psikologis atlet pada masa latihan dan kompetisi; dan (3) Memprediksi prestasi atlet berdasarkan hasil analisis strategi psikologis atlet dalam kompetisi. Metode dalam penelitian ini adalah metode penelitian deskriptif kuantitatif. Populasi dalam penelitian ini adalah 39 cabang olahraga yang terbagi ke dalam tujuh kategorisasi cabang olahraga dengan jumlah populasi sebanyak 556 orang atlet. Sedangkan teknik sampling yang digunakan yaitu total sampling sehingga jumlah sampling yang digunakan adalah 556 orang atlet. Instrumen yang digunakan dalam penelitian ini adalah TOPS (*Test of Performance Strategies*) dengan seluruh butir soal memiliki nilai faktor loading $> 0,40$ dan nilai reliabilitas alpha Cronbach $> 0,70$. Hasil yang diperoleh pada penelitian ini yaitu: (1) Seluruh kategori cabang olahraga belum memanfaatkan strategi psikologis, baik dalam latihan maupun saat kompetisi; (2) Berdasarkan hasil analisis kebutuhan, terungkap bahwa strategi psikologis aktivasi merupakan salah satu elemen yang penting dibutuhkan oleh sebagian besar kategori cabang olahraga; dan (3) Model regresi yang digunakan untuk memprediksi prestasi atlet berdasarkan penggunaan strategi psikologis menunjukkan bahwa nilai yang dihasilkan tidak signifikan untuk seluruh kategori cabang olahraga. Meski demikian, tetap terlihat bahwa strategi psikologis memberikan kontribusi terhadap pencapaian prestasi. Penulis merekomendasikan untuk pelatih, tim dan organisasi olahraga agar secara aktif mengintegrasikan strategi psikologis ke dalam latihan rutin, sehingga aspek mental dan emosional atlet dapat berkembang seiring dengan kemampuan fisik dan teknis mereka.

Kata Kunci: Strategi Psikologis, *Test of Performance Strategies* (TOPS)
Kategorisasi Cabang Olahraga

ATHLETES' PSYCHOLOGICAL STRATEGIES ON TRAINING AND COMPETITION SEASONS: Sports Characteristic Based Analysis and Prediction

ABSTRACT

Mental readiness is a very important factor and has a big influence on an athlete's performance in various competitive situations. Therefore, mental training is essential in enhancing psychological capabilities. However, many coaches across different sports disciplines still pay insufficient attention to this mental aspect in their training programs. This study aims to: (1) examine the application of psychological strategies by athletes during training and competition; (2) analyze the psychological strategy needs of athletes during training and competition; and (3) predict athletic performance based on the analysis of psychological strategy use in competitions. This research employs a quantitative descriptive method. The population comprises 39 sports disciplines categorized into seven groups, with a total population of 556 athletes. The sampling technique used is total sampling, resulting in a sample size of 556 athletes. The instrument utilized is the Test of Performance Strategies (TOPS), where all test items have a factor loading value of $>0,40$ and a Cronbach's alpha reliability value of $>0,70$. The findings of this study indicate that: (1) none of the sports categories have optimally utilized psychological strategies, either during training or competition; (2) based on the needs analysis, activation strategies emerged as one of the most required psychological strategies across the majority of sports categories; and (3) the regression model used to predict athletic performance based on psychological strategy use revealed non-significant results across all sports categories. Nevertheless, it remains apparent that psychological strategies contribute to achievement. The authors recommend that coaches, team and sports organizations actively integrate psychological strategies into their training routines, so that athletes' mental and emotional aspects can develop alongside their physical and technical abilities.

Keywords: Psychological Strategies, Test of Performance Strategies (TOPS), Sports Disciplines Categorized.

DAFTAR ISI

	Halaman
Halaman Judul	
Halaman Hak Cipta	i
Halaman Pengesahan	ii
Halaman Pernyataan Keaslian Disertasi	iii
Kata Pengantar	iv
Abstrak	viii
Daftar Isi	x
Daftar Tabel	xvi
Daftar Gambar	xxii
Daftar Grafik	xxiii
Daftar Diagram	xxiv
Daftar Lampiran	xxvi

BAB I PENDAHULUAN

1.1	Latar Belakang Penelitian	1
1.2	Rumusan Masalah Penelitian	15
1.3	Tujuan Penelitian	15
1.4	Manfaat/Signifikansi Penelitian	16
1.5	Struktur Organisasi	17

BAB II KAJIAN TEORI

2.1	Strategi Psikologis	19
	2.1.1 Pengertian dan Batasan	19
	2.1.2 Teori Pendukung Strategi Psikologis Atlet	36
	2.1.2.1 <i>Social Cognitive Theory (SCT)</i>	36
	2.1.2.2 <i>Behavioristic Theory</i>	38
	2.1.2.3 <i>Piaget's Cognitive Development</i>	39
	2.1.2.4 <i>Constructivism Theory</i>	40
	2.1.3 Pentingnya Strategi Psikologis dalam	

DAFTAR ISI

	Halaman
Latihan dan Kompetisi	41
2.1.4 Dimensi Strategi Psikologis	44
2.1.5 Implementasi Strategi Psikologis (Keterampilan dan Metode Psikologis) dalam Latihan dan Kompetisi	45
2.1.6 Implementasi Strategi Psikologis Berdasarkan Karakteristik Cabang Olahraga	48
2.1.7 Strategi Psikologis untuk Menghasilkan Performa Atlet	49
2.1.8 Prediksi Peningkatan Performa Atlet Cabang Olahraga	50
2.1.9 Metode Psikologis	51
2.1.9.1 <i>Goal Setting</i>	51
2.1.9.2 <i>Imagery</i>	53
2.1.9.3 <i>Relaxation</i>	58
2.1.9.4 <i>Self-Talk</i>	60
2.1.10 Keterampilan Psikologis	63
2.1.10.1 <i>Attentional Control</i>	63
2.1.10.2 <i>Emotional Control</i>	65
2.1.10.3 <i>Automaticity</i>	67
2.1.10.4 <i>Activation</i>	68
2.1.10.5 <i>Negative Thinking</i>	69
2.1.11 Kategorisasi Cabang Olahraga	70
2.1.11.1 Cabang Olahraga Akurasi	70
2.1.11.2 Cabang Olahraga Beladiri	73
2.1.11.3 Cabang Olahraga <i>Extreme Sport</i>	79
2.1.11.4 Cabang Olahraga Penilaian	81
2.1.11.5 Cabang Olahraga Permainan	85
2.1.11.6 Cabang Olahraga <i>Racket Sport</i>	91

DAFTAR ISI

	Halaman
2.1.11.7 Cabang Olahraga Terukur	94
2.1.12 Latihan	100
2.1.13 Kompetisi	102
2.1.14 Prestasi Olahraga	103
2.2 Penelitian Relevan	104
2.3 Kerangka Berpikir	106

BAB III METODE PENELITIAN

3.1 Metode Penelitian	109
3.2 Partisipan	109
3.3 Populasi dan Sampel	110
3.3.1 Populasi	110
3.3.2 Sampel	111
3.4 Instrumen Penelitian	112
3.5 Validitas dan Reliabilitas Instrumen	116
3.5.1 Validitas Angket	116
3.5.2 Reliabilitas Angket	120
3.6 Prosedur Penelitian	123
3.7 Analisis Data	124
3.7.1 Analisis Deskriptif Persentase	124
3.7.2 Korelasi	127
3.7.3 Regresi	127

BAB IV TEMUAN DAN PEMBAHASAN

4.1 Temuan Hasil Penelitian	129
4.1.1 Variabel Demografi	129
4.1.2 Gambaran Strategi Psikologis Atlet pada Masa Latihan dan Kompetisi	131
4.1.2.1 Gambaran Strategi Psikologis Atlet pada	

DAFTAR ISI

	Halaman
Masa Latihan dan Kompetisi	131
4.1.2.2 Persentase Penggunaan Setiap Dimensi dari Strategi Psikologos untuk Setiap Kategori Cabang Olahraga	137
4.1.2.3 Persentase Penggunaan Dimensi Terbanyak dari Strategi Psikologis	152
4.1.3 Analisis Kebutuhan Strategi Psikologis Atlet	160
4.1.3.1 Kategori Cabang Olahraga Akurasi	160
4.1.3.2 Kategori Cabang Olahraga Beladiri	162
4.1.3.3 Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i>	165
4.1.3.4 Kategori Cabang Olahraga Penilaian	167
4.1.3.5 Kategori Cabang Olahraga Permainan	170
4.1.3.6 Kategori Cabang Olahraga <i>Racket Sport</i>	172
4.1.3.7 Kategori Cabang Olahraga Terukur	174
4.1.4 Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis	177
4.1.4.1 Kategori Cabang Olahraga Akurasi	177
4.1.4.2 Kategori Cabang Olahraga Beladiri	179
4.1.4.3 Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i>	180
4.1.4.4 Kategori Cabang Olahraga Penilaian	181
4.1.4.5 Kategori Cabang Olahraga Permainan	182
4.1.4.6 Kategori Cabang Olahraga <i>Racket Sport</i>	183
4.1.4.7 Kategori Cabang Olahraga Terukur	184
4.2 Pembahasan	185
4.2.1 Variabel Demografi	185
4.2.2 Gambaran Strategi Psikologis Atlet pada Masa Latihan dan Kompetisi	192

DAFTAR ISI

	Halaman
4.2.2.1 Kategori Cabang Olahraga Akurasi pada Masa Latihan	192
4.2.2.2 Kategori Cabang Olahraga Beladiri pada Masa Latihan	193
4.2.2.3 Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i> Pada Masa Latihan	194
4.2.2.4 Kategori Cabang Olahraga Penilaian pada Masa Latihan	194
4.2.2.5 Kategori Cabang Olahraga Permainan pada Masa Latihan	195
4.2.2.6 Kategori Cabang Olahraga <i>Racket Sport</i> pada Masa Latihan	195
4.2.2.7 Kategori Cabang Olahraga Terukur pada Masa Latihan	196
4.2.2.8 Kategori Cabang Olahraga Akurasi pada Masa Kompetisi	196
4.2.2.9 Kategori Cabang Olahraga Beladiri pada Masa Kompetisi	197
4.2.2.10 Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i> pada Masa Kompetisi	198
4.2.2.11 Kategori Cabang Olahraga Penilaian pada Masa Kompetisi	198
4.2.2.12 Kategori Cabang Olahraga Permainan pada Masa Kompetisi	199
4.2.2.13 Kategori Cabang Olahraga <i>Racket Sport</i> pada Masa Kompetisi	199
4.2.2.14 Kategori Cabang Olahraga Terukur pada Masa Kompetisi	200
4.2.3 Analisis Kebutuhan Strategi Psikologis Atlet	

DAFTAR ISI

	Halaman
Pada Masa Latihan dan Kompetisi	201
4.2.3.1 Kategori Cabang Olahraga Akurasi	201
4.2.3.2 Kategori Cabang Olahraga Beladiri	203
4.2.3.3 Kategori Cabang Olahraga <i>Extreme Sport</i> ...	205
4.2.3.4 Kategori Cabang Olahraga Penilaian	208
4.2.3.5 Kategori Cabang Olahraga Permainan	210
4.2.3.6 Kategori Cabang Olahraga <i>Racket Sport</i>	212
4.2.3.7 Kategori Cabang Olahraga Terukur	214
4.2.4 Prediksi Prestasi Atlet Berdasarkan Hasil	
Analisis Strategi Psikologis	218
4.2.4.1 Kategori Cabang Olahraga Akurasi	218
4.2.4.2 Kategori Cabang Olahraga Beladiri	226
4.2.4.3 Kategori Cabang Olahraga <i>Extreme Sport</i> ...	237
4.2.4.4 Kategori Cabang Olahraga Penilaian	245
4.2.4.5 Kategori Cabang Olahraga Permainan	253
4.2.4.6 Kategori Cabang Olahraga <i>Racket Sport</i>	261
4.2.4.7 Kategori Cabang Olahraga Terukur	267
4.3 Limitasi Penelitian	273
BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI	
5.1 Simpulan	274
5.2 Implikasi	274
5.3 Rekomendasi	275
DAFTAR PUSTAKA	276
LAMPIRAN-LAMPIRAN	324

DAFTAR TABEL

	Halaman
Tabel 2.1 Tujuan Faktor Penting dalam Penggunaan <i>Imagery</i>	56
Tabel 2.2 Empat Jenis Kontrol Perhatian	64
Tabel 3.1 Daftar Kategorisasi Cabang Olahraga	110
Tabel 3.2 Keterampilan Psikologis yang Dinilai	113
Tabel 3.3 Kisi-kisi Angket Periode Latihan	113
Tabel 3.4 Kisi-kisi Angket Periode Kompetisi	115
Tabel 3.5 Uji Validitas TOPS Pada Masa Latihan	117
Tabel 3.6 Uji Validitas TOPS Pada Masa Kompetisi	118
Tabel 3.7 Kategorisasi Nilai Alpha Cronbach	120
Tabel 3.8 Uji Reliabilitas TOPS Pada Masa Latihan	120
Tabel 3.9 Uji Reliabilitas TOPS Pada Masa Kompetisi	121
Tabel 3.10 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga Akurasi pada Masa Latihan dan Kompetisi	125
Tabel 3.11 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga Beladiri pada Masa Latihan dan Kompetisi	125
Tabel 3.12 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga <i>Extreme Sport</i> pada Masa Latihan dan Kompetisi	125
Tabel 3.13 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga Penilaian pada Masa Latihan dan Kompetisi	126
Tabel 3.14 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga Permainan pada Masa Latihan dan Kompetisi	126
Tabel 3.15 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga <i>Racket Sport</i> pada Masa Latihan dan Kompetisi	126

DAFTAR TABEL

	Halaman
Tabel 3.16 Kriteria Penilaian Gambaran Strategi Psikologis Atlet Cabang Olahraga Terukur pada Masa Latihan dan Kompetisi	126
Tabel 4.1 Variabel Demografi	129
Tabel 4.2 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Akurasi pada Masa Latihan	138
Tabel 4.3 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Beladiri pada Masa Latihan	139
Tabel 4.4 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga <i>Extreme Sport</i> pada Masa Latihan	140
Tabel 4.5 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Penilaian pada Masa Latihan	141
Tabel 4.6 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Permainan pada Masa Latihan	142
Tabel 4.7 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga <i>Racket Sport</i> pada Masa Latihan	143
Tabel 4.8 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Terukur pada Masa Latihan	144
Tabel 4.9 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Akurasi pada Masa Kompetisi	145
Tabel 4.10 Persentase Penggunaan Setiap Dimensi Strategi	146

DAFTAR TABEL

	Halaman
Tabel 4.11	Psikologis untuk Kategori Cabang Olahraga Beladiri pada Masa Kompetisi 146 Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i> pada Masa Kompetisi 147
Tabel 4.12	Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Penilaian pada Masa Kompetisi 148
Tabel 4.13	Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Permainan pada Masa Kompetisi 149
Tabel 4.14	Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga <i>Racket</i> <i>Sport</i> pada Masa Kompetisi 150
Tabel 4.15	Persentase Penggunaan Setiap Dimensi Strategi Psikologis untuk Kategori Cabang Olahraga Terukur pada Masa Kompetisi 151
Tabel 4.16	Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Akurasi 160
Tabel 4.17	Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Akurasi 161
Tabel 4.18	Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga Akurasi 162
Tabel 4.19	Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Beladiri 162
Tabel 4.20	Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Beladiri 163
Tabel 4.21	Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga Beladiri 164

DAFTAR TABEL

	Halaman
Tabel 4.22 Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga <i>Extreme</i> <i>Sport</i>	165
Tabel 4.23 Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga <i>Extreme Sport</i>	166
Tabel 4.24 Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga <i>Extreme Sport</i>	167
Tabel 4.25 Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Penilaian ..	167
Tabel 4.26 Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Penilaian	168
Tabel 4.27 Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga Penilaian	169
Tabel 4.28 Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Permainan	170
Tabel 4.29 Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Permainan	171
Tabel 4.30 Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga Permainan	172
Tabel 4.31 Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga <i>Racket</i> <i>Sport</i>	172
Tabel 4.32 Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga <i>Racket Sport</i>	173
Tabel 4.33 Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga <i>Racket Sport</i>	174
Tabel 4.34 Descriptive Statistics Analisis Kebutuhan Strategi Psikologis Atlet Kategori Cabang Olahraga Terukur	175
Tabel 4.35 Analisis Kebutuhan Strategi Psikologis Atlet	

DAFTAR TABEL

	Halaman
Kategori Cabang Olahraga Terukur	176
Tabel 4.36 Persentase Analisis Kebutuhan Strategi Psikologis Pada Kategori Cabang Olahraga Terukur	177
Tabel 4.37 Descriptive Statistics Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis Atlet Pada Kategori Cabang Olahraga Akurasi	178
Tabel 4.38 Coefficient Strategi Psikologis Atlet pada Kategori Cabang Olahraga Akurasi	178
Tabel 4.39 Descriptive Statistics Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis Atlet Pada Kategori Cabang Olahraga Beladiri	179
Tabel 4.40 Coefficient Strategi Psikologis Atlet pada Kategori Cabang Olahraga Beladiri	179
Tabel 4.41 Descriptive Statistics Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis Atlet Pada Kategori Cabang Olahraga <i>Extreme Sport</i>	180
Tabel 4.42 Coefficient Strategi Psikologis Atlet pada Kategori Cabang Olahraga <i>Extreme Sport</i>	180
Tabel 4.43 Descriptive Statistics Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis Atlet Pada Kategori Cabang Olahraga Penilaian	181
Tabel 4.44 Coefficient Strategi Psikologis Atlet pada Kategori Cabang Olahraga Penilaian	181
Tabel 4.45 Descriptive Statistics Prediksi Prestasi Atlet Berdasarkan Hasil Analisis Strategi Psikologis Atlet Pada Kategori Cabang Olahraga Permainan	182
Tabel 4.46 Coefficient Strategi Psikologis Atlet pada Kategori Cabang Olahraga Permainan	183
Tabel 4.47 Descriptive Statistics Prediksi Prestasi Atlet	

DAFTAR TABEL

		Halaman
	Berdasarkan Hasil Analisis Strategi Psikologis Atlet	
	Pada Kategori Cabang Olahraga <i>Racket Sport</i>	183
Tabel 4.48	Coefficient Strategi Psikologis Atlet pada Kategori	
	Cabang Olahraga <i>Racket Sport</i>	184
Tabel 4.49	Descriptive Statistics Prediksi Prestasi Atlet	
	Berdasarkan Hasil Analisis Strategi Psikologis Atlet	
	Pada Kategori Cabang Olahraga Terukur	184
Tabel 4.50	Coefficient Strategi Psikologis Atlet pada Kategori	
	Cabang Olahraga Terukur	185

DAFTAR GAMBAR

	Halaman
Gambar 2.1 Hubungan Antara Tujuan yang Ditugaskan, Tujuan yang Ditetapkan Sendiri Efikasi Diri dan Kinerja	52
Gambar 2.2 Model Relationship Imagery, <i>Self-Efficacy</i> / <i>Confidence and Performance</i>	55
Gambar 2.3 Cara Kerja <i>Imagery</i> dan Kapan <i>Imagery</i> Digunakan	58
Gambar 2.4 Model Persiapan untuk Kinerja Puncak	61
Gambar 2.5 Kerangka Hubungan <i>Self-Talk</i> dengan Performa	62
Gambar 2.6 Kerangka Hubungan <i>Self-Talk</i> dengan Performa	63
Gambar 3.1 Prosedur Penelitian	123

DAFTAR GRAFIK

	Halaman
Grafik 4.1 Strategi Psikologis Atlet Cabang Olahraga Akurasi Pada Masa Latihan	131
Grafik 4.2 Strategi Psikologis Atlet Cabang Olahraga Beladiri Pada Masa Latihan	131
Grafik 4.3 Strategi Psikologis Atlet Cabang Olahraga <i>Extreme</i> <i>Sport</i> Pada Masa Latihan	132
Grafik 4.4 Strategi Psikologis Atlet Cabang Olahraga Penilaian Pada Masa Latihan	132
Grafik 4.5 Strategi Psikologis Atlet Cabang Olahraga Permainan Pada Masa Latihan	133
Grafik 4.6 Strategi Psikologis Atlet Cabang Olahraga <i>Racket</i> <i>Sport</i> Pada Masa Latihan	133
Grafik 4.7 Strategi Psikologis Atlet Cabang Olahraga Terukur Pada Masa Latihan	134
Grafik 4.8 Strategi Psikologis Atlet Cabang Olahraga Akurasi Pada Masa Kompetisi	134
Grafik 4.9 Strategi Psikologis Atlet Cabang Olahraga Beladiri Pada Masa Kompetisi	135
Grafik 4.10 Strategi Psikologis Atlet Cabang Olahraga <i>Extreme</i> <i>Sport</i> Pada Masa Kompetisi	135
Grafik 4.11 Strategi Psikologis Atlet Cabang Olahraga Penilaian Pada Masa Kompetisi	136
Grafik 4.12 Strategi Psikologis Atlet Cabang Olahraga Permainan Pada Masa Kompetisi	136
Grafik 4.13 Strategi Psikologis Atlet Cabang Olahraga <i>Racket</i> <i>Sport</i> Pada Masa Kompetisi	137
Grafik 4.14 Strategi Psikologis Atlet Cabang Olahraga Terukur Pada Masa Kompetisi	137

DAFTAR DIAGRAM

	Halaman
Diagram 4.1 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Akurasi pada Masa Latihan	152
Diagram 4.2 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Beladiri pada Masa Latihan	153
Diagram 4.3 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga <i>Extreme Sport</i> pada Masa Latihan	153
Diagram 4.4 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Penilaian pada Masa Latihan	154
Diagram 4.5 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Permainan pada Masa Latihan	154
Diagram 4.6 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga <i>Racket Sport</i> pada Masa Latihan	155
Diagram 4.7 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Terukur pada Masa Latihan	155
Diagram 4.8 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Akurasi pada Masa Kompetisi	156
Diagram 4.9 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga Beladiri pada Masa Kompetisi	157
Diagram 4.10 Persentase Penggunaan Setiap Dimensi Terbanyak Strategi Psikologis untuk Kategori Cabang Olahraga	

DAFTAR DIAGRAM

	Halaman
<i>Extreme Sport</i> pada Masa Kompetisi Diagram 4.11 Persentase Penggunaan Setiap Dimensi Terbanyak	157
Strategi Psikologis untuk Kategori Cabang Olahraga Penilaian pada Masa Kompetisi Diagram 4.12 Persentase Penggunaan Setiap Dimensi Terbanyak	158
Strategi Psikologis untuk Kategori Cabang Olahraga Permainan pada Masa Kompetisi Diagram 4.13 Persentase Penggunaan Setiap Dimensi Terbanyak	158
Strategi Psikologis untuk Kategori Cabang Olahraga <i>Racket Sport</i> pada Masa Kompetisi Diagram 4.14 Persentase Penggunaan Setiap Dimensi Terbanyak	159
Strategi Psikologis untuk Kategori Cabang Olahraga Terukur pada Masa Kompetisi	159

DAFTAR LAMPIRAN

	Halaman
Lampiran 1 SK Pembimbing	324
Lampiran 2 Surat Izin Penelitian	327
Lampiran 3 Surat Balasan Izin Penelitian	328
Lampiran 4 SK Lulus Ujian Kualifikasi	329
Lampiran 5 Format Validasi Bahasa	332
Lampiran 6 Validasi Bahasa Instrumen oleh Expert	342
Lampiran 7 Hasil Analisis TOPS Pada Masa Latihan	372
Lampiran 8 Hasil Analisis TOPS Pada Masa Kompetisi	375
Lampiran 9 Data Hasil Uji Validitas dan Reliabilitas Pada Masa Latihan	378
Lampiran 10 Data Hasil Uji Validitas dan Reliabilitas Pada Masa Kompetisi	394
Lampiran 11 Output hasil Uji Validitas dan Reliabilitas Pada Masa Latihan dan Kompetisi	410
Lampiran 12 Angket <i>Test of Performance Strategies</i>	414

DAFTAR PUSTAKA

- Abdullah, M. R., Kosni, N. A., Eswaramoorthi, V., Maliki, A. B. H. M., & Musa, R. M. (2016). Reliability of test of performance strategies-competition scale (TOPS-CS) among youth athletes: A preliminary study in Malaysia. *Man in India*, 96(12), 5199–5207.
- Abdullah, M. R., Musa, R. M., Maliki, A. B. H. M. B., Kosni, N. A., & Suppiah, P. K. (2016). Role of psychological factors on the performance of elite soccer players. *Journal of Physical Education and Sport*, 16(1), 170–176. <https://doi.org/10.7752/jpes.2016.01027>
- Abdullah, S. M. (2019). Social Cognitive Theory : A Bandura Thought Review published in 1982-2012. *Psikodimensia*, 18(1), 85. <https://doi.org/10.24167/psidim.v18i1.1708>
- Abu Samah, I. H., Adekalu, S. O., Omar, Z., & Ismail, I. A. (2013). Influence of Coaches ' Behavior on Athletes ' Motivation : Malaysian Sport Archery Experience. *International Journal of Research in Management*, 5(3), 136–142.
- Adeyeye, M., Ph, D., Edward, H., Ph, D., Kehinde, A., Sc, M., & Sc, F. A. B. (2013). Effects of Mental-Skills Training On the Performance of Table-Tennis Players of National Institute for Sport , Lagos . *Journal of Research & Method in Education*, 3(2), 22–27. https://dlwqtxts1xzle7.cloudfront.net/73473739/e64ac611675e027272d13907aaddf64a37fc-libre.pdf?1635007676=&response-content-disposition=inline%3B+filename%3DEffects_of_Mental_Skills_Training_On_the.pdf&Expires=1705399107&Signature=CFZ87myDrX0GUedK5TcAZvC2Q
- Afifah, M., Manihuruk, F., Suhartini, B., Sabillah, M. I., & Zarya, F. (2023). Analysis of Athletes' Anxiety Levels Before Special Matches in Martial Arts. *International Journal of Multidisciplinary Research and Analysis*, 06(01), 379–386. <https://doi.org/10.47191/ijmra/v6-i1-43>
- Aguirre-Loaiza, H. H., & Ayala, C. F. (2016). Attention-Concentration in Sport Performance. *Educación Física y Deporte*, 34(2), 409–428. <https://doi.org/10.17533/udea.efyd.v34n2a06>

- Agung, R. (2019). Analisis Teori Perkembangan Kognitif Piaget Pada Tahap Anak Usia Operasional Konkret 7-12 Tahun dalam Pembelajaran Matematika. *Al-Adzka: Jurnal Ilmiah Pendidikan Guru Madrasah Ibtidaiyah*, 9(1), 27–34.
- Aksovic, N., Kocic, M., Beric, D., & Bubanj, S. (2020). EXPLOSIVE POWER IN BASKETBALL PLAYERS □. *Physical Education and Sport*, 18(1), 119–134.
- Al Amin, M., & Juniati, D. (2017). KLASIFIKASI KELOMPOK UMUR MANUSIA BERDASARKAN ANALISIS DIMENSI FRAKTAL BOX COUNTING DARI CITRA WAJAH DENGAN DETEKSI TEPI CANNY. *Jurnal Ilmiah Matematika*, 2(6), 33–42. <https://doi.org/10.30867/gikes.v2i2.311>
- Alexe, C. I., Alexe, D. I., Mareş, G., Tohänean, D. I., Turcu, I., & Burgueño, R. (2022). Validity and reliability evidence for the Behavioral Regulation in Sport Questionnaire with Romanian professional athletes. *PeerJ*, 10, 1–23. <https://doi.org/10.7717/peerj.12803>
- Amaro, R., & Brandão, T. (2023). Competitive Anxiety in Athletes: Emotion Regulation and Personality Matter. *Kinesiology*, 55(1), 108–119. <https://doi.org/10.26582/k.55.1.12>
- Angga Febrinaldo, Wilda Welis, Donie, & Nurul Ihsan. (2023). The Influence of Imagery Training and Self-Confidence on Futsal Shooting Results in Extracurricular Students at SMA Negeri in Bengkulu City. *Kinestetik : Jurnal Ilmiah Pendidikan Jasmani*, 7(1), 176–186. <https://doi.org/10.33369/jk.v7i1.26974>
- Angulo-Barroso, R., Ferrer-Uris, B., & Busquets, A. (2019). Enhancing children's motor memory retention through acute intense exercise: Effects of different exercise durations. *Frontiers in Psychology*, 10(AUG), 1–9. <https://doi.org/10.3389/fpsyg.2019.02000>
- Ansdell, P., Thomas, K., Hicks, K. M., Hunter, S. K., Howatson, G., & Goodall, S. (2020). Physiological sex differences affect the integrative response to exercise: acute and chronic implications. *Experimental Physiology*, 105(12), 2007–2021. <https://doi.org/10.1113/EP088548>
- Arifjanovich, Y. S. (2020). PSYCHOLOGICAL TRAINING OF ATHLETES WITH LOCOMOTOR SYSTEM DAMAGE. *Novateur Publications*, 6(9),

138–141.

- Aryanto, C. B., & Megananda, R. (2020). Pengaruh Musik Dengan Tempo Cepat & Lambat Terhadap Atensi Mahasiswa. *Manasa*, 8(2), 52–61. <https://doi.org/10.25170/manasa.v8i2.1957>
- Ayemi, M. R. A., & Wulandari, F. Y. (2023). Pengaruh Motivasi Berprestasi Terhadap Peningkatan Performa Atlet Pusat Pendidikan dan Latihan Pelajar (PPLP) Provinsi Papua Cabang Olahraga Atletik. *Jurnal Prestasi Olahraga*, 6(2), 46–50.
- Ayu, W. (2018). Pengaruh PETTTLEP Imagery Terhadap Efikasi Diri Atlet Lari 100 Meter Perorangan. *Jurnal Psikologi Teori Dan Terapan*, 8(2), 154–164.
- Azima, R., Batubara, J., & Deliani, N. (2025). TEORI BELAJAR BEHAVIORISTIK: MEMAHAMI HUBUNGAN STIMULUS-RESPONS DAN APLIKASINYA DALAM PENDIDIKAN SERTA TERAPI PERILAKU. *T S A Q O F A H (Jurnal Penelitian Guru Indonesia)*, 5(1), 364–377.
- Babakr, Z. H., Mohamedamin, P., & Kakamad, K. (2019). Piaget's Cognitive Developmental Theory: Critical Review. *Education Quarterly Reviews*, 2(3), 517–524. <https://doi.org/10.31014/aior.1993.02.03.84>
- Bae, J. (2023). Sport Commitment in Student-athletes: Examining the Role of Perceived Autonomy Support, a Caring Climate, and Basic Psychological Needs. *Korean Journal of Sport Science*, 34(1), 50–60. <https://doi.org/10.24985/kjss.2023.34.1.50>
- Balyi, I., & Hamilton, A. (2004). Long-Term Athlete Development: Trainability in Childhood and Adolescence. Windows of Opportunity. Optimal Trainability. *Training*, 16(1), 1–6. http://www.athleticsireland.ie/content/wp-content/uploads/2007/03/bayliLTAD2004.pdf%5Cnhttp://pellatrackclub.org/files/www.athleticsireland.ie_content_wp-content_uploads_2007_03_bayliLTAD2004.pdf
- Bandura, A. (1971). *Social Learning Theory*. General Learning Press. <https://doi.org/10.18177/sym.2020.61.1.sr.11518>
- Bandura, A. (1978). Self-efficacy: Toward a unifying theory of behavioral change. *Advances in Behaviour Research and Therapy*, 1(4), 139–161.

[https://doi.org/10.1016/0146-6402\(78\)90002-4](https://doi.org/10.1016/0146-6402(78)90002-4)

- Bandura, A. (1991). Social cognitive theory of self-regulation. *Organizational Behavior and Human Decision Processes*, 50(2), 248–287.
[https://doi.org/10.1016/0749-5978\(91\)90022-L](https://doi.org/10.1016/0749-5978(91)90022-L)
- Bandura, A. (1997). Albert Bandura Self-Efficacy: The Exercise of Control. In *W.H Freeman and Company New York* (Vol. 43, Issue 9). W.H. Freeman and Company.
- Barracough, S., Till, K., & Kerr, A. (2022). Methodological Approaches to Talent Identification in Team Sports : A Narrative Review. *MDPI*, 10(81), 1–16.
<https://typeset.io/pdf/methodological-approaches-to-talent-identification-in-team-2rcqfx2j.pdf>
- Batistuta, Prasetyo, Y., & Prasetyo, H. (2024). Pengaruh Latihan Meditasi Terhadap Akurasi Memanah Siswa Ekstrakurikuler Panahan SMP di Kabupaten Sleman. *Pengembangan Media Pembelajaran PJOK Berbasis Web Di Kelas IV SD*, 20(1), 88–93.
- Battaglini, M. P., Pessôa Filho, D. M., Calais, S. L., Miyazaki, M. C. O. S., Neiva, C. M., Espada, M. C., de Moraes, M. G., & Verardi, C. E. L. (2022). Analysis of Progressive Muscle Relaxation on Psychophysiological Variables in Basketball Athletes. *International Journal of Environmental Research and Public Health*, 19(24). <https://doi.org/10.3390/ijerph192417065>
- Bebetsos, E. (2015). Psychological skills of elite archery athletes. *Journal of Human Sport and Exercise*, 10(2), 623–628.
<https://doi.org/10.14198/jhse.2015.102.09>
- Bektas, F. (2013). Evaluating Elite Mountaineers' Levels of Attention at Different Altitudes with the D2 Attention Test. *Middle East Journal of Scientific Research*, 16(5), 571–576.
<https://doi.org/10.5829/idosi.mejsr.2013.16.05.72140>
- Benchehida, A., Belmerabet, F., & Benchehida, K. (2016a). WHY MENTAL PREPARATION IS SO IMPORTANT ON DIRECTING OF ATHLETIC PERFORMANCE ? *Europian Journal of Physical Education and Sport Science*, 2(5), 140–152.
- Benchehida, A., Belmerabet, F., & Benchehida, K. (2016b). WHY MENTAL

PREPARATION IS SO IMPORTANT ON DIRECTING OF ATHLETIC PERFORMANCE ? To cite this version : HAL Id : hal-01918418. *European Journal of Physical Education and Sport Science*, 2(5), 140–152.

- Benson, H., Greenwood, M. M., & Klemchuk, H. (1975). The relaxation response: psychophysiologic aspects and clinical applications. *Psychiatry in Medicine*, 6(1–2), 87–98. <https://doi.org/10.2190/376w-e4mt-qm6q-h0um>
- Bhangoo, R. K., & Leibenluft, E. (2002). Affective neuroscience and the study of normal and abnormal emotion regulation. *Child and Adolescent Psychiatric Clinics of North America*, 11(3), 519–532. [https://doi.org/10.1016/S1056-4993\(02\)00007-X](https://doi.org/10.1016/S1056-4993(02)00007-X)
- Birrer, D., & Morgan, G. (2010). Psychological skills training as a way to enhance an athlete's performance in high-intensity sports. *Scandinavian Journal of Medicine and Science in Sports*, 20(SUPPL. 2), 78–87. <https://doi.org/10.1111/j.1600-0838.2010.01188.x>
- Bishop, D. T., Karageorghis, C. I., & Loizou, G. (2007). A grounded theory of young tennis players' use of music to manipulate emotional state. *Journal of Sport and Exercise Psychology*, 29(5), 584–607. <https://doi.org/10.1123/jsep.29.5.584>
- Blanco-Ariza, J., Reigal-Garrido, R. E., Domínguez-González, J. A., Morales-Sánchez, V., & Hernández-Mendo, A. (2024). Effects of Mental Visualization on Plyometric Performance and Self-Confidence of Football Players. *Perceptual and Motor Skills*, 131(5). <https://doi.org/10.1177/00315125241272724>
- Bois, J. E., Sarrazin, P. G., Southon, J., & Boiché, J. C. S. (2009). Psychological characteristics and their relation to performance in professional golfers. *Sport Psychologist*, 23(2), 252–270. <https://doi.org/10.1123/tsp.23.2.252>
- Bompa, T.O., & Haff, G. G. (2009). Periodization: Theory and Methodology of Training. In *Champaign, Ill. : Human Kinetics*; (5th ed.). Human Kinetics.
- Bompa, Tudor O., & Haff, G. G. (2009). *Periodization (Theory and Methodology of Training)* (Fifth Edit). Human Kinetics.
- Bompa, Tudor O., & Haff, G. G. (2018). *Periodization.pdf* (fifth edit). Human Kinetics.

- Bompa, Tudor O., & Buzzichelli, C. T. A.-T. T.-. (2019). *Periodization : theory and methodology of training* (Sixth edit). Human Kinetics. <https://doi.org/LK> - <https://worldcat.org/title/1019833054>
- Boostani, M. H., Boostani, M. A., & Rezaei, A. M. (2013). *Sport Psychology in Professional Karate Athletes : give psychological guidelines in order to improve their act in the competitions*. 4(1), 48–52.
- Bourne, K. (2024). *HOW CAN WE TRAIN TO WORK ON CONCENTRATION LEVELS IN SPORT*. Believe Perform. <https://members.believeperform.com/how-can-we-train-to-work-on-concentration-levels-in-sport/>
- Bridgeman, D. J. (2009). The Working Relationship Between Horse and Rider During Training and Competition for Equestrian Sports. In *University of Southern Queensland*. University of Southern Queensland.
- Brymer, E. (2010). Risk taking in extreme sports: A phenomenological perspective. *Annals of Leisure Research*, 13(1–2), 218–238. <https://doi.org/10.1080/11745398.2010.9686845>
- Bueno, J. C. A., Faro, H., Lenetsky, S., Gonçalves, A. F., Dias, S. B. C. D., Ribeiro, A. L. B., da Silva, B. V. C., Filho, C. A. C., de Vasconcelos, B. M., Serrão, J. C., Andrade, A., Souza-Junior, T. P., & Claudino, J. G. (2022). Exploratory Systematic Review of Mixed Martial Arts: An Overview of Performance of Importance Factors with over 20,000 Athletes. *Sports*, 10(6). <https://doi.org/10.3390/sports10060080>
- Bulbul, A., & Akyol, G. (2020). The effect of self-talk on athletes. *African Educational Research Journal*, 8(3), 640–648. <https://doi.org/10.30918/aerj.83.20.141>
- Bulent, O. M., Ugur, O., & Ozkan, B. (2017). Evaluation of sport mental toughness and psychological wellbeing in undergraduate student athletes. *Educational Research and Reviews*, 12(8), 483–487. <https://doi.org/10.5897/err2017.3216>
- Buning, M. M., & Thompson, M. A. (2015). Coaching Behaviors and Athlete Motivation: Female Softball Athletes' Perspectives. *Sport Science Review*, 24(5–6), 345–370. <https://doi.org/10.1515/ssr-2015-0023>
- Burns, L., Weissensteiner, J. R., & Cohen, M. (2019). Lifestyles and mindsets of

- Olympic, Paralympic and world champions: is an integrated approach the key to elite performance? ... *Journal of Sports Medicine*, 53(13).
<https://doi.org/https://doi.org/10.1136/bjsports-2018-099217>
- Candra, A. R., Antika, E., Budiyanto, K., Sobihin, S., & Hermawan, H. (2020). How to Increase the Athletes Psychological Skills?: Design and Development of Self-talk Guidance for Athletes. *ISPHE*, 1–10.
<https://doi.org/10.4108/eai.22-7-2020.2300246>
- Candra, A. R. D., Budiyanto, K. S., & Sobihin. (2019). *Psychological Characteristics of Athletes in Athletic Students Club Universitas Negeri Semarang*. 362(Acpes), 13–17. <https://doi.org/10.2991/acpes-19.2019.3>
- Candra, O., & Prasetyo, T. (2022). *Psikologi Olahraga*. Angewandte Chemie International Edition, 6(11), 951–952.; Eureka Media Aksara.
<https://medium.com/@arifwicaksanaa/pengertian-use-case-a7e576e1b6bf>
- Carter, L., River, B., & Sachs, M. (2013). Flow in Sport, Exercise, and Performance: A Review with Implications for Future Research. *Journal of Multidisciplinary Research*, 5(3), 17–31.
- Cece, V., Descas, G. E., & Martinet, G. (2020). Mental training program in racket sports: A systematic review. *International Journal of Racket Sports Science*, April 2021. <https://doi.org/10.30827/digibug.63721>
- Ceylan, M. (2023). Examination of the relationship between trait anxiety and mental toughness in sailing athletes. *Asian Journal of Education and Training*, 9(1), 1–6. <https://doi.org/10.20448/edu.v9i1.4410>
- Chambaron, S., Berberian, B., Ginhac, D., Delbecque, L., & Cleeremans, A. (2010). Action, observation et imagerie mentale d'une action : peut-on apprendre implicitement dans tous les cas ? *L'Année Psychologique*, 110(03), 351.
<https://doi.org/10.4074/s0003503310003027>
- Chevalère, J., Kirtay, M., Hafner, V. V., & Lazarides, R. (2023). Who to Observe and Imitate in Humans and Robots: The Importance of Motivational Factors. *International Journal of Social Robotics*, 15(8), 1265–1275.
<https://doi.org/10.1007/s12369-022-00923-9>
- Choi, H. S., Johnson, B., & Kim, Y. K. (2014). Children's Development Through Sports Competition: Derivative, Adjustive, Generative, and Maladaptive

- Approaches. *Quest*, 66(2), 191–202.
<https://doi.org/10.1080/00336297.2013.861757>
- Clarabut, J. (2019). *Why Relaxation is so Important*. Wellbeing People.
- Claros, J., Gutierrez, C., Caicedo, S., Parra, A., & Sanchez, J. (2020). Sports Training Program on Cognitive Variables in Athletes of Columbian Selection of Artistics Gymnastics. Number of Cases. *Scientific Technical Journal*, 6(2), 204–227. <https://doi.org/https://doi.org/10.17979/sportis.2020.6.2.5737>
- Codenhato, R., Vissoci, J. R. N., Junior, J. R., Mizoguchi, M. V., & Fiorese, L. (2018). IMPACT OF RESILIENCE ON STRESS AND RECOVERY IN ATHLETES. *Rev Bras Med Esporte*, 24(5), 352–356.
- Cormack, J., Rowell, K., & Postăvaru, G. I. (2020). Self-Determination Theory as a Theoretical Framework for a Responsive Approach to Child Feeding. *Journal of Nutrition Education and Behavior*, 52(6), 646–651. <https://doi.org/10.1016/j.jneb.2020.02.005>
- Costa, R. F. da, Nogueira, R. C., Fisberg, M., & Ferrari, G. (2023). Editorial: Body composition assessment techniques in clinical and epidemiological settings: Development, validation and use in dietary programs, physical training and sports. *Frontiers in Nutrition*, 10, 1–4. <https://doi.org/10.3389/fnut.2023.1146553>
- Côté, J., & Vierimaa, M. (2014). The developmental model of sport participation: 15 years after its first conceptualization. *Science and Sports*, 29, S63–S69. <https://doi.org/10.1016/j.scispo.2014.08.133>
- Cowden, Richard G., Meyer-Weitz, A., & Asante, K. O. (2016). Mental toughness in competitive tennis: Relationships with resilience and stress. *Frontiers in Psychology*, 7(MAR), 1–9. <https://doi.org/10.3389/fpsyg.2016.00320>
- Cowden, Richard Gregory, & Meyer-Weitz, A. (2016). Self-reflection and self-insight predict resilience and stress in competitive tennis. *Social Behavior and Personality*, 44(7), 1133–1149. <https://doi.org/10.2224/sbp.2016.44.7.1133>
- Crespo, M., & Reid, M. M. (2007). Motivation in tennis. *British Journal of Sports Medicine*, 41(11), 769–772. <https://doi.org/10.1136/bjsm.2007.036285>
- Crust, L., & Azadi, K. (2010). Mental toughness and athletes' use of psychological strategies. *European Journal of Sport Science*, 10(1), 43.

- Cucroq, E., Wilson, M., Vine, S., & Derakshan, N. (2016). Training Attentional Control Improves Cognitive and Motor Task Performance. *Journal of Sport & Exercise Psychology*, 1143–1197.
- Cui, X., Lam, W. K., Gao, Q., Wang, X., & Zhao, T. (2022). Biomechanical Analysis on Skilled Badminton Players during Take-Off Phase in Forehand Overhead Strokes: A Pilot Study. *Biology*, 11(10), 1–13. <https://doi.org/10.3390/biology11101401>
- Da Silva, G. M., Gomes, S. S., Zanetti, M. C., & Ferreira Brandão, M. R. (2018). Flow predisposition in Brazilian rugby athletes. *Motricidade*, 14(1), 18–28. <https://doi.org/10.6063/motricidade.9872>
- Dachen, J. (2012). Test of performance strategies among college going athletes: differences across type of sports and gender. *International Forum for Progressive Research and Behavioural Sciences (IFPRBS)*, 1(4), 139–147. <http://www.ijobsms.in/issue4,vol1,p19jigmat.pdf>
- Dahl, K. (2013). *External Faktors and Athletic Performance*. Liberty University.
- Danko, G., Lavrentiev, O., Danko, T., Krupenya, S., & Zhyvollovych, S. (2023). Psychological Training of Freestyle Wrestling Athletes. *Scientific Journal of National Pedagogical Dragomanov University.*, 8(8(168)), 39–45. [https://doi.org/10.31392/npu-nc.series15.2023.8\(168\).08](https://doi.org/10.31392/npu-nc.series15.2023.8(168).08)
- DeAraugo, J., McLaren, S., McManus, P., & McGreevy, P. D. (2016). Improving the understanding of psychological factors contributing to horse-related accident and injury: Context, loss of focus, cognitive errors and rigidity. *Animals*, 6(2). <https://doi.org/10.3390/ani6020012>
- Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self determination in human behavior*. Springer. <https://link.springer.com/book/10.1007/978-1-4899-2271-7>
- Deci, E. L., & Ryan, R. M. (2000). The “What” and “Why” of Goal Pursuits: Human Needs and the Self-Determination of Behavior. *Psychological Inquiry*, 11(4), 227–268. <https://doi.org/10.1207/S15327965PLI1104>
- Delarosa, T. M., & Prasad, K. N. (2023). Attenuation of short-term increased oxidative stress during martial arts competitions, and benefits of micronutrients for martial art athletes. *World Journal of Advanced Research*

- and Reviews*, 18(1), 776–782. <https://doi.org/10.30574/wjarr.2023.18.1.0486>
- Dhuha, A. A., Yogaswara, A., Bin Seh abubakar, S. F., Widodo, A., & Muhibbi, M. (2024). Influential Factors of Taekwondo Achievement in Regional Sport Competition. *Physical Activity Journal*, 5(2), 207. <https://doi.org/10.20884/1.paju.2024.5.2.10136>
- Di Corrado, D., Guarnera, M., Guerrero, C. S., Maldonado, N. M., Di Nuovo, S., Castellano, S., & Coco, M. (2020). Mental Imagery Skills in Competitive Young Athletes and Non-athletes. *Frontiers in Psychology*, 11(April), 1–7. <https://doi.org/10.3389/fpsyg.2020.00633>
- di Fronso, S., & Budnik-Przybylska, D. (2023). Special Issue: Sport Psychology Interventions for Athletes' Performance and Well-Being. *International Journal of Environmental Research and Public Health*, 20(4). <https://doi.org/10.3390/ijerph20043712>
- Díaz-Rodríguez, C., Pérez-Córdoba, E., Chirivella, E. C., & Boix, V. E. E. (2024). A model for the improvement of the perception and tactical decision-making in basketball. *Retos*, 61, 736–747. <https://doi.org/10.47197/retos.v61.105224>
- Dimiyati, Herwin; Hastuti, T. A. (2013). Karakteristik Psikologis Atlet di Pusat Pendidikan dan Latihan Pelajar (PPLP). *Jurnal Psikologi*, 40(2), 143–158. <https://doi.org/10.22146/jpsi.6973>
- Dimiyati. (2021). *KEDUDUKAN LATIHAN KETERAMPILAN MENTAL DALAM PSIKOLOGI OLAHRAGA DAN URGENSINYA BAGI PELATIH ATLET USIA MUDA DI INDONESIA*. Universitas Negeri Yogyakarta. https://www.uny.ac.id/id/fokus-kita/prof-dr-dimiyati-msi_kedudukan-latihan-keterampilan-mental-dalam-psikologi-olahraga-dan
- Dimiyati, Herwin, & Hastuti, T. A. (2013). Karakteristik Psikologis Atlet di Pusat Pendidikan dan Latihan Pelajar (PPLP). *Jurnal Psikologi*, 40(2), 143–158. <https://doi.org/10.22146/jpsi.6973>
- Domingueti, R. A., & Martins, G. C. (2020). *Centro Unversitário Santo Agostinho*. 196–207. <https://typeset.io/pdf/a-psicologia-do-esporte-e-o-seu-trabalho-motivacional-para-o-issjwajq9v.pdf>
- Donka, D. B., & Balogh, L. (2022). Examination of Executive Functions Affecting Sports Performance in the Context of Athlete Experience. *Stadium* -

- Hungarian Journal of Sport Sciences*, 5(1).
<https://doi.org/10.36439/shjs/2022/1/11318>
- Donny WiraYudha Kusuma, A. M. (2019). Comparison of Athletes Personality between Martial Art Sports in Central Java. *Research & Analysis*, 05(03), 2357–2361. <https://doi.org/10.31142/rajar/v5i3.04>
- Donti, O., Bogdanis, G. C., Kritikou, M., Donti, A., & Theodorakou, K. (2016). The relative contribution of physical fitness to the technical execution score in youth rhythmic gymnastics. *Journal of Human Kinetics*, 50(2), 143–152. <https://doi.org/10.1515/hukin-2015-0183>
- Dorling, J. L., & Bahr, M. (2024). *Mental Toughness in Sports People* (pp. 32–34). <https://doi.org/10.31219/osf.io/9bhnu>
- Doron, J., & Martinent, G. (2016). Trajectories of psychological states of women elite fencers during the final stages of international matches. *Journal of Sports Sciences*, 34(9), 836–842. <https://doi.org/10.1080/02640414.2015.1075056>
- Dosbay, Z. K. (2022). Characteristic soft he psychological training of athlete engaged in karate. In *The Proceeding “Bulletin MILF”* (Vol. 50, Issue 2, pp. 60–67). <https://doi.org/10.56132/2791-3368.2022.2-49-06>
- Draper, N., Brent, S., Hodgson, C., & Blackwell, G. (2009). Flexibility assessment and the role of flexibility as a determinant of performance in rock climbing. *International Journal of Performance Analysis in Sport*, 9(1), 67–89. <https://doi.org/10.1080/24748668.2009.11868465>
- Du, J., Ma, E., & Lin, X. (2021). Can proactivity translate to creativity? Examinations at individual and team levels. *International Journal of Hospitality Management*, 98(November 2020), 103034. <https://doi.org/10.1016/j.ijhm.2021.103034>
- Eccles, D. W., & Tenenbaum, G. (2004). Why an expert team is more than a team of experts: A social-cognitive conceptualization of team coordination and communication in sport. *Journal of Sport and Exercise Psychology*, 26(4), 542–560. <https://doi.org/10.1123/jsep.26.4.542>
- Edwards, D. J., & Steyn, B. J. M. (2008). Sport psychological skills training and psychological well-being. *South African Journal for Research in Sport, Physical Education and Recreation*, 30(1), 15–28.

- <https://doi.org/10.4314/sajrs.v30i1.25978>
- Eerdeken, A., Deruyck, M., Fontaine, J., Damiaans, B., Martens, L., De Poorter, E., Govaere, J., Plets, D., & Joseph, W. (2021). Horse jumping and dressage training activity detection using accelerometer data. *Animals*, 11(10), 1–28. <https://doi.org/10.3390/ani11102904>
- Eldadi, O., Sharon-David, H., & Tenenbaum, G. (2023). Interpersonal emotions in team sports. *Scientific Journal of Sport and Performance*, 2(4), 473–491. <https://doi.org/10.55860/kcdx3917>
- Elferink-Gemser, M. T., Visscher, C., Lemmink, K. A. P. M., & Mulder, T. (2007). Multidimensional performance characteristics and standard of performance in talented youth field hockey players: A longitudinal study. *Journal of Sports Sciences*, 25(4), 481–489. <https://doi.org/10.1080/02640410600719945>
- Erdiyanti, Y. P., & Maulana, A. (2019). Hubungan Kecemasan dengan Performa Atlet Bola Voli pada Event Kejuaraan Antar Desa Di Desa Orimalang Kec. Jamblang Kab. Cirebon. *Prophetic : Professional, Empathy and Islamic Counseling Journal*, 2(2), 269. <https://doi.org/10.24235/prophetic.v2i2.5813>
- Evans, A. L., Coffee, P., & Barker, J. B. (2024). The effects of social identity and social identity content on cohesion, efficacy, and performance across a competitive rugby league season. *International Journal of Sport and Exercise Psychology*, 22(7), 1724–1742. <https://doi.org/10.1080/1612197X.2023.2229349>
- Exercise & Sport Psychology. (2014). *Concentration and Attentional Control in Sport* (Vol. 2, Issue 1, pp. 1–2). <http://www.apadivisions.org/division-47/publications/sportpsych-works/concentration-and-attention.pdf>
- Eys, M., Coleman, T., & Crickard, T. (2022). Group Cohesion: The Glue That Helps Teams Stick Together. *Frontiers for Young Minds*, 1–7. <https://doi.org/10.3389/frym.2022.685318>
- Fachrezi, M. Y., Vidyastuti, V., & Lestari, W. (2023). Goal Setting dan Motivasi Berprestasi Atlet Panahan di Kota Pontianak. *Philanthropy: Journal of Psychology*, 7(1), 45. <https://doi.org/10.26623/philanthropy.v7i1.6430>
- Fadilah, R. N., & Priambodo, A. (2024). Stress dan kecemasan dalam olahraga kompetisi. *Jurnal Pendidikan Sejarah Dan Riset Sosial Humaniora*, 4(1), 27–

37.

- Fan, C., Zhang, Y., Zheng, Y., Norwood, W. C., & Wang, J. (2020). Causes and Self-regulatory Mechanisms of Frustration: A Qualitative Exploration of Rock Climbers. *Journal of Human Psychology*, 1(2), 14–26. <https://doi.org/10.14302/issn.2644-1101.jhp-20-3524>
- Fawyer, B., Cowan, R. ., Lohse, K. ., Podlog, L., & Williams, A. . (2020). Psychological characteristics, sport engagement, and performance in alpine skiers. *Psychology of Sport and Exercise*, 47, 2020. <https://doi.org/https://doi.org/10.1016/j.psychsport.2019.101616>.
- Febrianty, M. F., Komarudin, K., Hidayat, Y., & Nurjaya, D. R. (2024). Identification of sports categorization. *Retos*, 58(1), 576–583. <https://doi.org/10.47197/retos.v58.105871>
- Fernández, M. M., Brito, C. J., Miarka, B., & Díaz-de-Durana, A. L. (2020). Anxiety and Emotional Intelligence: Comparisons Between Combat Sports, Gender and Levels Using the Trait Meta-Mood Scale and the Inventory of Situations and Anxiety Response. *Frontiers in Psychology*, 11(February), 1–9. <https://doi.org/10.3389/fpsyg.2020.00130>
- Festiawan, R. (2020). Latihan Mental dalam Olahraga. *Repository.Unmul.Ac.Id*, December 2020, 5. <https://doi.org/10.31219/osf.io/wvvtkg>
- Festiawan, R. (2021). The power of imagery: kajian tentang imagery dalam olahraga. *Sport Psychology*, January. <https://doi.org/10.31219/osf.io/38wsq>
- Firmansyah, H. (2011). Perbedaan Pengaruh Latihan Imagery Dan Tanpa Latihan Imagery Terhadap Keterampilan Senam Dan Kepercayaan Diri Atlet. *Jurnal Olahraga Prestasi*, 7(7), 1–10.
- Fletcher, D., & Hanton, S. (2001). The relationship between psychological skills usage and competitive anxiety responses. *Psychology of Sport and Exercise*, 2(2), 89–101. [https://doi.org/10.1016/S1469-0292\(00\)00014-5](https://doi.org/10.1016/S1469-0292(00)00014-5)
- Frey, M., Laguna, P. L., & Ravizza, K. (2003). Collegiate athletes' mental skill use and perceptions of success: An exploration of the practice and competition settings. *Journal of Applied Sport Psychology*, 15(2), 115–128. <https://doi.org/10.1080/10413200305392>
- Fritsch, J., Jekauc, D., Elsborg, P., Latinjak, A. T., Reichert, M., & Hatzigeorgiadis,

- A. (2022). Self-talk and emotions in tennis players during competitive matches. *Journal of Applied Sport Psychology*, 34(3), 518–538. <https://doi.org/10.1080/10413200.2020.1821406>
- Fryer, S. M., Giles, D., Palomino, I. G., de la O Puerta, A., & España-Romero, V. (2018). Hemodynamic and cardiorespiratory predictors of sport rock climbing performance. *Journal of Strength and Conditioning Research*, 32(12), 3534–3541. <https://doi.org/10.1519/jsc.0000000000001860>
- Fryer, S., Stone, K. J., Sveen, J., Dickson, T., España-Romero, V., Giles, D., Baláš, J., Stoner, L., & Draper, N. (2017). Differences in forearm strength, endurance, and hemodynamic kinetics between male boulderers and lead rock climbers. *European Journal of Sport Science*, 17(9), 1177–1183. <https://doi.org/10.1080/17461391.2017.1353135>
- Fuentes, C. A., López-Gullón, J. M., Belmonte, M. J. B., Ferri, J. M. V., Berenguí, R., & Angosto Sánchez, S. (2020). Psychological dimension in the formation process of the spanish olympic wrestler. *Anales de Psicología*, 36(3), 553–560. <https://doi.org/10.6018/analesps.398831>
- Furley, P. (2014). *Working Memory and the Control of Attention in Sport: From General Mechanisms To Individual Differences* (Issue May) [German Sport University Cologne]. https://www.researchgate.net/publication/236605359_Working_Memory_and_the_control_of_attention_in_sport_From_general_mechanisms_to_individual_differences
- Furley, P., Bertrams, A., Englert, C., & Delphia, A. (2013). Ego depletion, attentional control, and decision making in sport. *Psychology of Sport and Exercise*, 14(6), 900–904. <https://doi.org/10.1016/j.psychsport.2013.08.006>
- Gandrapu, A., & Rakesh, K. R. (2024). Sports Psychology: Mental Skills Training and Performance Enhancement Strategies for Athletes. *Innovations in Sports Science*, 1(3), 1–4. <https://doi.org/10.36676/iss.v1.i3.13>
- Gema, A. R., Rumini, R., & Soenyoto, T. (2016). Manajemen Kompetisi Sepakbola Sumsel Super League (SSL) Kota Palembang. *Journal of Physical Education and Sport*, 5(1), 8–16. <https://journal.unnes.ac.id/sju/index.php/jpes/article/view/13273%0Ahttps://j>

- ournal.unnes.ac.id/sju/index.php/jpes/article/download/13273/7269
- George, D., & Mallery, P. (2019). IBM SPSS Statistics 26 Step by Step: A Simple Guide and Reference. In *Routledge* (16th eadit). Routledge. <https://doi.org/10.4324/9780429056765>
- Giannitsopoulou, E., Kosmidou, E., & Zisi, V. (2010). EXAMINATION OF PARENTAL INVOLVEMENT IN GREEK FEMALE ATHLETES. *Journal of Human Sport and Exercise*, 5(2), 176–187. <https://doi.org/10.4100/jhse>
- Girard, O., & Faude, O. (2021). Editorial: Insights in Elite Sports and Performance Enhancement: 2021. *Frontiers in Sports and Active Living*, November, 1–25. <https://doi.org/https://doi.org/10.1080/1612197X.2021.2010231>
- Goldber, A. (2018). *Controlling Your Concentration Before and During the Race*. USA SWIMMING NEWS. <https://www.usaswimming.org/news/2018/02/12/controlling-your-concentration-before-and-during-the-race>
- Gossard, T., Schmalzl, J., Ziegler, A., & Zell, A. (2024). Spin Detection Using Racket Bounce Sounds in Table Tennis. *Cornell University*. <http://arxiv.org/abs/2409.11760>
- Gould, D., Medbery, R., Damarjian, N., & Lauer, L. (1999). A Survey of mental skills training knowledge, opinions, and practices of junior tennis coaches. *Journal of Applied Sport Psychology*, 11(1), 28–50. <https://doi.org/10.1080/10413209908402949>
- Gould, D., & Udry, E. (1994). Psychological skills for enhancing performance: arousal regulation strategies. *Medicine and Science in Sports and Exercise*, 26(4), 478–485. https://doi.org/10.1007/978-3-319-55065-7_300176
- Grant, R. A., Taraborrelli, L., & Allen, T. (2022). Morphometrics for sports mechanics: Showcasing tennis racket shape diversity. *PLoS ONE*, 17(1 January), 1–15. <https://doi.org/10.1371/journal.pone.0263120>
- Gross, J. J. (1998). The Emerging Field of Emotion Regulation: An Integrative Review. *Review of General Psychology*, 2(3), 271–299.
- Guerrero Rodríguez, C., Sosa-Correa, M., Zayas García, A., & Guil Bozal, R. (2017). Regulación Emocional En Jóvenes Deportistas Ante Situaciones Adversas En Competición. *International Journal of Developmental and*

- Educational Psychology. Revista INFAD de Psicología.*, 2(1), 373.
<https://doi.org/10.17060/ijodaep.2017.n1.v2.950>
- Gujarathi, R. S., & Dongare, U. P. (2024). Effects of Psychological Training on Competitive Fencing Outcomes. *International Journal of Applied and Scientific Research*, 2(8), 679–686. <https://doi.org/10.59890/ijasr.v2i8.2336>
- Hadian, A. M., Komarudin, K., Saputra, M. Y., & Novian, G. (2024). Penerapan Latihan Mental Imagery MG-M terhadap Kepercayaan Diri Atlet Pencak Silat Remaja. *Jurnal Pendidikan Olahraga*, 14(4), 223–229.
- Hagan, J. E., Pollmann, D., & Schack, T. (2017). Exploring temporal patterning of psychological skills usage during the week leading up to competition: Lessons for developing intervention programmes. *PLoS ONE*, 12(8), 1–14. <https://doi.org/10.1371/journal.pone.0181814>
- Hamrouni, S., Alem, J., Baert, S., & Bouguerra, I. (2015). The Effects of Mental Imagery and Cardiac Coherence on Mental Skills of Tunisian Karate Players at School Age. *Advances in Physical Education*, 05(02), 107–115. <https://doi.org/10.4236/ape.2015.52014>
- Handayani, L., Kusnanik, N. W., Rusdiawan, A., Rasyid, M. L. S. A., García-Jiménez, J. V., & Pranoto, A. (2024). Do the physical elements improving archery performance? *Retos*, 56, 385–389. <https://doi.org/10.47197/retos.v56.103791>
- Hanie, I., Samah, A., Shukor Shamsudin, A., & Darus, A. (2019). Psychological Relatedness Factor influencing Performance in Archery. *International Journal of Innovative Technology and Interdisciplinary Sciences*, 2(3), 192–199. <https://doi.org/10.15157/IJITIS.2019.2.3.192-199>
- Hanin, Y. (1997). *Emotions and athletic performance: Individual zones of optimal functioning model*. (pp. 29–72). European Yearbook of Sport Psychology. <https://academy.sportlyzer.com/wiki/arousal-and-performance/individual-zones-of-optimal-functioning-izof/>
- Hardy, J. (2006). Speaking clearly: A critical review of the self-talk literature. *Psychology of Sport and Exercise*, 7(1), 81–97. <https://doi.org/10.1016/j.psychsport.2005.04.002>
- Hardy, J., Hall, C. R., & Hardy, L. (2004). A note on athletes' use of self-talk.

- Journal of Applied Sport Psychology*, 16(3), 251–257.
<https://doi.org/10.1080/10413200490498357>
- Hardy, J., Oliver, E., & Tod, D. (2009). A framework for the study and application of self-talk within sport. In *Advances in Applied Sport Psychology: A Review* (Issue January, pp. 37–74).
<https://www.taylorfrancis.com/chapters/edit/10.4324/9780203887073-8%0Ahttps://www.taylorfrancis.com/chapters/edit/10.4324/9780203887073-8/framework-study-application-self-talk-within-sport-james-hardy-emily-oliver-david-tod>
- Hardy, L., Jones, G., & Gould, D. (2018). Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers. In *John Wiley & Sons*. John Wiley & Sons, Inc. <https://doi.org/10.1123/tsp.11.3.355>
- Hardy, L., & Parfitt, G. (1991). A catastrophe model of anxiety and performance. *British Journal of Psychology*, 82(2), 163–178.
<https://doi.org/10.1111/j.2044-8295.1991.tb02391.x>
- Hardy, L., Roberts, R., Thomas, P. R., & Murphy, S. M. (2010). Test of Performance Strategies (TOPS): Instrument refinement using confirmatory factor analysis. *Psychology of Sport and Exercise*, 11(1), 27–35.
<https://doi.org/10.1016/j.psychsport.2009.04.007>
- Hariyanto, A., Wahyu, M., & Prakosa, B. (2021). Optimalization of Reaction Time Through. *Medicina*, 20(1), 36–43.
- Harsono. (1988). *Coaching dan Aspek-aspek Psikologi dalam Coaching*. CV. Tambuk Kusuma.
- Hartono, Y., & Murniati, M. P. (2020). Goal Setting Theory: the Effect of Incentive Moderation on Individual Performance. *Research In Management and Accounting*, 3(2), 95–106. <https://doi.org/10.33508/rima.v3i2.3053>
- Hassen, S. Ben, Chelbi, I. E. Ben, Kaabi, S., & Hamrrouni, S. (2022). Impact of Emotional Competences on the Tunisian Athletes in the Period of Containment: Comparative Study between Tunisian Olympic Athletes and Non-Athletes. *Advances in Physical Education*, 12(02), 78–86.
<https://doi.org/10.4236/ape.2022.122007>
- Hatzigeorgiadis, A., Galanis, E., & Theodorakis, Y. (2020). Strategic Self-talk

- Interventions. In *Routledge* (1st Editio). Rourledge.
<https://doi.org/10.4324/9780429460623-9>
- Healy, L., Tincknell-Smith, A., & Ntoumanis, N. (2018). Goal Setting in Sport and Performance. *Oxford Research Encyclopedia of Psychology, February*, 1–23.
<https://doi.org/10.1093/acrefore/9780190236557.013.152>
- Herdiansyah, H., Muhtar, T., & Alif, M. N. (2022). Mental Imagery: Competitive Anxiety Control in Karate Kumite Athlete. *JUARA : Jurnal Olahraga*, 7(3), 833–843. <https://doi.org/10.33222/juara.v7i3.2448>
- Hernandez, J. G., & Jimenez, A. V. (2016). Personality and psychological response in athletes. Temporal and adaptive representation of the person-sport process. *Retos*, 2041(30), 211–215. <https://doi.org/10.47197/retos.v0i30.50267>
- Hidayat, Yusuf. (2012). PENGARUH GOAL SETTING DAN SELF-MONITORING DALAM PENGUASAAN KETERAMPILAN GERAK DAN MOTIVASI INTRINSIK SISWA SEKOLAH DASAR. *Cakrawala Pendidikan*, 3, 495–511. <https://doi.org/10.12968/denn.2017.13.9.432>
- Hidayat, Yusuf, Yudiana, Y., Hambali, B., Sultoni, K., Ustun, U. D., & Singnoy, C. (2023). The effect of the combined self-talk and mental imagery program on the badminton motor skills and self-confidence of youth beginner student-athletes. *BMC Psychology*, 11(1), 1–16. <https://doi.org/10.1186/s40359-023-01073-x>
- Hidayat, Yusuf, Yudiana, Y., Rahayu, N. I., Carsiwan, Hambali, B., & Kusnaedi. (2023). Use of the Test of Performance Strategies for Athletes: Gender and Levels of Athletes Analysis. *International Journal of Human Movement and Sports Sciences*, 11(3), 604–611. <https://doi.org/10.13189/saj.2023.110313>
- Hidayat, Yusup. (2011). Reviu self-talk: Konsep, dimensi, dan perspektif teori. *Jurnal Kepelatihan Olahraga*, 3(1), 65–76.
- Hidayat, Yusup, & Budiman, D. (2014). The influence of self-talk on learning achievement and self confidence. *Asian Social Science*, 10(5), 186–193. <https://doi.org/10.5539/ass.v10n5p186>
- Highlen, P. S., & Bennett, B. B. (2016). Psychological Characteristics of Successful and Nonsuccessful Elite Wrestlers: An Exploratory Study. *Journal of Sport Psychology*, 1(2), 123–137. <https://doi.org/10.1123/jsp.1.2.123>

- Hirschberg, A. L. (2020). Female hyperandrogenism and elite sport. *Endocrine Connections*, 9(4), R81–R92. <https://doi.org/10.1530/EC-19-0537>
- Hodgson, C. I., Draper, N., McMorris, T., Jones, G., Fryer, S., & Coleman, I. (2009). Perceived anxiety and plasma cortisol concentrations following rock climbing with differing safety rope protocols. *British Journal of Sports Medicine*, 43(7), 531–535. <https://doi.org/10.1136/bjsm.2007.046011>
- Hohmuth, R., Schwensow, D., Malberg, H., & Schmidt, M. (2023). A Wireless Rowing Measurement System for Improving the Rowing Performance of Athletes. *Sensors*, 23(3), 1–13. <https://doi.org/10.3390/s23031060>
- Holliday, B., Burton, D., Sun, G., Hammermeister, J., Naylor, S., & Freigang, D. (2008). Building the better mental training mousetrap: Is periodization a more systematic approach to promoting performance excellence? *Journal of Applied Sport Psychology*, 20(2), 199–219. <https://doi.org/10.1080/10413200701813889>
- Huebner, M., & Perperoglou, A. (2019). Performance development from youth to senior and age of peak performance in olympic weightlifting. *Frontiers in Physiology*, 10(AUG), 1–10. <https://doi.org/10.3389/fphys.2019.01121>
- Ihsan, F., Nasrulloh, A., & Nugroho, S. (2024). Analysis of key factors affecting the achievement of badminton athletes at the international level: A systematic review. *Fizjoterapia Polska*, 7(24), 374–382. <https://doi.org/doi.org/10.56984/8ZG5608D4E>
- Ik Sin, L., Anuar, N. A., & Mohamad Nasir, M. K. (2024). Pengaruh Perbualan Kendiri (Self-talk) Terhadap Kebimbangan Atlet Badminton Sebelum Perlawanan. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 9(1), e002623. <https://doi.org/10.47405/mjssh.v9i1.2623>
- Iverson, B. L., & Dervan, P. B. (2013). *Sports Training-An Introduction*. [https://bksp.portal.gov.bd/sites/default/files/files/bksp.portal.gov.bd/training/27d17ebe_8632_4668_8f4b_49c9736e2e00/Science of Sport Training - Book.pdf](https://bksp.portal.gov.bd/sites/default/files/files/bksp.portal.gov.bd/training/27d17ebe_8632_4668_8f4b_49c9736e2e00/Science%20of%20Sport%20Training%20-%20Book.pdf)
- Jackson, S. A., Thomas, P. R., Marsh, H. W., & Smethurst, C. J. (2001). Relationships between Flow, Self-Concept, Psychological Skills, and Performance. *Journal of Applied Sport Psychology*, 13(2), 129–153.

<https://doi.org/10.1080/104132001753149865>

- Jannah, M., Permadani, F. D., & Widohardhono, R. (2022). Motivasi Berprestasi Olahraga Pada Atlet Pelajar Ketika Pandemi Covid-19 Di Jawa Timur. *Paedagogia : Jurnal Kajian, Penelitian Dan Pengembangan Kependidikan*, 13(1), 60. <https://doi.org/10.31764/paedagogia.v13i1.8082>
- Jayasinghe, R. (2017). *Relaxation techniques for stress management*. (Vol. 4, Issue 1). researchgate.net. <https://doi.org/10.4037/ccn1984.4.1.77>
- Jeong, Y. H., Healy, L. C., & McEwan, D. (2023). The application of Goal Setting Theory to goal setting interventions in sport: a systematic review. *International Review of Sport and Exercise Psychology*, 16(1), 474–499. <https://doi.org/10.1080/1750984X.2021.1901298>
- Jermaina, N., Kusmaedi, N., Ma'mun, A., Gaffar, V., Purnomo, E., & Marheni, E. (2022). Effects of Relaxation Exercises to Reduce Anxiety in Beginner Athletes. *International Journal of Human Movement and Sports Sciences*, 10(6), 1275–1283. <https://doi.org/10.13189/saj.2022.100618>
- Jin, Y. (2022). Development and Application of Social Learning Theory. *Learning & Education*, 10(7), 183. <https://doi.org/10.18282/l-e.v10i7.3002>
- Jowett, H., & Phillips, I. D. (2023). The effect of weather conditions on scores at the United States Masters golf tournament. *International Journal of Biometeorology*, 67(11), 1897–1911. <https://doi.org/10.1007/s00484-023-02549-6>
- Jun, M. G., Oh, K. R., & Choi, C. (2023). Effects of Self-Management Behavior of Closed Sports Athletes on Concentration and Competition State Anxiety. *Sport Mont*, 21(2), 25–32. <https://doi.org/10.26773/smj.230704>
- Juriana, Tahki, K., & Zulfitrianto, G. (2018). PENGETAHUAN PSIKOLOGI OLAHRAGA PADA PELATIH RENANG INDONESIA. *Jurnal Ilmiah Sport Coaching and Education*, 2(Januari), 31–38. <https://doi.org/https://doi.org/10.21009/JSCE.02104>
- Kal, E., Prosée, R., Winters, M., & Van Der Kamp, J. (2018). Does implicit motor learning lead to greater automatization of motor skills compared to explicit motor learning? A systematic review. *PLoS ONE*, 13(9), 1–25. <https://doi.org/10.1371/journal.pone.0203591>

- Kardi, I. S. (2019). Psychological Skill Characteristics of Athletics, Weightlifting, Cycling, Swimming, and Waterskiing Athletes based on 2017 SEA Games Medal Achievements. *Jurnal Pendidikan Jasmani Dan Olahraga*, 4(1), 55–61. <https://doi.org/10.17509/jpjo.v4i1.12452>
- Kaya, M., Adiguzel, N. S., Yoka, O., & Karakus, S. (2023). the Effect of Motor Imagination Training on Tennis Service Hit. *Isagoge*, 3(1), 93–105.
- Khomenko, P., & Manyk, V. (2024). PSYCHOLOGICAL AND PEDAGOGICAL ASPECTS OF THE RESEARCH OF STRESS FACTORS IN MODERN SPORTS. *Педагогічні Науки*, 2474, 3–7. <https://doi.org/https://doi.org/10.33989/2524-2474.2024.1.308683>
- Kiki Melita Andriani, Maemonah, & Rz. Ricky Satria Wiranata. (2022). Penerapan Teori Belajar Behavioristik B. F. Skinner dalam Pembelajaran : Studi Analisis Terhadap Artikel Jurnal Terindeks Sinta Tahun 2014 - 2020. *SALIHA: Jurnal Pendidikan & Agama Islam*, 5(1), 78–91. <https://doi.org/10.54396/saliha.v5i1.263>
- Kindzer, B., Partyko, N., Khurtenko, O., Berezyak, K., Pryshva, O., & Nesterov, O. (2021). The Program of mental self-regulation of athletes engaged in Martial Arts. *Scientific Journal of National Pedagogical Dragomanov*, 6(6(137)), 66–71. [https://doi.org/10.31392/npu-nc.series15.2021.6\(137\).15](https://doi.org/10.31392/npu-nc.series15.2021.6(137).15)
- Knapp, P., & Beck, A. T. (2008). Cognitive therapy: foundations, conceptual models, applications and research. *Revista Brasileira de Psiquiatria*, 30 Suppl 2(August 2008), s54-64. <http://www.ncbi.nlm.nih.gov/pubmed/19039445>
- Koch, A. K., & Nafziger, J. (2011). Self-regulation through Goal Setting. *Scandinavian Journal of Economics*, 113(1), 212–227. <https://doi.org/10.1111/j.1467-9442.2010.01641.x>
- Komarudin. (2018). THE IMPROVEMENT OF ATHLETES' MOTIVATION THROUGH THE BRAIN JOGGING TRAINING IN GROUP AND INDIVIDUAL SPORTS. *Jurnal Cosioteknologi*, 17(1).
- Kong, Y., & Duan, Z. (2024). Boxing behavior recognition based on artificial intelligence convolutional neural network with sports psychology assistant. *Scientific Reports*, 14(1), 58518. <https://doi.org/10.1038/s41598-024-58518-5>
- Konstantara, M. K., & Galanakis, M. (2022). Goal-Setting Theory and Performance

- Management: A Systematic Literature Review. *Psychology*, 13(05), 790–797.
<https://doi.org/10.4236/psych.2022.135052>
- Korobeinikova. (2022). *Psychological Conditions of Elite Athletes*. 422–426.
- Kumar, S., & Das, R. (2024). Championing Olympic Excellence: A Bibliometric Analysis of Biomechanics Impacting Tennis Performance on the World Stage. *Physical Education Theory and Methodology*, 24(3), 494–503.
<https://doi.org/10.17309/tmfv.2024.3.20>
- Lalayan, G. A., Avetisyan, A. V., & Khachatryan, M. M. (2023). Enhancing Performance in Adolescent Judokas: the Role of Subjective Well-Being and Psychomotor Abilities. *Գիտությունը Սպորտում. Արդի Հիմնախնդիրներ*, 156–169. <https://doi.org/10.53068/25792997-2023.2.9-156>
- Lambert, M., Viljoen, W., Bosch, A., Pearce, A., & Sayers, M. (2013). General Principle of Training. In M. Schwellnus (Ed.), *Review of Orthopaedic Trauma: Second Edition* (1st Editio). Blackwell Publishing, UK.
<https://doi.org/10.1055/b-0034-52609>
- Lan, J., Deng, W., & Huang, Y. (2022). Muscular Endurance in Mountaineers Under Different Load Training Observation. *Revista Brasileira de Medicina Do Esporte*, 28(6), 778–781. https://doi.org/10.1590/1517-8692202228062022_0013
- Lane, A. M., Harwood, C., Terry, P. C., & Karageorghis, C. I. (2014). Confirmatory factor analysis of the Test of Performance Strategies (TOPS) among adolescent athletes. *Journal of Sports Sciences*, 22(9), 803–812.
<https://doi.org/10.1080/02640410410001716689>
- Lange-smith, S., Cabot, J., Coffee, P., Gunnell, K., & Tod, D. (2023). The efficacy of psychological skills training for enhancing performance in sport : a review of reviews The efficacy of psychological skills training for enhancing performance in sport : a review of reviews. *The International Journal of Sport and Exercise Psychology*. <https://doi.org/10.1080/1612197X.2023.2168725>
- Laski, V., Ureczky, D., & Wilhelm, M. (2024). Investigation of Factors Related to Sport-Specific Compulsory Element Execution in Artistic Swimming. *Sports*, 12(4), 1–13. <https://doi.org/10.3390/sports12040096>
- Latham, G. P., & Locke, E. A. (1991). Self-Regulation Through Goal Setting.

- Organizational Behaviour and Human Decision Process*, 50, 212–247.
<https://doi.org/10.2307/258875>
- Latinjak, A. T., & Hatzigeorgiadis, A. (2022). Self-Talk: Chats that Athletes Have With Themselves. *Frontiers for Young Minds*, 10.
<https://doi.org/10.3389/frym.2022.681923>
- Lauer, L. (2010). Fighting the Enemy Within: Confidence-Boosting Coaching. *Journal of Coaching Education*, 3(2), 56–105. <https://typeset.io/pdf/fighting-the-enemy-within-confidence-boosting-coaching-4urf5z5c16.pdf>
- Laureys, F., Collins, D., Deconinck, F. J. ., & Lenoir, M. (2023). Executive Functions and Psycho-Behavioural Skills in Artistic Gymnasts: age, developmental stage and sex-related differences. *International Journal of Sport and Exercise Psychology*, 22(4), 1048–1069.
<https://doi.org/https://doi.org/10.1080/1612197X.2023.2180069>
- Lazarus, R. S. (2000). How emotions influence performance in competitive sports. *The Sport Psychologist*, 14(4), 229–252.
<https://doi.org/http://dx.doi.org/10.1123/tsp.14.3.229>
- Lee, G., Ryu, J., & Kim, T. (2023). Psychological skills training impacts autonomic nervous system responses to stress during sport-specific imagery: An exploratory study in junior elite shooters. *Frontiers in Psychology*, 14(February), 1–9. <https://doi.org/10.3389/fpsyg.2023.1047472>
- Lee, S., Kwon, S., & Ahn, J. (2021). The Effect of Modeling on Self-Efficacy and Flow State of Adolescent Athletes Through Role Models. *Frontiers in Psychology*, 12(June). <https://doi.org/10.3389/fpsyg.2021.661557>
- Leong, J., Kuan, G., & Chin, N. (2019). How coaches could use imagery techniques effectively. *Coaching Journal*, 9(December), 14–17.
- Levy-Gigi, E., Bonanno, G. A., Shapiro, A. R., Richter-Levin, G., Kéri, S., & Sheppes, G. (2016). Emotion regulatory flexibility sheds light on the elusive relationship between repeated traumatic exposure and posttraumatic stress disorder symptoms. *Clinical Psychological Science*, 4(1), 28–39.
<https://doi.org/10.1177/2167702615577783>
- Li, X. (2021). Football team cooperation strategy based on directional weighted network. *Frontiers in Sport Research*, 3(3), 10–16.

<https://doi.org/10.25236/fsr.2021.030303>

- Liew, G. C., Kuan, G., Chin, N. S., & Hashim, H. A. (2019). Mental toughness in sport: Systematic review and future. *German Journal of Exercise and Sport Research*, 49(4), 381–394. <https://doi.org/10.1007/s12662-019-00603-3>
- Listiana, Y. D. G., Dirmala, C. P., & Pertiwi, A. (2024). Pengaruh Mental Toughness Terhadap Competitive Anxiety Pada Atlet Indonesia. *Personifikasi: Jurnal Ilmu Psikologi*, 15(1), 79–92. <https://doi.org/10.21107/personifikasi.v15i1.25963>
- Liu, L., Qiu, S., Wang, Z. L., Li, J., & Wang, J. X. (2020). Canoeing motion tracking and analysis via multi-sensors fusion. *Sensors (Switzerland)*, 20(7), 1–17. <https://doi.org/10.3390/s20072110>
- Locke, E. A., & Latham, G. P. (2002). Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. *American Psychologist*, 57(9), 705–717. <https://doi.org/10.1037/0003-066X.57.9.705>
- Loerbroks, L., Kersten, L. J., & Freund, P. A. (2023). Staying physically active during the COVID-19 pandemic: Assessing the roles of motivation, basic psychological needs, goal orientation and anticipatory sport persistence. *Frontiers in Psychology*, 14(March), 1–8. <https://doi.org/10.3389/fpsyg.2023.1057178>
- Lourido, D. T., Arce, C., & Ponte, D. (2018). Adaptation of the test of performance strategies competition subscale to Spanish. *Psicothema*, 30(1), 123–129. <https://doi.org/10.7334/psicothema2017.124>
- Lukas, L. (2010). The Effects of Instructional and Motivational Self-Talk on Self-Efficacy and Performance in golf players. *Sport Psychology*, 61–90.
- Luna, D., & Tadich, T. A. (2019). Why should human-animal interactions be included in research of working equids' welfare? *Animals*, 9(2), 1–15. <https://doi.org/10.3390/ani9020042>
- M.O., P., & V.H., T. (2023). Sport Metrology in The Context of Modern Scientific Research. *Education and Sports*, 4, 135–139.
- Mace, M. (2023). *How to Create a Mental Training Program for Athletes*. Rewire Fitness. <https://rewirefitness-app.translate.google/science/how-to-create-a-mental-training-program-for->

athletes/?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=tc

- Magiera, A., Rocznio, R., Maszczyk, A., Czuba, M., Kantyka, J., & Kurek, P. (2013). The structure of performance of a sport rock climber. *Journal of Human Kinetics*, 36(1), 107–117. <https://doi.org/10.2478/hukin-2013-0011>
- Magnaguagno, L., Hossner, E. J., Schmid, J., & Zahno, S. (2023). Decision-making performance and self-generated knowledge in handball-defense patterns: a case of representational redescription. *German Journal of Exercise and Sport Research*, 53(2), 217–224. <https://doi.org/10.1007/s12662-022-00868-1>
- Magnusson, J. E., & Van Roon, C. A. (2013). Determining the Effectiveness of Personalized Versus Prescribed Self-Talk on Athletic Performance for Elite and Novice Athletes. *American Journal of Applied Psychology*, 1(1), 1–6. <https://doi.org/10.12691/ajap-1-1-1>
- Mahoney, M. J., & Chapman, B. P. (2004). Psychological Skills Training in Sport. *Encyclopedia of Applied Psychology*, 3, 155–170. <https://doi.org/10.1016/B0-12-657410-3/00811-4>
- Malcolm, D. (2012). Psychological Strategie and Athlete. *The SAGE Dictionary of Sports Studies*. <https://doi.org/10.4135/9781446212172.n24>
- Malik, K., Ibrahim, M., Bernstein, A., Venkatesh, R. K., Rai, T., Chorpita, B., & Patel, V. (2021). Behavioral Activation as an ‘active ingredient’ of interventions addressing depression and anxiety among young people: a systematic review and evidence synthesis. *BMC Psychology*, 9(1), 1–23. <https://doi.org/10.1186/s40359-021-00655-x>
- Maranan, M. J. D., & Lopez, A. V. (2021). Exploring the Link between Athletic Identity, Self-compassion, Communication, and Mental Toughness of Table Tennis Student- Athletes. *International Journal of Racket Sports Science*, 3(1), 1–9. <https://doi.org/10.30827/digibug.70277>
- Marchese, F., Malagoli Lanzoni, I., & Steca, P. (2022). Personality Traits and Motives in Table Tennis Players. *International Journal of Environmental Research and Public Health*, 19(17), 1–11. <https://doi.org/10.3390/ijerph191710715>
- Martens, R., Vealey, R., & Burton, D. (1990). *Competitive Anxiety in Sport* (1st ed.). Human Kinetics.

- https://archive.org/details/competitiveanxie0000mart_o0t2/page/n3/mode/1up
- Matsumoto, D. (2018). Combat Sports Medicine. In *Combat Sports Medicine* (Issue March 2009). <https://doi.org/10.1007/978-1-84800-354-5>
- Mazurova, E., Standaert, W., Penttinen, E., & Tan, F. T. C. (2021). Paradoxical Tensions Related to AI-Powered Evaluation Systems in Competitive Sports. *Information Systems Frontiers*, 24(3), 897–922. <https://doi.org/10.1007/s10796-021-10215-8>
- McBride, S. D., & Mills, D. S. (2012). Psychological factors affecting equine performance. *BMC Veterinary Research*, 8. <https://doi.org/10.1186/1746-6148-8-180>
- McCanny, C. (2015). *Achieving Optimal Concentration*. Believe Perform. <https://members.believeperform.com/achieving-optimal-concentration/>
- McDavitt, A. (2016). Psychological Aspects of Gymnastics as Perceived by Athletic Trainers. *Human Movement, Sport and Leisure Studies*, 29. <https://typeset.io/pdf/psychological-aspects-of-gymnastics-as-perceived-by-athletic-1f9wpcxyg5.pdf>
- Mcewan, D., & Beauchamp, M. R. (2014). *International Review of Sport and Exercise Psychology Teamwork in sport : a theoretical and integrative review*. February 2015, 37–41. <https://doi.org/10.1080/1750984X.2014.932423>
- Meany, B. C. (2023). Review of self-determination theory and its application in coaching, instruction, and leadership. *MOJ Sports Medicine*, 6(1), 50–52. <https://doi.org/10.15406/mojism.2023.06.00139>
- Meggs, J., & Chen, M. A. (2019). Competitive Performance Effects of Psychological Skill Training for Youth Swimmers. *Perceptual and Motor Skills*, 126(5), 1–18. <https://doi.org/10.1177/0031512519852533>
- Mellalieu, S. D., Hanton, S., & Fletcher, D. (2006). A competitive anxiety review: Recent directions in sport psychology research. In *Literature Reviews in Sport Psychology* (Issue April).
- Meyers, A. (2024). *The Growing Importance of Sports Psychology in Athletic Performance*. Sport Psychology Articles. <https://www.sportpsychology.org/articles/importance-of-sports->

psychologists/

- Meyers, M., LeUnes, A., & Bourgeois, A. (1996). Psychological Skills Assessment and Athletic Performance in Collegiate Rodeo Athletes. *Journal of Sport Behavior, 19*(2), 132.
- Micoogullari, B. O. (2016). Psychological skills development and maintenance in professional soccer players: An experimental design with follow up measures. *Educational Research and Reviews, 11*(12), 1138–1148. <https://doi.org/10.5897/err2016.2657>
- Micooyullary, B. (2016). Psychological skills development and maintenance in professional soccer players: An experimental design with follow up measures. *Educational Research and Reviews, 11*(12), 1138–1148. <https://doi.org/10.5897/err2016.2657>
- Mirvis, P. H., & Csikszentmihalyi, M. (1991). Flow: The Psychology of Optimal Experience. *The Academy of Management Review, 16*(3), 636. <https://doi.org/10.2307/258925>
- Moran, A. (2012). *Sport and Exercise Psychology* (2nd Editio). Routledge.
- Moran, A. P. (1996). The Psychology of Concentration in Sport Performers A Cognitive Analysis. In *Sustainability (Switzerland)* (1st ed., Vol. 11, Issue 1). Routledge. http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciu_rbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI
- Moran, A. P. (2004). *Sport and Exercise Psychology: A critical introduction* (Vol. 4, Issue 1). Routledge.
- Morgan, P. B. C., Fletcher, D., & Sarkar, M. (2013). De fi ning and characterizing team resilience in elite sport. *Psychology of Sport & Exercise, 14*(4), 549–559. <https://doi.org/10.1016/j.psychsport.2013.01.004>
- Morris, T. (2000). Psychological characteristics and talent identification in soccer. *Journal of Sports Sciences, 18*(9), 715–726. <https://doi.org/10.1080/02640410050120096>
- Mouloud, K., Fonseca, A. M., & Abdelkader, B. (2015). Self-efficacy among the

- collective games players. *Journal of Physical Education and Sport*, 15(4), 805–808. <https://doi.org/10.7752/jpes.2015.04123>
- Moura, L. de P., Moura, N. A., Moura, T. F. de P., Moura, T. B. M. A., & Brandão, M. R. F. (2024). Jumping with control: the interplay between psychological constructs and run-up variability in elite jumpers. *Frontiers in Psychology*, 15(June). <https://doi.org/10.3389/fpsyg.2024.1412910>
- Mourtzios, C., Athanailidis, I., Arvanitidou, V., & Mourtziou, M.-A. (2024). Variation in Psychological Profiles of Young Tennis Players, Boys, and Girls Aged 11–14. *European Journal of Sport Sciences*, 3(1), 1–6. <https://doi.org/10.24018/ejsport.2024.3.1.112>
- Muhlisin, M., Kurniawan, R., Ardiana, P., Ardyansyah, R., & Tohir, T. (2022). Pelatihan Bola Tangan melalui Pendekatan Long Term Athlete Development. *Jendela Olahraga*, 7(1), 119–131. <https://doi.org/10.26877/jo.v7i1.10586>
- Munroe, K., Muir, I., & Ely, F. (2022). *Inspired by Imagination: How Imagery Can Help You Be Better at Sport*. Frontiers. <https://www.theweatherprediction.com/habyhints2/523/>
- Musculus, L., & Lobinger, B. H. (2018). Psychological characteristics in talented soccer players - Recommendations on how to improve coaches' assessment. *Frontiers in Psychology*, 9(FEB), 1–6. <https://doi.org/10.3389/fpsyg.2018.00041>
- Myall, K., Montero-Marin, J., Gorczynski, P., Kajee, N., Syed Sheriff, R., Bernard, R., Harriss, E., & Kuyken, W. (2022). Effect of mindfulness-based programmes on elite athlete mental health: A systematic review and meta-analysis. *British Journal of Sports Medicine*, 57(2), 99–108. <https://doi.org/10.1136/bjsports-2022-105596>
- Mykhailov, R. V. (2021). Psychological peculiarities of sport activity motivation in judo athletes. *Scientific Journal of National Pedagogical Dragomanov University. Series 15. Scientific and Pedagogical Problems of Physical Culture (Physical Culture and Sports)*, 10(10(141)), 85–90. [https://doi.org/10.31392/npu-nc.series15.2021.10\(141\).19](https://doi.org/10.31392/npu-nc.series15.2021.10(141).19)
- Naboychenko, E. S., Noskova, M. V., & Shershnev, V. N. (2022). Mental stability of elite athletes in individual and team sports as a key to successful sports

- activities. *Perspektivy Nauki i Obrazovania*, 60(6), 445–458.
<https://doi.org/10.32744/pse.2022.6.26>
- Naderi, K. (2020). *Discovering, Synthesizing and Learning Climbing Movements*. Aalto University.
- Nagarabetta, D. S. (2023). Study of decision making of team and individual sports players. *International Journal of Physiology, Sports and Physical Education*, 5(2), 01–04. <https://doi.org/10.33545/26647710.2023.v5.i2a.46>
- Nam, J. H., Kim, E. J., & Cho, E. H. (2022). Sport Psychological Skill Factors and Scale Development for Taekwondo Athletes. *International Journal of Environmental Research and Public Health*, 19(6), 1–14.
<https://doi.org/10.3390/ijerph19063433>
- Nasution, F. M., Nasution, H., & Harahap, A. M. (2023). Kecerdasan Emosional dalam Perspektif Daniel Goleman (Analisis Buku Emotional Intelligence). *Ahkam*, 2(3), 651–659. <https://doi.org/10.58578/ahkam.v2i3.1838>
- Nasution, U., Ahady, M. Y., Sitanggang, T. R., Harahap, A. A., Tobing, A. S. L., & Aziz, R. H. (2024). Kelentukan Pergelangan Tangan Dengan Akurasi Service Dalam Permainan Tenis Meja. *QISTINA*, 3(1), 678–680.
- Negrea, C., Leparda, A., Mirica, S. N., Domokos, M., Domokos, C., Bota, E., & Nagel, A. (2019). The training, nutrition and physical conditioning programme: a challenge for kickboxing athletes to achieve athletic greatness. *Timisoara Physical Education and Rehabilitation Journal*, 12(22), 18–25.
<https://doi.org/10.2478/tperj-2019-0003>
- Nešić, M., Fratrić, F., Banić, B., & Goranović, K. (2013). Determinants of Cognitive Abilities in Competitors of Sports Karate. / Determinante Kognitivnih Sposobnosti Takmičara U Sportskom Karateu. *Facta Universitatis: Series Physical Education & Sport*, 11(1), 51–56.
<http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=91533868&camp%0Alang=es&site=ehost-live&scope=site>
- Nesterenko, N., Kriukovska, O., & Porohnyavyi, A. (2022). Planning of Training Loads of Speed-Power Endurance of Football Players in the Annual Cycle of Training. *InterConf*, 19(99), 870–878. <https://doi.org/10.51582/interconf.19-20.02.2022.097>

- Neves, M., & Dosil, J. (2007). Factores psicologicos asociados a practica do alpinismo: Um Estudo De Caso Uniso. *Cuadernos de Psicologia Del Deporte*, 7(2), 27–47. <https://typeset.io/pdf/factores-psicologicos-asociados-a-practica-do-alpinismo-um-14m9mr0cha.pdf>
- Nideffer, R. M. (1976). Test of attentional and interpersonal style. *Journal of Personality and Social Psychology*, 34(3), 394–404. <https://doi.org/10.1037/0022-3514.34.3.394>
- Nieuwenhuis, S. (2024). Arousal and performance: revisiting the famous inverted-U-shaped curve. *Trends in Cognitive Sciences*, 28(5), 394–396. <https://doi.org/10.1016/j.tics.2024.03.011>
- Niewiedział, D., Kolańska, M., Dąbrowiecki, Z., Jerzemowski, M., Siermontowski, P., Kobos, Z., & Olszański, R. (2018). Psychological Aspects of Diving in Selected Theoretical and Research Perspectives. *Polish Hyperbaric Research*, 62(1), 43–54. <https://doi.org/10.2478/phr-2018-0003>
- Nolte, V. (2024). Rowing Science: The nexus of knowledge and performance. In D. Vincer (Ed.), *Penambahan Natrium Benzoat Dan Kalium Sorbat (Antiinversi) Dan Kecepatan Pengadukan Sebagai Upaya Penghambatan Reaksi Inversi Pada Nira Tebu*. Human Kinetics.
- Nopiyanto, Y. E., & Dimiyati, D. (2018). Karakteristik Psikologis Atlet Sea Games Indonesia Ditinjau dari Jenis Cabang Olahraga dan Jenis Kelamin. *Jurnal Keolahragaan*, 6(1), 69–76. <https://doi.org/10.21831/jk.v6i1.15010>
- Novianti, M., & Komarudin, K. (2019). Hubungan Antara Kecemasan Dengan Performa Atlet Pada Cabang Olahraga Bolabasket. *Jurnal Sains Keolahragaan Dan Kesehatan*, 4(1), 26–32. <https://doi.org/10.5614/jskk.2019.4.1.4>
- Nurkholis, Mintarto E, & Hariyanto A. (2019). Physical and Psychological Indicators for Canoeing Athlete Selection. *Journal of Advances in Social Science and Humanities*, 5(2), 622–626. <https://doi.org/10.15520/jassh52412>
- Nusuki, I. (2024). *Kamu berpikir positif atau negatif?* Kompasiana. https://www.kompasiana.com/igonnusuki2629/676da05434777c3cde1295d2/kamu-berfikir-positif-atau-negatif-dampaknya-lebih-besar-dari-yang-kamu-kira?page=all&page_images=1&utm_source=chatgpt.com#goog_rewarded

- Ohuruogu, B., Jonathan, U. I., & Ikechukwu, U. J. (2016). Psychological Preparation for Peak Performance in Sports Competition. *Journal of Education and Practice*, 7(12). <https://eric.ed.gov/?id=EJ1099480>
- Okan, M. B. (2017). Reliability and validity of the Turkish language version of the test of performance strategies. *Montenegrin Journal of Sports Science and Medicine*, 6(1), 73–79.
- Omelichyk-Ziurkalova, O. A. (2014). INFLUENCE CHOREOGRAPHIC READINESS TO GYMNASTS FINAL ASSESSMENT OF PERFORMANCE SKILLS. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 28–34. <https://doi.org/10.5281/zenodo.10487>
- Ortiz, J., Ando, M., & Miyazaki, T. (2020). Numerical Simulation of Wind Drift of Arrows on the Olympic Venue for Tokyo 2020. *Athens Journal of Sports*, 7(1), 1–20. <https://doi.org/10.30958/ajspo.7-1-1>
- Osborne, M. (2016). Psychological Skills to Support Performance Under Pressure. *Art in Motion III: Performing Under Pressure, June*, 93–114.
- Otte, F. W., Davids, K., Millar, S. K., & Klatt, S. (2020). When and How to Provide Feedback and Instructions to Athletes?—How Sport Psychology and Pedagogy Insights Can Improve Coaching Interventions to Enhance Self-Regulation in Training. *Frontiers in Psychology*, 11(July), 1–14. <https://doi.org/10.3389/fpsyg.2020.01444>
- Ottoboni, G., Nicoletti, R., & Tessari, A. (2021). The effect of sport practice on enhanced cognitive processing of bodily indices: A study on volleyball players and their ability to predict hand gestures. *International Journal of Environmental Research and Public Health*, 18(10), 1–14. <https://doi.org/10.3390/ijerph18105384>
- Oyague, G. P., Ander, C. L., & Josep, F. C. (2005). Propiedades Psicométricas Psicológicas En Escalada Deportiva. *Cuadernos de Psicología Del Deporte*, 5(1 y 2), 9–18.
- Ozimek, M., Staszkievicz, R., Rokowski, R., & Stanula, A. (2016). Analysis of Tests Evaluating Sport Climbers' Strength and Isometric Endurance. *Journal of Human Kinetics*, 53(1), 249–260. <https://doi.org/10.1515/hukin-2016-0027>

- Pacherie, E., & Mylopoulos, M. (2021). Beyond Automaticity: The Psychological Complexity of Skill. *Topoi*, 40(3), 649–662. <https://doi.org/10.1007/s11245-020-09715-0>
- Pagnini, F., Manzoni, G. M., Castelnovo, G., & Molinari, E. (2013). A brief literature review about relaxation therapy and anxiety. *Body, Movement and Dance in Psychotherapy*, 8(2), 71–81. <https://doi.org/10.1080/17432979.2012.750248>
- Pambudi, N. A., Lumintuarso, R., Arianto, C. A., Hartanto, A., & Ayudi, A. R. (2022). Social Support as a Predictor of Athletes Achievement Motivation: A Correlation Study at the Glagah Wangi Demak Athletic Club. *International Journal of Multidisciplinary Research and Analysis*, 05(08), 2204–2209. <https://doi.org/10.47191/ijmra/v5-i8-38>
- Pandurevic, D., Draga, P., Sutor, A., & Hochradel, K. (2022). Analysis of Competition and Training Videos of Speed Climbing Athletes Using Feature and Human Body Keypoint Detection Algorithms. *Sensors*, 22(6). <https://doi.org/10.3390/s22062251>
- Park, I., & Jeon, J. (2023). Psychological Skills Training for Athletes in Sports: Web of Science Bibliometric Analysis. *Healthcare (Switzerland)*, 11(2). <https://doi.org/10.3390/healthcare11020259>
- Parnabas, V. A., & Mahamood, Y. (2011). Anxiety and imagery of green space among athletes. *3rd ISESEE 2011 - International Symposium and Exhibition in Sustainable Energy and Environment, June 2011*, 165–167. <https://doi.org/10.1109/ISESEE.2011.5977126>
- Parnabas, V., Julinamary Parnabas, & Antoinette Mary Parnabas. (2015). The Influence of Mental Imagery Techniques on Sport Performance among Taekwondo Athletes. *European Academic Research*, 2(11), 14729–14734. www.euacademic.org
- Pelka, M., Kölling, S., Ferrauti, A., Meyer, T., Pfeiffer, M., & Kellmann, M. (2017). Acute effects of psychological relaxation techniques between two physical tasks. *Journal of Sports Sciences*, 35(3), 216–223. <https://doi.org/10.1080/02640414.2016.1161208>
- Peng, J., & Kim, B. M. (2023). Psychological Training Method for Table Tennis

- Players Using Deep Learning. *Applied Sciences (Switzerland)*, 13(14). <https://doi.org/10.3390/app13148290>
- Petrushyn, D. (2024). Psychological research of highly qualified athletes engaged in boxing. *Scientific Journal of National Pedagogical Dragomanov University*, 7(7(180)), 133–137. [https://doi.org/10.31392/udu-nc.series15.2024.7\(180\).27](https://doi.org/10.31392/udu-nc.series15.2024.7(180).27)
- Pijpers, J. ., Oudejans, R. R. ., Bakker, F. ., & Beek, P. . (2006). The Role of Anxiety in Perceiving and Realizing Affordances. *Ecological Psychology*, 18(3), 131–161. <https://doi.org/10.1207/s15326969eco1803>
- Pitaloka, A., & Andiyasari, A. (2013). Faktor-faktor Psikologis Penentu Kemenangan Atlet Bulutangkis. *Asia Championship*, 5(1), 3.
- Pituch, K. A., & Stevens, J. P. (2016). Applied Multivariate Statistics for The Social Sciences. In *Routledge* (Sixth Edit). Routledge. <https://doi.org/10.1201/9780429429422-7>
- Podstawski, R., Boryślawski, K., Katona, Z. B., Alföldi, Z., Boraczyński, M., Jaszczur-Nowicki, J., & Gronek, P. (2022). Sex Differences in Anthropometric and Physiological Profiles of Hungarian Rowers of Different Ages. *International Journal of Environmental Research and Public Health*, 19(13), 1–14. <https://doi.org/10.3390/ijerph19138115>
- Ponzi, D., Dadomo, H., Filonzi, L., Palanza, P., Pelosi, A., Ceresini, G., Parmigiani, S., & Marzano, F. N. (2022). Cortisol, Temperament and Serotonin in Karate Combats: An Evolutionary Psychobiological Perspective. *Adaptive Human Behavior and Physiology*, 8(1), 10–27. <https://doi.org/10.1007/s40750-021-00178-0>
- Pop, R.-M., Grosu, E. F., & Zadic, A. (2021). A Systematic Review of Goal Setting Interventions to Improve Sports Performance. *Studia Universitatis Babeş-Bolyai Educatio Artis Gymnasticae*, 66(1), 35–50. [https://doi.org/10.24193/subbeag.66\(1\).04](https://doi.org/10.24193/subbeag.66(1).04)
- Portela, P. M., Rico, S. R., Baena Extremera, A., Teresa, M., León, M., Alfonso, M., & Marín, M. (2013). Analysis of sociodemographic, sport and psychological profile in a rock climbing experience on university students. *Retos*, 24, 9–15. www.retos.org

- Prakosa, M. W. B., Hariyanto, A., & Ismalasari, R. (2021). Pengaruh Latihan Imagery dan Konsentrasi terhadap Ketepatan Tusukan dalam Olahraga Anggar. *JOSSAE: Journal of Sport Science and Education*, 6(1), 19. <https://doi.org/10.26740/jossae.v6n1.p19-27>
- Prameswari, D. A., & Naqiyah, N. (2018). PENERAPAN STRATEGI MODELING PARTISIPAN UNTUK MENINGKATKAN KEBERANIAN DALAM MENGEMUKAKAN PENDAPAT PADA SISWA KELAS VIII J SMP NEGERI 10 SURABAYA. *Jurnal BK UNESA*, 8(2), 263–273.
- Putra, G. N. (2022). Relationship of Arm Muscle Strength, Arm Muscle Endurance, Abdominal Strength and Balance with Arrow Achievement. *International Journal of Multidisciplinary Research and Analysis*, 05(01), 128–132. <https://doi.org/10.47191/ijmra/v5-i1-17>
- Raffalt, P. C., Fillingsnes Marker, I., Adler, A. T., & Alkjaer, T. (2021). Dynamics of Postural Control in Elite Sport Rifle Shooters. *Journal of Motor Behavior*, 53(1), 20–29. <https://doi.org/10.1080/00222895.2020.1723478>
- Rafiee, S., Mehrpour, M. V., & Kashi, A. (2019). Effect of Observational Expert and Beginner Model on Learning of Basketball Free Throw: The Role of Imagination Capability. *Iranian Journal of Learning and Memory*, 2019(5), 27–35.
- Raglin, J. S. (2001). Psychological Factors in The Mental Health Model Revisited. *Sports Medicine*, 31(12), 875–890.
- Ram, D. M. (2023). Comparison of emotional intelligence, psychological hardiness and resilience between male and female Badminton players. *International Journal of Physical Education, Sports and Health*, 10(4), 04–06. <https://doi.org/10.22271/kheljournal.2023.v10.i4a.3000>
- Ramonsuarez. (2022). *Sport Psychology Applied to Sport Shooting*. Olympic Pistol. <https://www.olympicpistol.com/osss/>
- Rana, M. S. (2009). Assessment of mental toughness among high and low achievers Indian Wrestlers: A comparative study. *Research Journal of Physical Education & Sport Science*, 4, 60–70.
- Rares-Mihai, P., Florina, R. E., & Alexandru, Z. (2021). A Systematic Review of Goal Setting Interventions to Improve Sports Performance. *Studia*

- Universitatis Babeş-Bolyai Educatio Artis Gymnasticae*, 66(1), 35–50.
[https://doi.org/10.24193/subbeag.66\(1\).04](https://doi.org/10.24193/subbeag.66(1).04)
- Rasyono, R., & Decheline, G. (2019). Pengaruh Variasi Latihan Serangan Terhadap Ketepatan Tusukan Atlet Anggar Provinsi Jambi. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, 8(2). <https://doi.org/10.36706/altius.v8i2.8895>
- Ravsamjani, F. (2021). Pengaruh Kepercayaan Diri Terhadap Motif Berprestasi pada Atlet Sumatera Utara di PON XIX Jawa Barat Tahun 2016. *Indonesian Journal of Sport Science and Coaching*, 3(1), 1–10.
<https://doi.org/10.22437/ijssc.v3i1.12656>
- Reche, C., Cepero, M., & Rojas, F. J. (2012). Perfil psicológico en esgrimistas de alto rendimiento. (Psychological profile of peak-performance fencers). *Cultura_Ciencia_Deporte*, 7(19), 35–44.
<https://doi.org/10.12800/ccd.v7i19.22>
- Reche García, C., Martínez-Rodríguez, A., & Ortín Montero, F. J. (2020). Characterization of the resilience and exercise dependence athlete. *Cultura, Ciencia y Deporte*, 15(43), 17–26.
<https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=142403178&site=ehost-live>
- Reinhart, R. M. G., McClenahan, L. J., & Woodman, G. F. (2015). Visualizing Trumps Vision in Training Attention. *Psychological Science*, 26(7), 1114–1122. <https://doi.org/10.1177/0956797615577619>
- Ribeiro, P., & Filgueiras, A. (2022). Emotional contagion in team sports teams: a systematic review. *Revista Brasileira de Psicologia Do Esporte*, 11(2).
<https://doi.org/10.31501/rbpe.v11i2.12126>
- Riyadi, M. B. (2017). European Journal of Physical Education and Sport Science. *European Journal of Physical Education and Sport Science*, 3(5), 141–151.
<https://doi.org/10.5281/zenodo.1116455>
- Robazza, C. (2016). Emotions in sport : An IZOF perspective. In S. Hanton & S. D. Mellalieu (Eds.), *Literature Reviews in Sport Psychology* (Issue September, pp. 127–158).
- Robin, N., Hermand, E., Hatchi, V., & Hue, O. (2023). Heat management strategies and high level sports performance: Psychophysiological insights and applied

- recommendations. *Science & Sports*, 38(7), 683–694.
- Robin, Nicolas, Dominique, L., Guillet-Descas, E., & Hue, O. (2022). Beneficial Effects of Motor Imagery and Self-Talk on Service Performance in Skilled Tennis Players. *Frontiers in Psychology*, 13(May), 6–11. <https://doi.org/10.3389/fpsyg.2022.778468>
- Rodrigo, I., & Aguilar, E. (2022). Evaluación de la técnica de carrera y el rendimiento físico en corredores de medio fondo. *SPORT TK-Revista EuroAmericana de Ciencias Del Deporte*, 11(2), 1–16.
- Rohmansyah, N. A. (2017). Hubungan Kegairahan (Arousal) Dengan Performa Olahraga. *Jendela Olahraga*, 2(2). <https://doi.org/10.26877/jo.v2i2.1703>
- Rolland, C. (2016). Une autochronie métaphorique constitutive de l'intelligibilité située des réalisations gymniques. *Ejournal de La Recherche Sur l'intervention En Éducation Physique et Sport -EJRIEPS*, 39, 2–27. <https://doi.org/10.4000/ejrieps.795>
- Ronal, *, Aditya, S., Rahmatika, Q. T., Solikhah, F. K., Almutairi, R. I., Alruwaili, A. S., Astuti, E. S., Fadila, R., Ahsa, A., Arabia, S., & Abdullah, K. (2024). La Fortaleza Mental Puede Tener Un Impacto En El Rendimiento Del Atleta: Revisión Sistemática Mental Toughness May Have an Impact on Athlete's Performance: Systematic Review. *Retos*, 56, 328–337. <https://recyt.fecyt.es/index.php/retos/index>
- Ros-Morente, A., Farré, M., Quesada-Pallarès, C., & Filella, G. (2022). Evaluation of Happy Sport, an Emotional Education Program for Assertive Conflict Resolution in Sports. *International Journal of Environmental Research and Public Health*, 19(5). <https://doi.org/10.3390/ijerph19052596>
- Rossi, C., Roklicer, R., Tubic, T., Bianco, A., & ... (2022). The Role of Psychological Factors in Judo: A Systematic Review. *International Journal of ...*, 1–14. <https://www.mdpi.com/1660-4601/19/4/2093>
- Rothlin, P., Horvath, S., Trosch, S., Holtforth, M. G., & Birrer, D. (2020). Differential and shared effects of psychological skills training and mindfulness training on performance-relevant psychological factors in sport: A randomized controlled trial. *BMC Psychology*, 8(1), 1–13. <https://doi.org/10.1186/s40359-020-00449-7>

- Röthlin, P., & Birrer, D. (2020). Mental training in group settings: Intervention protocols of a mindfulness and acceptance-based and a psychological skills training program. *Journal of Sport Psychology in Action*. <https://doi.org/10.1080/21520704.2018.1557771>
- Röthlin, Philipp, Birrer, D., Horvath, S., & Grosse Holtforth, M. (2016). Psychological skills training and a mindfulness-based intervention to enhance functional athletic performance: Design of a randomized controlled trial using ambulatory assessment. *BMC Psychology*, 4(1), 1–11. <https://doi.org/10.1186/s40359-016-0147-y>
- Rumbold, J. L., Fletcher, D., & Daniels, K. (2012). A systematic review of stress management interventions with sport performers. *Sport, Exercise, and Performance Psychology*, 1(3), 173–193. <https://doi.org/10.1037/a0026628>
- Ruth, E., & Fairbank, M. D. (1929). Emotional Control. *American Physical Education Review*, 34(2), 96–98. <https://doi.org/10.1080/23267224.1929.10652370>
- Sahu, M. (2022). Analysis of mental toughness between international swimmers and para swimmers of India. *International Journal of Physical Education, Sports and Health*, 9(2), 170–172. <https://www.kheljournal.com/archives/2022/vol9issue2/PartC/9-2-14-642.pdf>
- Sakhare, N. (2018). Effect of progressive muscular relaxation technique and autogenic relaxation technique on pre competitive state anxiety and self-confidence in athletes. *International Journal of Advance Research*, 4(6), 403–410. www.IJARIIT.com
- Santos, P. R. B. dos, & Silva, A. S. da. (2020). A importância dos jogos cooperativos no ambiente escolar. *REVES - Revista Relações Sociais*, 3(3), 0251–0261. <https://doi.org/10.18540/revesv13iss3pp0251-0261>
- Sarro, K. J., Viana, T. D. C., & De Barros, R. M. L. (2021). Relationship between bow stability and postural control in recurve archery. *European Journal of Sport Science*, 21(4), 515–520. <https://doi.org/10.1080/17461391.2020.1754471>
- Sarwita, T., & Is, Z. (2021). Peran Mental Bertanding untuk Meraih Prestasi pada

- Atlet Angkat Besi dalam Menghadapi Pra Pora 2021. *Almufi Jurnal Pengabdian Kepada Masyarakat*, 1(2), 88–91.
<http://almufi.com/index.php/AJPKM>
<http://almufi.com/index.php/AJPKM>
- Sava, M.-A., & Panaitescu, A.-M. (2017). Study on the Importance of Attention and Combativity in Competitions at Judoka athletes for 11-13 Years. *Gymnasium*, 18(1). <https://doi.org/10.29081/gsjesh.2017.18.1.15>
- Schmidt, R. A., & Lee, T. D. (2014). *Motor Learning and Performance* (M. Schrag, K. Maurer, S. Huls, & J. Sexton (Eds.); Fifth Edit). Human Kinetics.
- Scott, M. J., & Iii, M. J. S. (2013). The mental image in high level table tennis. *ITTF Sports Science Congress*, 129–134.
https://sasportssience.blob.core.windows.net/ijts/IJTTS_8_pdf_files/MK28_Scott M_129-134.pdf
- Seiler, R., & Stock, A. (1994). *Hanbuch Psychotraining im Sport*.
- Senel, E., & Ulas, M. (2022). Decreasing Vulnerabilities Being Revealed During Stressors and Increasing Resilient Characteristics: The Role of Goal Commitment in Team Sports. *Gazi Beden Eğitimi ve Spor Bilimleri Dergisi*, 27(1), 33–56. <https://doi.org/10.53434/gbesbd.1006847>
- Shaari, J. S., Hooi, L. B., & Siswantoyo. (2019). The effectiveness of psychological skills training program on netball shooting performance. *Cakrawala Pendidikan*, 38(1), 174–187. <https://doi.org/10.21831/cp.v38i1.23206>
- Sheehan, W. B., Bower, R. G., & Watsford, M. L. (2022). Physical Determinants of Golf Swing Performance: A Review. *Journal of Strength and Conditioning Research*, 36(1), 289–297. <https://doi.org/10.1519/JSC.00000000000003411>
- Shepherd, J. (2007). *Sports training: definitions, aims, functions and characteristics* (p. 225).
<https://www.sssutms.co.in/cms/Areas/Website/Files/Link/EContent/Complete Guide to Sports Training.pdf>
- Short, S. E., Tenute, A., & Feltz, D. L. (2005). Imagery use in sport: Mediatlional effects for efficacy. *Journal of Sports Sciences*, 23(9), 951–960.
<https://doi.org/10.1080/02640410400023373>
- Shuai, Y., Wang, S., Liu, X., Kueh, Y. C., & Kuan, G. (2023). The influence of five-factor model of personality on performance in competitive sports: a

- review. *Frontiers in Psychology*. <https://doi.org/10.31219/osf.io/wvtnkg>
- Siekańska, M. (2023). The Factors Influencing Sports Talent Development in the Opinion of Rhythmic Gymnastics Coaches. *Nauki o Wychowaniu. Studia Interdyscyplinarne*, 16(1), 108–125. <https://doi.org/10.18778/2450-4491.16.07>
- Silva, A. F., Afonso, J., Sarmiento, H., Castillo, D., Praça, G. M., Raya-González, J., Ardigo, L. P., Aquino, R., Ramirez-Campillo, R., Knechtle, B., & Clemente, F. M. (2022). Editorial: Training Methodology: A Multidimensional Approach for Team Sports. *Frontiers in Psychology*, 13(March), 10–13. <https://doi.org/10.3389/fpsyg.2022.862465>
- Silva, V., Dias, C., Corte-Real, N., & Fonseca, A. M. (2018). Mental toughness attributes in Judo: perceptions of athletes. / Atributos de fuerza mental en el Judo: percepciones de los atletas. *Cuadernos de Psicología Del Deporte*, 18(3), 96–101. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=133397551&lang=pt-br&site=ehost-live>
- Singh, R. (2017). *Stress Role in Sports Performance of Athletes*. 4(3), 278–280.
- Singh, V., & Sahni, S. P. (2010). Psychophysiological profiles of Indian wrestlers. *British Journal of Sports Medicine*, 44(Suppl 1), i56.2–i56. <https://doi.org/10.1136/bjsm.2010.078725.188>
- Siregar, T. E., Luali, N., Vinalistyosari, R. C., Hanurawan, F., & Anggraini, A. E. (2024). Implementation of Vygotsky's Constructivism Learning Theory through Project-Based Learning (PjBL) in Elementary Science Education. *Al Qalam: Jurnal Ilmiah Keagamaan Dan Kemasyarakatan*, 18(4), 2586–2607. <https://doi.org/10.35931/aq.v18i4.3620>
- Skinner, B., F. (2014). Science and Human Behavior. In *The B.F Skinner Foundation*. The B.F Skinner Foundation. <https://doi.org/10.4135/9781483327372.n6>
- Slavev, S., & Savcheva, E. (2022). *Influence of Personal Characteristics on Mental Skills of Taekwondo Athletes*. 360–365. <https://doi.org/10.37393/icass2022/63>
- Slimani, M., Hentati, A., Bouazizi, M., Boudhiba, D., Ben, I., & Cheour, F. (2014). Effects of Self-Talk and Sophrological Trainings on the Development of Self-

- Confidence and Managing Emotions in Tunisian Male Kick Boxers. *IOSR Journal of Humanities and Social Science*, 19(5), 31–34. <https://doi.org/10.9790/0837-19513134>
- Smith, A., Van Wijnkoop, M., Colangelo, J., Buadze, A., & Liebreinz, M. (2023). Body Mass Index trends in men's Grand Tour cycling events from 1992-2022: Implications for athlete wellbeing and regulatory frameworks. *Research Square*, 1–9. <https://www.researchsquare.com/article/rs-2568920/latest>
- Smith, C. (2020). The use of Psychological Skills Training in Equestrian Athletes. In *Middle Tennessee State University*. Middle Tennessee State University.
- Smith, C. A., & Lazarus, R. S. (1990). Emotion and Adaptation. In *Handbook of Personality: Theory and Research* (pp. 609–637). Guilford. <https://doi.org/10.2307/2075902>
- Smith, R. E., & Christensen, D. S. (2016). Psychological Skills as Predictors of Performance and Survival in Professional Baseball. *Journal of Sport and Exercise Psychology*, 17(4), 399–415. <https://doi.org/10.1123/jsep.17.4.399>
- Smyth, L. D. (1981). Towards a Social Learning Theory of Hypnosis. *American Journal of Clinical Hypnosis*, 23(3), 147–168. <https://doi.org/10.1080/00029157.1981.10403261>
- Sodhi, N. S. (2024). Neuropsychology of Self-regulation: Attention Control Mechanism for Controlling Thinking and Other Cognitive Processes. *International Journal For Multidisciplinary Research*, 6(2), 1–6. <https://doi.org/10.36948/ijfmr.2024.v06i02.15551>
- Som, C. V. (2023). Building a case for incorporating sport as an indicator in human development index. *Sport Sciences for Health*, 19(1), 177–184. <https://doi.org/10.1007/s11332-022-01017-9>
- Soundara Pandian, P. R., Balaji Kumar, V., Kannan, M., Gurusamy, G., & Lakshmi, B. (2023). Impact of mental toughness on athlete's performance and interventions to improve. *Journal of Basic and Clinical Physiology and Pharmacology*, 34(4), 409–418. <https://doi.org/10.1515/jbcpp-2022-0129>
- Sports Training*. (2023). National Council of Educational Research and Training. <https://ncert.nic.in/textbook/pdf/iehp105.pdf>
- Stanley, M. J., Banks, S., Matthew, W., & Brown, S. (2020). Operationalization of

- bandura's social learning theory to guide interprofessional simulation. *Journal of Nursing Education and Practice*, 10(10), 61.
<https://doi.org/10.5430/jnep.v10n10p61>
- Staufenbiel, K., Lobinger, B., & Strauss, B. (2015). Home advantage in soccer – A matter of expectations, goal setting and tactical decisions of coaches? *Journal of Sports Sciences*, 33(18), 1932–1941.
<https://doi.org/10.1080/02640414.2015.1018929>
- Stavrou, N. A. M., Psychountaki, M., Georgiadis, E., Karteroliotis, K., & Zervas, Y. (2015). Flow theory - goal orientation theory: Positive experience is related to athlete's goal orientation. *Frontiers in Psychology*, 6(OCT), 1–12.
<https://doi.org/10.3389/fpsyg.2015.01499>
- Stonecypher, J., Leitzelar, B., & Judge, L. W. (2015). Creation and Instruction of a Coach-Implemented Mental Periodization Plan. *The Journal of SPORT*, 4(2), 12–25. <https://doi.org/10.21038/sprt.2015.0422>
- Strength, C. (2020). *Sport Psychology: Attention & Concentration*. Canterbury Strength. https://www.canterburystrength.com/post/attention-concentration?utm_source=chatgpt.com
- Sun, S., & Wang, S. (2020). The neural basis of feedback-guided behavioral adjustment. *Neuroscience Letters*, 736(December 2018), 135243.
<https://doi.org/10.1016/j.neulet.2020.135243>
- Supriadi, D. (2023). Mental Toughness West Java Pencak Silat Athletes. *JUARA: Jurnal Olahraga*, 8(1), 538–546.
- Syahmie, A. (2019). *Terapi Negative Thingking Dalam Meningkatkan Percaya Diri Pada Seorang Guru Sekolah Menengah Kebangsaan Tinjar Baram Miri Sarawak*. Universitas Islam Negeri Sunan Ampel.
- Taher, A. V., Pavlovic, R., & Skrypchenko, I. (2019). Combining Effect of Observational Practice, Mental Imagery and Physical Practice on learning a Soccer Dribbling Task in Amateur Boys. *Journal of Physical Health and Sports Medicine*, 2(May), 36–43.
- Tamminen, K. A., & Dunn, R. S. (2022). *How Do Emotions Affect Sport Performance? Young Reviewers*.
- Tanaka, H., & Toussaint, J.-F. (2023). Record-Breaking Performance in a 70-Year-

- Old Marathoner. *Frontiers in Psychology*, 14(15), 1485–1486. <https://doi.org/10.1056/nejmc1900771>
- Taylor, M. K., Gould, D., & Rolo, C. (2008). Performance strategies of US Olympians in practice and competition. *High Ability Studies*, 19(1), 19–36. <https://doi.org/10.1080/13598130801980281>
- Tenenbaum, Gershon, & Filho, E. (2016). Decision-making in sports: A cognitive and neural basis perspective. In *The Curated Reference Collection in Neuroscience and Biobehavioral Psychology* (Issue November 2015). Elsevier. <https://doi.org/10.1016/B978-0-12-809324-5.05526-7>
- Tesla, N. (2021). Prediction of the mental toughness of the athletes on personality traits. *Proceedings of the Faculty of Philosophy*, 295–319.
- Thelwell, R. C., Greenlees, I. A., & Weston, N. J. V. (2006). Using psychological skills training to develop soccer performance. *Journal of Applied Sport Psychology*, 18(3), 254–270. <https://doi.org/10.1080/10413200600830323>
- Thomas, M. (2015). *A Survey of Psychological Skills in National Level Female and Male Swimmers*. 1(5), 69–71.
- Thomas, P. R., Murphy, S. M., & Hardy, L. (2010). Test of performance strategies: Development and preliminary validation of a comprehensive measure of athletes' psychological skills. *Journal of Sports Sciences*, 17(9), 697–711. <https://doi.org/10.1080/026404199365560>
- Tincea, R. M., & Balint, L. (2023). Dynamics of the Physical Component in Athletes who Practice Rhythmic Gymnastics – A Longitudinal Study. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 16(1), 9–16. <https://doi.org/10.31926/but.shk.2023.16.65.1.1>
- Tjung Hauw Sin. (2016). PERSIAPAN MENTAL TRAINING ATLET DALAM MENGHADAPI PERTANDINGAN. *Jurnal Performa Olahraga*, 1(1), 61–73. <https://doi.org/https://doi.org/10.24036/jpo76019>
- Tomé-Lourido, D., Arce, C., & Ponte, D. (2019). The relationship between competitive state anxiety, self-confidence and attentional control in athletes. *Revista de Psicología Del Deporte*, 28(4), 143–150.
- Trigueros, R., Mercader, I., González-Bernal, J. J., Aguilar-Parra, J. M., González-Santos, J., Navarro-Gómez, N., & Soto-Cámara, R. (2020). The influence of

- the trainer's social behaviors on the resilience, anxiety, stress, depression and eating habits of athletes. *Nutrients*, 12(8), 1–11. <https://doi.org/10.3390/nu12082405>
- Tyshchenko, D. ., Nikulichev, D. ., & Steven, P. (2024). SYNERGY OF PHYSIOLOGY , PSYCHOLOGY AND TACTICS : KEY TO SUCCESS IN HANDBALL. *Physical Education and Sports*, 1, 316–323.
- Tzelgov, J., & Erev-Yehene, V. (2016). *Automaticity and Skill* (Issue January 2006, pp. 286–291).
- UPI. (2019). *Pedoman Penulisan Karya Ilmiah UPI Tahun 2019*. Universitas Pendidikan Indonesia.
- Uray, G. (2016). Pentingnya Perhatian Dan Konsentrasi Dalam Menunjang Penampilan Atlet. *Peforma Olahraga*, 1(1), 1–11. <https://doi.org/https://doi.org/10.24036/jpo71019>
- Van Mierlo, H., & Van Hooft, E. A. J. (2020). Team Achievement Goals and Sports Team Performance. *Small Group Research*, 51(5), 581–615. <https://doi.org/10.1177/1046496420913119>
- Vaughan, J., Mallett, C. J., Potrac, P., Woods, C., O'Sullivan, M., & Davids, K. (2022). Social and Cultural Constraints on Football Player Development in Stockholm: Influencing Skill, Learning, and Wellbeing. *Frontiers in Sports and Active Living*, 4(May), 1–18. <https://doi.org/10.3389/fspor.2022.832111>
- Vealey, R. S. (1988). Future Directions in Psychological Skills Training. *The Sport Psychologist*, 2(April), 318–336. <https://sci-hub.se/https://doi.org/10.1123/tsp.2.4.318>
- Vealey, R. S. (2007). Mental Skills Training in Sport. In G Tenenbaum & R. C. Eklund (Eds.), *Handbook of Sport Psychology* (Third Edit). John Wiley & Sons, Inc. <https://sci-hub.se/http://dx.doi.org/10.1002/9781118270011.ch13>
- Vealey, R. S. (2015). Mental Game Myths and Tips for Coaches and Athletes. *Strategies*, 28(3), 28–33. <https://doi.org/10.1080/08924562.2015.1025170>
- Vealey, R. S. (2016). Conceptualization of Sport-Confidence and Competitive Orientation: Preliminary Investigation and Instrument Development. *Journal of Sport Psychology*, 8(3), 221–246. <https://doi.org/10.1123/jsp.8.3.221>
- Verner-Filion, J., Vallerand, R. J., & ... (2014). Passion, coping, and anxiety in

- sport: The interplay between key motivational and self-regulatory processes. In ... *Journal of Sport* researchgate.net. https://www.researchgate.net/profile/Jeremie-Verner-Filion/publication/274735847_Passion_coping_and_anxiety_in_sport_The_interplay_between_key_motivational_and_self-regulatory_processes/links/556f297208aefcb861dd5012/Passion-coping-and-anxiety-in-sport-Th
- Viktoriia, N., Artur, M., Borysova, O., Iryna, S. P., & Liubov, Z. (2024). Characteristics of modern technologies in the training and competitive process of elite athletes in sports games. *Sportivna Nauka Ta Zdorov a Ludini*, 1(11), 14–25. <https://doi.org/10.28925/2664-2069.2024.1>
- Visscher, C., Lisa, E. A. ., & Elferink-Gemser, M. T. (2022). The Perfect Elit Gymnast, does he exist? A systematic review. *Annals of Research in Sport and Physical Activity*, 41–61. https://doi.org/http://dx.doi.org/10.14195/2182-7087_3_2
- Vysochina, N., Romoldanova, I., & Kuznetsova, O. (2022). Mental properties' formation of the personality of athletes specializing in taekwondo. *Edinoborstva*, 1(23), 82–91. <https://doi.org/10.15391/ed.2022-1.08>
- Vysochina, Nadiia. (2016). Psychological support in long - term preparation of athletes. *Sporto Mokslas / Sport Science*, 4(86), 2–9. <https://doi.org/10.15823/sm.2016.36>
- Wang, K. L., & Ye, Y. C. (2016). Measuring Coach Effects in Archery Sport with Hierarchical Linear Modeling. *International Journal of Learning*, 2(2), 156–160. <https://doi.org/10.18178/IJLT.2.2.156-160>
- Warini, S., Hidayat, Y. N., & Ilmi, D. (2023). Teori Belajar Sosial Dalam Pembelajaran. *ANTHOR: Education and Learning Journal*, 2(4), 566–576. <https://doi.org/10.31004/anthor.v2i4.181>
- Warmath, D., Bell, D. R., & Winterstein, A. P. (2022). The Role of Athlete Competitiveness in High School Sport Specialization in the United States. *Orthopaedic Journal of Sports Medicine*, 10(3), 1–7. <https://doi.org/10.1177/23259671221079670>
- Weinberg, Robert S. (2013). Goal setting in sport and exercise: Research and

- practical applications. *Revista Da Educacao Fisica*, 24(2), 171–179.
<https://doi.org/10.4025/reveducfis.v24.2.17524>
- Weinberg, Robert S., & Gould, D. (2019). *Foundation of Sport and Exercise Psychology* (M. Schrag, A. Ewing, C. Gentis, & A. Cole (Eds.); sixth edit). Human Kinetics.
- Weinberg, Roberts S., & Gould, D. (2014). *Foundations of Sport and Exercise Psychology* (M. Schrag, A. S. Ewing, C. Gentis, & A. Cole (Eds.); Sixth Edit). Human Kinetics.
- Weinberg, Roberts S., & Gould, D. (2019). *Foundations of Sports and Exercise Psychology 4th Edition* (4th editio).
<https://doi.org/10.1080/02640410701282405>
- Wenlong, Z. (2024). A study on the relationship between taekwondo athletes' psychological capital and athletic achievement. *International Journal of Science and Research Archive*, 12(2), 709–717.
<https://doi.org/10.30574/ijrsra.2024.12.2.1247>
- Wenzel, A. (2021). Handbook of cognitive behavioral therapy: Overview and approaches. In Amy Wenzel (Ed.), *Handbook of cognitive behavioral therapy: Overview and approaches (Vol. 1)*. (1st ed., Vol. 1). American Psychological Association. <https://doi.org/10.1037/0000218-000>
- Werthner, P. (2019). Sport psychology for canoe and kayak. In D. MCKenzie & B. Berglund (Eds.), *Handbook of Sports Medicine and Science* (pp. 62–70).
<https://doi.org/10.1002/9781119097198.ch5>
- Whitaker, M. M., Pointon, G. D., Tarampi, M. R., & Rand, K. M. (2020). Expertise effects on the perceptual and cognitive tasks of indoor rock climbing. *Memory and Cognition*, 48(3), 494–510. <https://doi.org/10.3758/s13421-019-00985-7>
- Wibowo, S., Wangid, M. N., & Firdaus, F. M. (2025). The relevance of Vygotsky's constructivism learning theory with the differentiated learning primary schools. *Journal of Education and Learning*, 19(1), 431–440.
<https://doi.org/10.11591/edulearn.v19i1.21197>
- Widowati, A., & Decheline, G. (2020). Modifikasi Senjata Anggar Untuk Meningkatkan Kekuatan Otot Lengan Pada Atlet Anggar Pemula. *Physical Activity Journal*, 2(1), 109. <https://doi.org/10.20884/1.paju.2020.2.1.3331>

- Wijaya, R. G. (2022). Kelas Olahraga Sebagai Upaya Pembinaan Prestasi yang Berkelanjutan Sports Class as an Effort to Build Sustainable Achievement Coaching is an important part of the continuity process to maintain achievement . There are. *Jurnal Olahraga Prestasi*, 18(3), 40–45.
- Williams, J. M., & Krane, V. (2021). *Applied Sport Psychology: Personal Growth to Peak Performance* (8th ed.). Mc Graw Hill.
- Williams, S. E., & Cumming, J. (2016). Athlete imagery ability: A predictor of confidence and anxiety intensity and direction. *International Journal of Sport and Exercise Psychology*, 14(3), 268–280. <https://doi.org/10.1080/1612197X.2015.1025809>
- Wolframm, I. A., & Micklewright, D. (2011). The effect of a mental training program on state anxiety and competitive dressage performance. *Journal of Veterinary Behavior: Clinical Applications and Research*, 6(5), 267–275. <https://doi.org/10.1016/j.jveb.2011.03.003>
- Xu, B. (2023). Analysis of Physical Training of Swimmers At the Competitive Level. *Revista Brasileira de Medicina Do Esporte*, 29, 29–32. https://doi.org/10.1590/1517-8692202329012023_0082
- Xuemeng, S. (2023). Research on the influence of psychological quality on the level of athletes' competition and the training approach. *Frontiers in Sport Research*, 5(2), 40–43. <https://doi.org/10.25236/FSR.2023.050208>
- Yalcin, İ., Ayhan, C., Yildirim Araz, G., Bayram, A., & Birkok, M. C. (2022). The Effect of Imagery Ability on Mental Toughness and Sportive Confidence Level in Athletes. *Akdeniz Spor Bilimleri Dergisi*, 5(Özel Sayı 2), 895–905. <https://doi.org/10.38021/asbid.1210993>
- Yamamoto, T., Hikida, I., Shudo, Y., & Sakai, M. (2019). An Evaluation of the Behavioral Activation Model of Psychotherapy in a Community Sample in Japan. *Psychological Reports*, 122(5), 1678–1688. <https://doi.org/10.1177/0033294118795144>
- Yang, L., & Peng, W. (2023). The Influence of Coach Autonomy Support and Coach-Athlete Relationship on Athlete Engagement. *Scholars Journal of Arts, Humanities and Social Sciences*, 11(08), 234–236. <https://doi.org/10.36347/sjahss.2023.v11i08.007>

- Yang, Y., & Endozo, A. N. (2025). Building Mental Toughness : Insights from a Literature Review on Youth Basketball Players in China. *International Journal For Multidisciplinary Research*, 7(1), 1–12. <https://doi.org/https://doi.org/10.36948/ijfmr.2025.v07i01.35037>
- Yerkes, R. M., & Dodson, J. D. (1915). The relation of strength of stimulus to rapidity of habit-formation in the kitten. *Journal of Comparative Neurology and Psychology*, 5(4), 459–482. <https://doi.org/https://doi.org/10.1002/cne.920180503>
- Yusuf, B. (2015). The Examination of Self Talk Ability of Elite Fencers. *International Journal of Science Culture and Sport*, 3, 189–195.
- Zainuddin, M. S. S. bin, Mazalan, N. S., Kamaruzaman, F. M., Lian, D. K. C., Munsif Wan Pa, W. A., & Nazarudin, M. N. (2023). The Impact of Social Factors and Environment on Athlete Motivation and Performance in Sports. *International Journal of Academic Research in Progressive Education and Development*, 12(3), 237–242. <https://doi.org/10.6007/ijarped/v12-i3/18335>
- Zainuddin, K., Marzuki, W., Atikah, U., Gazali, W., & Saputra, Y. B. (2022). MODIFIKASI PERILAKU TEKNIK POSITIVE REINFORCEMENT DENGAN MEDIA PAPAN ATENSI UNTUK MENINGKATKAN KEDISIPLINAN PPKS DI SENTRA WIRAJAYA MAKASSAR. *DEVOTE: Jurnal Pengabdian Masyarakat Global*, 1(2), 37–42.
- Zetou, E., Vernadakis, N., Bebetos, E., & Liadakis, N. (2014). The effect of self-talk on Tae-kwon-do skills' learning of novice athletes and perceived use of it. *Journal of Human Sport and Exercise*, 9(1), 124–135. <https://doi.org/10.4100/jhse.2014.91.13>
- Zetou, E., Vernadakis, N., Bebetos, E., & Makraki, E. (2012). The effect of self-talk in learning the volleyball service skill and self-efficacy improvement. *Journal of Human Sport and Exercise*, 7(4), 794–805. <https://doi.org/10.4100/jhse.2012.74.07>
- Zhengming, W., Hongsaenyatham, P., & Tasnaina, N. (2024). Guidelines for Resolving Psychological Fatigue in Professional Badminton Athletes. *International Journal of Sociologies and Anthropologies Science Reviews*, 4(6), 97–110.

- Zhou, Z., & Zhang, H. (2022). A Visible Analysis Approach for Table Tennis Tactical Benefit. *Journal of Sports Science and Medicine*, 21(4), 517–527. <https://doi.org/10.52082/jssm.2022.517>
- Zhu, L. (2021). Computer Vision-Driven Evaluation System for Assisted Decision-Making in Sports Training. *Wireless Communications and Mobile Computing*, 2021(1), 1–7. <https://doi.org/10.1155/2021/1865538>
- Ziv, G., & Lidor, R. (2013). Psychological preparation of competitive judokas - A review. *Journal of Sports Science and Medicine*, 12(3), 371–380.
- Zongjue, M., & Rittisom, S. (2024). A Development of Athletes Towards Excellence Model for Chinese Table Tennis Association. *International Journal of Sociologies and Anthropologies Science Reviews*, 4(2), 385–396. <https://doi.org/10.60027/ijssar.2024.4015>
- Великанов, А. А., Лисакова, А. А., Демченко, Е. А., Левашкевич, Ю. Л., Круглова, Н. Е., Demchenko, E. A., L, L. Y., & Kruglova, N. E. (2022). THEORY AND METHODOLOGY FOR PATIENTS WITH CORONARY HEART DISEASE. *Network Scientific Journal*, 10, 109–120. <https://doi.org/10.23888/humJ2022102109>