



Mental Training Process for Disabled Athletes at the Tamanwinangun Special School, Kebumen

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Abstract

The aim of this research is to determine the mental training process of athletes with disabilities at the Special School in Tamanwinangun, Kebumen. The method chosen uses descriptive qualitative research with the researcher as the main instrument. Data collection was obtained by observation, interviews and documentation. The resource person came from one of the teachers or trainers at the Tamanwinangun Special School, Kebumen. The research was conducted in March 2024. After the data was obtained, it was then analyzed in the form of narrative data by reducing the data, presenting the data, and drawing conclusions. Triangulation was chosen as a data validity technique. The results of this research show that athletes with disabilities at the Tamanwinangun Kebumen Special School have carried out a lot of mental training where this training makes the athletes more confident, optimistic and calm when facing competitions so that they are able to adapt to existing conditions.

Keywords: *Athletes, training, disabilities.*

INTRODUCTION

Humans who are born in this world are not everything given normal and complete condition by Almighty God Esa . In fact in Indonesia there is no few are born Good in a way on purpose or No on purpose own condition No perfect in a way physique so that become form lack.

With existence Constitution Republic of Indonesia No. 19 of 2011 concerning Validation Convention on the Rights of Pearsons with Disabilities , where since moment That term sufferer disabled replaced become sufferer disability . According to Law No. 8 of 2016 concerning sufferer disability defined that sufferer disability is someone who has limitations Good from aspect physical , mental, intellectual or also sensory which makes difficulty in do activity or For participate in public with base similarity right.

Based on the census survey population in 2015 , has found there are 21.5 million soul in Indonesia that carries disability Good sufferer disability physical , intellectual , mental or sensory (Kurnia i Apsari 2020). Keterbatasan tersebut, tentunya tidak bisa

dijadikan individu sebagai alasan untuk tidak berkembang. Beberapa cara menyalurkannya bisa melalui hobi, minat, ataupun juga bakat yang harus didalami agar termotivasi menjadi individu yang lebih dihargai. Tidak jarang pula yang menyalurkannya melalui bidang olahraga sehingga mampu menjadi atlet yang mengharumkan nama bangsa di kancah internasional.

Based on the census survey population in 2015 , has found there are 21.5 million soul in Indonesia that carries disability Good sufferer disability physical , intellectual , mental or sensory (Kurnia i Apsari 2020) . Limitations of course , No Can made into individual as reason For No developing . Some method channel it Can through hobbies , interests , or even talents that must be explored to be motivated become more individual appreciated . No Rarely do people distribute it through field sport so that capable become athletes who make a name for themselves Name nation on the scene international .

Athlete is someone who studies a branch sport so that own advantages , skills , talents as well as uniqueness separate in the field sports . As for athletes No only someone who is normal but also can for the disabled known disabilities with designation athlete disability . In general , athlete disability Can defined as athletes who have limitations physique or mental (Purna, Kardiyoanto, i Angga 2020) .

Athlete disabilities who are involved in the field sport will get a number of benefit like trust Improved self , improved mood , function muscles , and also maintain balance body . No seldom Lots the medals they inscribe . In Indonesia itself, the athletes disability under the auspices of NPCI (*National Paralympic Committee Indonesia*) . The organization This is organization sport achieve for athlete disabilities in Indonesia, where in the past known as YPOC (Sports Development Foundation) Defective) . Founder organization This is Prof. Dr. Soeharso on October 31 , 1992 with reason the large number of war victims caused they disabled physical and existence polio epidemic at that time (Rahmawati, Wiyanto, i Setyawan 2020) . As for the athletes fostered disabilities includes the physically disabled , the blind , the mentally disabled and the hearing impaired speech .

School Outside Normal The Garden of Winangun Kebumen is one of the institution a school that accommodates people with disabilities disability . In achievement performance sports at school the no easy , because No rarely an athlete's mentality disability before play match with moment play match very much different . This is because of a number of factor like lack of believe self , lack of focus self will match , no capable control himself when see his opponent and so on . Basically factors the Can trained through mental exercise .

Basically Good normal athlete or athlete disability , second own almost problem The same when will face a race . No A little normal athletes also experience mental decline . The real evidence is in research Festiawan (2015) stated that that a athlete will feel worried when compete oppose teams big one who has ability almost same . Besides that too, athlete

must accompanied coach Because athletes who train without accompanied coach , motivation that is owned For reach a the best result can decrease in a way suddenly after see his opponent in match (Budiman i Cipta 2021) . Other evidence that is a activities that require motion motor a athletes , especially in the sports branch martial arts martial arts . In race martial arts martial arts naturally somebody must control intelligence kinesthetic . Intelligence This can trained with mental *imagery*, where athlete must Can imagine a action certain so that can adapt and do attack with Good (Schiff 2019) .

Mental training is defined as a training process For increase function think about it so that can control body and its actions with objective reach excellent performance in match (Juriahn i Tahki 2017) . Another definition means mental exercise as programmed and carried out exercises shaped mental health Good cognitive , affective and also psychomotor in a way organized (Adi 2016) . Impact from mental exercise is can increase trust yourself . Like in study Juriahn i Tahki (2017) stated that that trust self athlete can increase through role continuous mental training continuously . Next study Firmansyah i Pramono (2021) who stated that motivation For achieve a athlete influenced by the presence of mental exercise , where in the research This mental exercise in question is *goals setting* . Other studies state that that aspect psychological athlete like anxiety and motivation must noticed by a coach Because matter That very much affect the appearance athletes on the field (Budiman i Cipta 2021) . So from that , research This mean to For describes the process of mental training that has been carried out conducted by SLB Tamanwinangun to the athletes disability . Research This considered important For give outlook about training mental training of athletes disabilities at Tamanwinangun Special Needs School Kebumen .

METHOD

Study descriptive qualitative has chosen as form method research used . This is Because results from research conducted in the form of descriptive or narrative (Sugiyono 2019) . The research This located at School Outside Normal The Garden of Winangun Kebumen in the month March 2024. In study qualitative This researcher stated as instrument main , where researcher direct jump to field For search for the required data . Research data sources This originate from the teacher or the trainer at SLB Tamanwinangun named Triah Retnoningsih . Meanwhile data collection obtained through method observation , interviews and documentation . The data obtained analyzed in narrative data form with reduce data, present data, and draw conclusions a conclusion (Pakpahan et al. 2022) . Stage final that is checking validity of data with use triangulation (Wijaya 2018) .

RESULTS AND DISCUSSION

Tamanwinangun Kebumen State Special School is located at Jl. Kejayan No.38B, Tamanwinangunindah , Tamanwinangun , Kebumen District, Kebumen Regency, Central Java 54313. This school is a special educational and service institution for children with special needs (ABK) with visual, hearing, thinking, physical motor and behavioral disabilities. There are 3 levels here, namely SDLB, SMPLB and SMALB, where at each level there are 6 departments, namely blind, mute, deaf, mentally retarded, physically disabled, and autistic . The total number of people with disabilities from all levels is 238 and the number of teachers is 55.

Achievements achieved by a person athlete disability naturally has through a long process . Of course No in doubt Again in matter trust self , where trust self athlete disability has through a rigorous mental training process moreover formerly like *goal setting*, *relaxation* , *hypnosis*, *imagery* , *self talk* , and *meditation* .

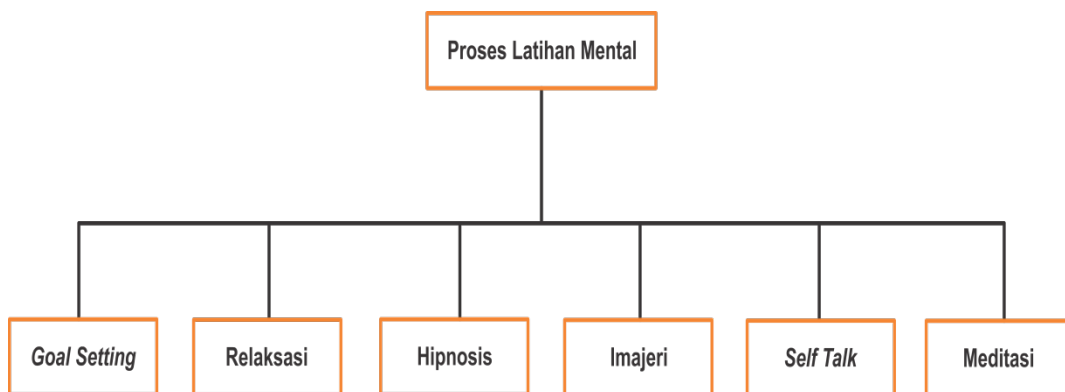


Figure 1. Mental Training Process

This matter because of mental training is able increase level trust self a athlete disability The proof research conducted by Juriahn i Tahki (2017) state that relaxation and visualization become form the exercises that are considered to be most influential in increase trust yourself . There are several mental training at school Outside Normal The Garden of Winangun will explained following This . Data below This taken direct from the teacher or Coach at School Outside Normal Tamanwinangin .

First that is dimensions goals *setting*. *Goal setting* or more known with determination target is a matter fundamental in train the athlete's mentality to have the direction to go targeted (Juriahn i Tahki 2017) . With existence competent goal *setting* can Motivate a athlete For reach maximum results (Fachrezi, Vidyastuti, and Lestari 2023) . This is in accordance with study Syam i Amri (2017) stated that that For reach maximum results so the need for *goal setting* as the main capital that creates athlete more directed and feel There is conformity condition self athlete with the target to be achieved . The results

interview related with implementation exercise *goal setting* at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

"I trained him . direct What do I get Formerly from campus I practice to students who are effective give energy to athlete For become more productive and effective . Important aspects student students at this SLB Because can description for athlete can give image of athletes what we train must achieved . Sports are very important for development disability personality child I train athletes can become a psychological strategy child can to achieve performance."

Indicator athlete in manage compete

" Prepare athletes to mature face match need to be done as early as maybe . Through systematic and time consuming mental training procedures and processes enough time length . Purpose exercise For reach performance child maximum needed ability physical , technical , tactical and mental. Sometimes athlete Already own good physical , technical , tactical will but moment compete experience mental decline . I give motivation to athlete let Spirit then at Tamanwinangun Special Needs School here too there is athletes are also there reject bullets that have been until national."

Based on results interview the so can concluded that the *goal setting* process at SLB Tamanwinangun trained directly the teacher who made a athlete disability own energy For become more productive and effective.

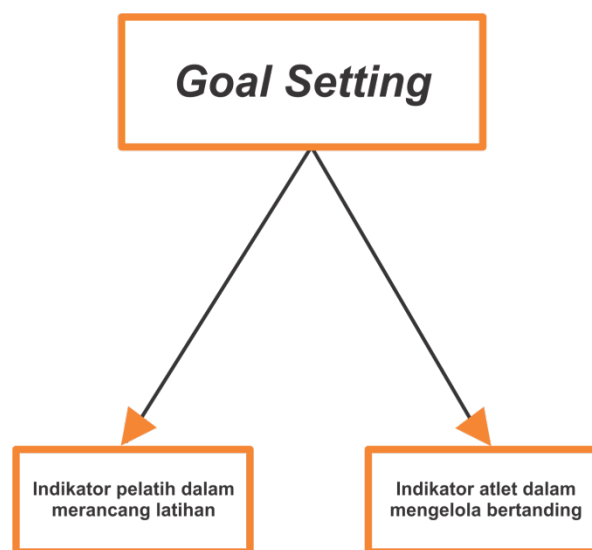


Figure 2. *Goal Setting*

Whereas in management match *goal setting* prepared since early through systematic training procedures and processes so that clear eat enough time long.

Second that is dimensions relaxation . Dimension This is exercise from stress management where aim For control tension muscle or tension psychological . Relaxation muscle in a way progressive is form basic relaxation . With the existence of this process expected a athlete capable recognize and differentiate between condition relax or tense (Adi 2016) . Besides it is also a relaxation process can make athlete No easy influenced disturbance emotional as stated Judge and Tahki (2017) that control atmosphere heart from

results relaxation make a athlete awake from disturbance emotional a moment that appears Good from in or from outside himself . As for the results interview related with implementation exercise relaxation at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

" Here offspring That accompanied by their respective companions if practice usually someone took it from outside if his teacher no Can We take it coach from outside . Techniques that can make mind and body become relax through a process that is progressive will release tension muscle at each body . If I Alone hold it athletics run The same reject bullet jump Far That I am the one who trains Alone sometimes collaboration The same with the NPC, we practice at most 3 times a week . And for reduce anxiety give motivation to child with focus control emotion , thinking practical , focus on the game , keep going move , and think positive ."

Indicator athlete in manage compete

" Breathing exercises in is method simple However effective For relax and reduce stress . With centralize attention to breathing deep and slow , athlete can slow down beat heart and calming system nerves . This is help reduce anxiety and tension , so athlete feel more down to earth ."

Based on results interview the so can concluded that the relaxation process at SLB Tamanwinangun done with method every child accompanied each companion where party coach Can from in or from outside . Athletics run and reject bullet done with cooperate with NPC every 1 week 3 times.

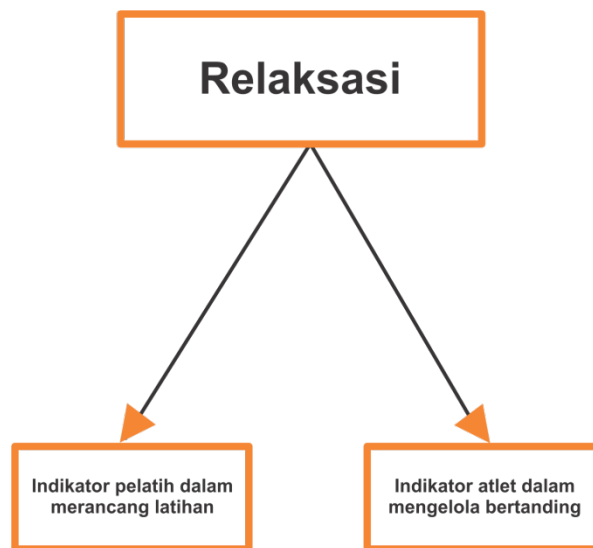


Figure 3. Relaxation

This matter believed capable give focus , thinking practical and positive in match . Besides it is also in match exercise breathing No lost importance Because considered simple and effective way For reduce stress, anxiety and tension .

Third that is dimensions hypnosis , is one of the form mental training that can increase performance athlete Where method This merge knowledge cognitive and science sports . Hypnosis This believed influential to thought as done activity physique for athlete . Theory hypnosis in sport almost The same like relaxation that is as key increase performance and make athlete come on stage more Good mentally and focused will

objective or the task he did (Herdinata, Saparwati, and Aprianti 2022) . Like in book Liggett (2016) stated that that a capable athlete develop response automatic to the stimulus that has been set so can reach level optimal performance . With thus hypnosis this can also remove response phobia , anxiety and fear excessive when experience injury . As for the results interview related with implementation exercise hypnosis at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

“ Hypnosis sport explored as methodology demonstrated in a way empirical For expand range training mental skills in children at Tamanwinangun Special Needs School . ”

Indicator athlete in manage compete

" Good That overcome mental block , building more focus sharp For mental image , or increase trust yourself . Sport Hypnosis has help athletes and coaches involved in a difficult mental process understood However effective For increase training when it's time for the match We give nutrition to good athlete . ”

Based on results interview the so can concluded in a way short that the hypnosis process at SLB Tamanwinangun done For expand range training mental skills where focus athlete more sharp and increasing trust self.

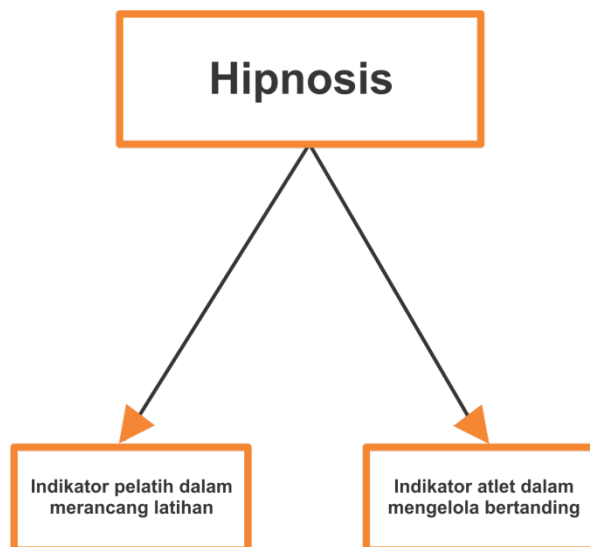


Figure 4. *Hypnosis*

Fourth that is dimensions exercise imagery . Imagery is exercise with imagine , think or describe situation or movements certain . Mental imagery is a series activity imagine or bring up return in thought a object , event or experience correct movement and has been saved in memory (Iman, Rahayu, i Sultoni 2017) . The benefits are: from exercise imagery This between that is learn or repeat movement new , fix lack of movement appropriate or Not yet perfect , simulation exercise mind and practice for athlete yes currently rehabilitation injury (Adi 2016) . No seldom imagery This equated with exercise

visualization Because of course You're welcome imagine movement in mind . Just just in imagery the athlete need also function the senses hearing , touch , smell or stamping and before the athlete must proficient will exercise relaxation . As for the results interview related with implementation exercise imagery at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

" If I train mental imagery . Mental imagery training is an educational process term short that uses procedure systematic and organized , in order to help individual For can manage anxiety experienced before compete so that can display maximum performance moment compete . In children First the second warm -up the technique that will be competed is added fitness or jogging. "

Indicator athlete in manage compete

" Skills psychological in the learning process or training sports that play role important in increase skills motor and mental aspects of athletes moment compete . "

Based on results interview the so can concluded in a way short that the imagery process at SLB Tamanwinangun in a way simple done in the long term process short use procedure systematic and organized which helps performance Good before compete or moment compete.

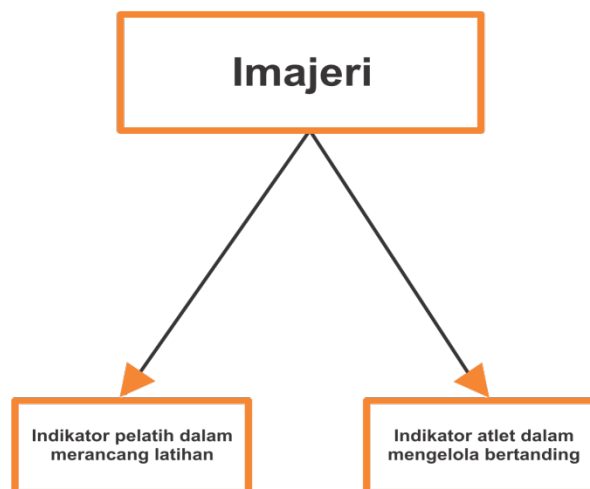


Figure 5. *Imagery*

Fifth that is dimensions *self talk* . According to Fauzan et al. (2021) *self talk* is one of the psychological strategies that has used by athletes or coach . This is considered Because capable increase ability and appearance athlete Where condition moment That worried or anger that is not controlled . Another definition of *self talk* interpreted as a mental training process with method speak with self Alone with objective influence self Good behavior to the target to be achieved so that *self talk* designed For help performance athlete with method create atmosphere positive heart (Pratama, Hardiyono, i Pasaribu 2020) . Other impacts of *self-talk* can also be remove habit bad , initiate action until maintain a skills . As for the results interview related with implementation exercise saftol at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

" As it happens if I training in our SLB train him like a normal person generally only We No Can to force We should i know it 's forced if Mut 's child , God willing Good ."

Indicator athlete in manage compete

" Coincidence if SLB is often competed in mentally retarded he Can hear with limitations intellectual ."

Based on results interview the so can concluded in a way short that the process of *self talk* at Tamanwinangun Special Needs School trained like like a normal person and not too forced .

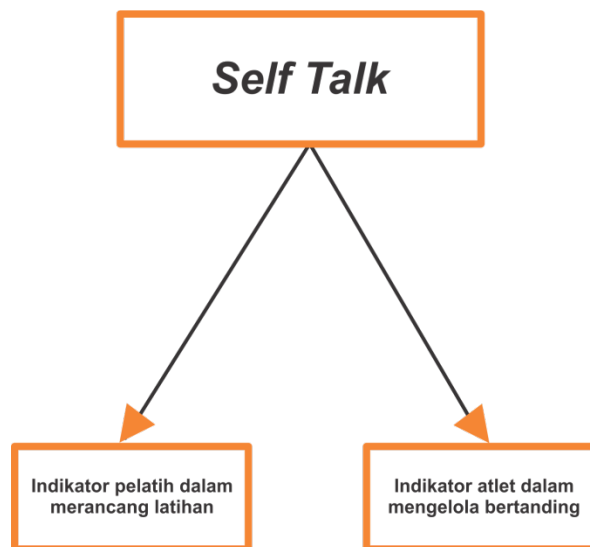


Figure 6. *Self Talk*

In a match most of the followed contest is mentally disabled Where they Can hear with limitations his intellectual .

Sixth or the last one that is dimensions meditation . In dimensions meditation there is two part that is *self-regulation of attention* and *orientation to experience* (Nurhuda i Jannah 2018) . *Self regulation of attention* is skills a athlete in process emotions and sharpening his sensitivity about condition emotional , thoughts and sensations physical sensations that he felt . This is aims for a person athlete can calm or control his thoughts and feelings so that the focus No disturbed consequence negative conditions . While in *orientation experience*, a athlete trained to be able to accept ongoing experience happen in a way objective and open . The results interview related with implementation exercise meditation at SLB Tamanwinangun is as following :

Indicator coach in to design exercise

" If I train him the main thing is child Already Ready We pray warmup Keep going We teach the technique Keep going We to practice the Keep going There is mistake We repeat Again ."

Indicator athlete in manage compete

" If SLB is direct no There is meditation We only give exercise give motivation Spirit ."

Based on results interview the so can concluded in a way short that the meditation process at SLB Tamanwinangun done If Already Ready that is with do continued prayer with warming up . While in match previously done meditation and giving motivation .

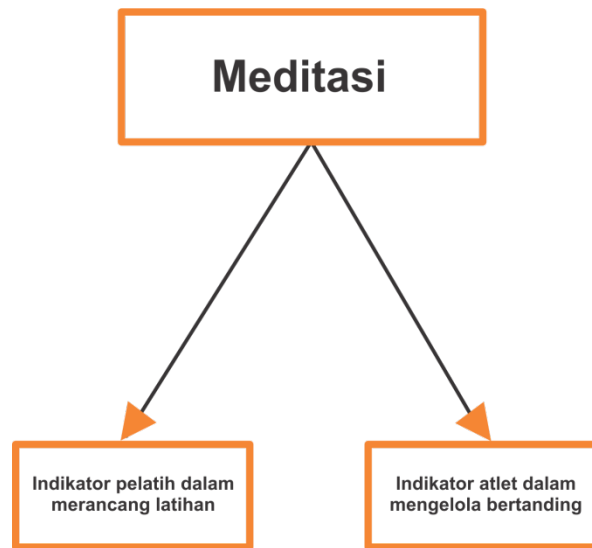


Figure 7. Meditation

CONCLUSION

Based on the results and discussion of this study, it can be concluded that disabled athletes of Tamanwinangun Special School , Kebumen have carried out so many mental exercises where these exercises are expected to make athletes more confident. In addition, athletes are expected to be able to control their bodies, be optimistic and calm in facing the match so that they are able to adjust to the circumstances they are facing

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