

# **POSITIVE THINKING TO IMPROVE PERFORMANCE ACHIEVEMENT ATHLETE**

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abstract

In general, the preparation is most often the focus of the exercise is a matter of technique, physical and tactics are the main factors that must be met. Failures experienced by an athlete due to some internal factors (athlete) and can also be caused by external factors. Internally, this failure may be caused by the ability of the athletes themselves who have to compete with good support that can be caused by physical ability, technique, tactics, strategy, and is no less important are the factors that affect the athlete's performance is mentally. One of the human ability not shared by other living things is the ability to think. From a variety of capabilities that exist in humans, thinking is a skill that plays an important role in determining the quality of life. However, not everyone is able to optimize the role of these capabilities. One of the efforts that should be done so that the mind can play well is to learn to think positively. Positive thinking is a mental attitude that involves the process of entering the thoughts, words, and images are constructive for the development of your mind. Positive thoughts bring happiness, joy, health, and success in every situation and your actions.

Keywords: Positive Thinking, Achievement Athlete

## **A. INTRODUCTION**

Achievement can be achieved through technical readiness, physically and mentally this is already a mandatory requirement that must be owned an athlete. In general, the preparation is most often the focus of the exercise is a matter of technique, physical and tactics are the main factors that must be met. Another thing that is often overlooked as a mental considered influential, with the assumption that mentally prepared enough when playing alone. Based on observations and interviews in the field in general the coaches rarely do a mental exercise in practice. Failures experienced by an athlete due to some internal factors and can also be caused by external factors. Internally, this failure may be caused by the ability of the athletes themselves who have to compete with good support that can be caused by physical ability, technique, tactics, strategy, and is no less important are the factors that affect the athlete's performance is mentally. According to psychologis

Yuanita (1999: 3), psychological factors affecting the appearance of the athletes in the game is achievement motivation, concentration, discipline and self-confidence and emotion, anxiety and tension. In a game often seen how the unpreparedness of an athlete in the face of the game, such as the empty eyes, loss of concentration, and the presence of something left. Likewise in sports measurable unprepared to face an opponent who never won before, have opponents already have achievements often seem nervous young athletes in performing the match or race

Based on this, then I am keen to discuss the paper "Positive Thinking To Improve Performance Achievement Athlete"

## **B. MENTAL ASPECTS IN CONSTRUCTION**

Mental coaching for athletes to be important, to win the game and become a champion. The coaches need to understand this is to recognize the existence of the individual as a subject called that know what their existence and properties or laws that correspond to what the subjects are constructed. Construction must comply with athletes existence as beings who have physical and mental, social creatures, and creatures of God with all nature and its laws. Before providing treatment to athletes, it is necessary to understand human existence in general, with properties that can't be ignored that the principles of construction for the athletes, so mental training provided on the athlete in accordance with what is expected. This will be discussed further below the basic principle of human personality with the factors that affect mental maturity for athletes.

### **a. Motivation Athletes**

Motivation is a momentum that gives people a reason to perform an action. Almost every human behavior is always preceded by the motivation. According Wann (1997) motivation is a process improvement within an organism that helps steer and maintain a behavior. Gunarsa (2004) stated that the driving motivation in any conduct which is an effort to meet the needs. The level of motivation can be seen from the three elements, namely: energy, direction, and constancy. Motivation according Setyobroto (1993; 63) is a process actualization driving source and the driving behavior of individual needs to achieve a certain goal. Motivation can be seen as a process in a person to do something in an attempt to achieve certain goals. Strong motivation indicates that the athletes themselves embedded in a strong urge to do something.

In terms of its function, motivation can be distinguished between the motivation that comes from encouragement external and the motivation that comes from within yourself (intrinsic). With the mental approach is expected to athletes in every appearance can show strong motivation to play well, so it can win a game.

Motivation is good for athletes, not based by extrinsic factors such as prizes or awards in the form of matter. However, a good motivation, the stronger and longer settling is based on the intrinsic motivation that prioritizes personal desire to achieve self-satisfaction achievements of the material things Judging from the reaction of psychiatric subjects, as FL Griffit (1964) in Setyobroto (1993: 70) distinguishes several actions that can cause a reaction motivated partly by (a) the method of coercion or on the basis of power (force way) (b) how persuasive or by persuading (c) how stimulative. Of the three ways the manner or method of force less favorable for the development of athletes; persuasive method shows certain advantages in the absence of coercion and threats from the outside, and the more favorable is the stimulation method because with this method the athlete can develop initiative and creativity. To increase the motivation of athletes, it should be noted motivational techniques and shall observe the following procedures, namely:

- a) First of all must be created positive interaction between coaches and athletes, namely the interaction of full sense of familiarity.
- b) Provide appropriate treatment coaches must understand the interests, needs and capabilities of the athletes
- c) Planning treatment that training programs and other instructions as directed arranged systematically gradual and sustained.

Further motivation techniques can be done verbally, by giving compliments, corrections, instructions, challenges and so on. Besides, motivational techniques can also be performed with acts such as by providing incentives (prizes), awards, and so on, with penalties, for athletes to avoid something that should not be done.

#### b. emotions Athletes

Emotional factors in self athlete athletes attitude and feeling personally against oneself, coaches and ha-case diseklilingnya. Forms of emotions known as feeling like disgust, sadness, anger, anxiety, fear and so on. The forms of the emotion contained in each athlete. However, to note here is how we control these emotions so as not to hurt yourself. Emotion or feeling athlete needs special attention in the sport, because the emotion of athletes in addition to affecting aspects of other mental health, also affect aspects fisiologiknya so

obviously will affect the increase or decline of the athlete's performance. Controlling emotions in a table tennis match victory is often the deciding factor. Especially when the table tennis athletes serve blame by the referee. This could be the beginning of that could affect athletes emotions. Therefore, the atmosphere was like to be familiarized with how to conduct a simulation game that athletes are accustomed to and keep the concentration despite the mistakes which they did not do.

The coach should know clearly how emotions athletes, not only in games but also in training athletes and everyday life. Coach thus also need to find ways to control the emotions of the athletes care, which of course will vary between athletes with one another.

Emotions can disturb the balance psikofisologik such as shaking, stomach pain, muscle spasms and others. With the disruption of the physiological balance konsentrasipun will be disrupted so that athletes can not perform optimally. Often the table tennis athletes experiencing tensions that culminated just before the match begins. The tension so great that he could not serve well. Moreover, his soul can press and penontonpun not sided with him, then it is conceivable that the athlete will not be able to play well. His concentration will be shattered, a strategy that has been prepared can not be executed even he did not know what to do.

This is where the need to learn how to cope with stress (stress management). Before the coach tried to overcome tensions athletes. must first know the sources of tension, to find out, it is necessary to good communication between coaches with athletes.

### c. Anxiety and Tension Athletes

Anxiety is usually associated with the fear of losing something, failure, guilt, fear mengecawakan other people and other bad feelings. The anxieties that make athletes become strained so that when plunging into the game, it can interfere with concentration in play. If the players have worked hard and played well, show appreciation coaches to athletes. And if athletes defeat especially not with playing well, should be the coach on the fact that objective. That is, let the which he has done is right and what is wrong, and show how it should solve this problem. Meet new athletes who have lost should be done as soon as possible compared to see which player has scored a victory.

### d. Communication With Athletes

Communication is meant here is a two-way communication, especially among athletes by coaches. Problems often arise in terms of lack of good communications between coaches with

athletes is the emergence of misunderstanding that causes athlete was treated unfairly so it would not be open to the coach. Further result, the lack of confidence to coach athletes.

To avoid miscommunication between athletes and coaches, the coaches need to adjust communication techniques with athletes individually. Disclosure coach in terms of training programs will be strengthened to ensure good communication provided it is done in an objective and consistent. Athletes need to be understanding about the purpose of the exercise program and what does it do for each individual. Before the training program is run, it needs to be explained and made rules regarding discipline and rules of other exercises including sanctions conducted on athletes in case of violation of the rules that have been made.

Similarly, in terms of the implementation of the regulations that have been made, must be executed consistently. That is, if an athlete convicted of violating certain rules, so if there are other athletes who violate the same rules he should receive the same punishment as well. Similarly, if the same athletes do it again later.

Coach always be objective and positive thinking. Be objective intention is to be in accordance with reality or fact is without impinging on other things. If the coach was angry with athletes because the athlete came late in practice, then punish athletes on ketelambatannya, not to be connected with the other things that can cause new problems for athletes.

#### e. Concentration Athletes

Concentration merupakan a state where one's consciousness focused on a particular object within a certain time, the better the concentration the longer he did. In the sports game of concentration is one of the mental aspect of a very large role to win a game. For if the concentration impaired athletes do match, then the resulting errors in activity

### **C. THINK POSITIVE EVERY SITUATION**

One of the human ability not shared by other living things is the ability to think. From a variety of capabilities that exist in humans, thinking is a skill that plays an important role in determining the quality of life. However, not everyone is able to optimize the role of these capabilities. One of the efforts that should be done so that the mind can play well is to learn to think positively. Positive thinking is a unit consisting of three components, namely a charge of mind, the use of the mind, and mind control (Ubaedy, 2007: 12-19).

Positive thinking is a mental attitude that involves the process of entering the thoughts, words, and images are constructive for the development of your mind. Positive thoughts bring happiness, joy, health, and success in every situation and your actions. Whatever you expect mind, positive thinking will happen. So think positive is also a mental attitude that expects good and favorable results. Thinking is intended as a way of thinking steer things in a positive direction, look at the bright side. It is necessary to get used not only by athletes, but even more so for the coaches who train athletes. By getting used to think positive, it will be a very good influence to foster self-confidence, improve motivation and cooperation between the various parties.

Positive thinking will be followed by action and positive words anyway because the mind will take action. If the volleyball game comes negative thoughts such as "fear of being wrong, fear out, scared bait responsibility" and so on, then the likelihood is greater errors will occur in the game. Therefore cobalah in habit to always think positive, avoid negative. Similarly to the problems faced by an athlete when it will face the athletes who have often won games and athletes often experience "feeling lost without a fight" the coach convey to the athletes that "you can be the same ability with him" because of the achievements show your best, do not be afraid lost.

A coach must show that he believes that the athlete has the ability to perform well. Babble, nagging and rude criticism is not in place will drop athletes and frustrating and loss of concentration so that the expected accomplishments are not achieved.

Positive thinking is an attempt to fill the mind with positive things or positive charge. As for the positive charge to mind are the various forms of thought which, according Ubaedy (2007: 13), has the following criteria: a. right (not violate the values of truth), b. good (for oneself, others, and the environment), and c. helpful (yield anything useful). People who make positive thinking as a way to achieve the goal by Ubaedy (2008: 27) has the following characteristics: 1). Unhappy with his / can create happiness in him. 2). Have a positive conclusion against him. 3). Have a great confidence in its capacity. 4). Can establish positive relationships with others. 5). Can establish a harmonious relationship with reality, 6). Steps dynamic. 7). Achievement of his life. Continues to grow better.

The habit of positive thinking is an attitude and actions which bring great benefits the individual concerned, namely with regard to: health, feeling of success, optimism, positive emotions, positive response to failures, self-confidence, positive self-image, every cloud has a silver lining, creative, persistency, positive relationships.

- a). Health: Often a person's complaint or pain, organically can not be identified by your doctor. And it turns out the complaint and the pain is not felt again after the person concerned to replace the contents of negative thoughts with positive ones.
- b). Feeling of success: People who think positive at the time he faced a task to feel confident that he will succeed in doing this task. Feeling that he had subsequently become internal motivators for him.
- c). Optimism positive attitude towards a task that must be done is the beginning of the growing optimism. Optimism is one of the factors that influence the success of a person.
- d). Positive emotions: Feelings of a person is affected by the mind. If space sided mind positive things, the feelings experienced also a positive feeling.
- e). Positive response to failures: The habit of positive thinking can make a person strong in the face of failure. With the positive thought someone would be able to develop the view that the failure is not the end of everything and that there was a chance for success.
- f). Self-confidence: The habit of positive thinking also plays an important role in the development of personality, namely confidence. Think positively about him means to train himself to have confidence.
- g). Positive self-image: other personality aspects that are also influenced by a person's mindset is the self-image. If someone's mind space filled by things that are positive then he will have a positive self-image as well.
- h). Every cloud has a silver lining: That each occurrence, any bad incident there must be a silver lining. Similarly, the attitude or opinion of those who used to think positive. Attitudes or assumptions as necessary so that they are facing problems can avoid stress and depression.
- i). Creative: Creative Power someone closely related to the contents of his mind. That the contents of positive thinking can bring brilliant ideas

## CONCLUSION

Positive thinking is not a goal but a means to an end, make positive thinking as the goal is to bring the benefits but not yet how these benefits when compared to the benefits gained if positive thinking be used as a road. The habit of thinking positive effect on success. People who are accustomed to thinking positively will always be diligent and steadfast in the face of tasks with a variety of problems. Positive thinking is a way to achieve the feat, the characteristics of people who make positive thinking as a way to achieve the feat, it can be concluded that the ultimate goal of positive thinking is the maximum achievement

In the face of other people and social situations, positive thinking is indispensable. With the positive mind there will be a positive social relationships pula. Berpikir positive as one way, a vehicle, a vehicle that will take humans to reach the target or the final destination, which is a positive or positive life living.

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