

# **CERAMAH PSIKOLOGI SUKAN**

**KHUSUS UNTUK ATLET SSBP**

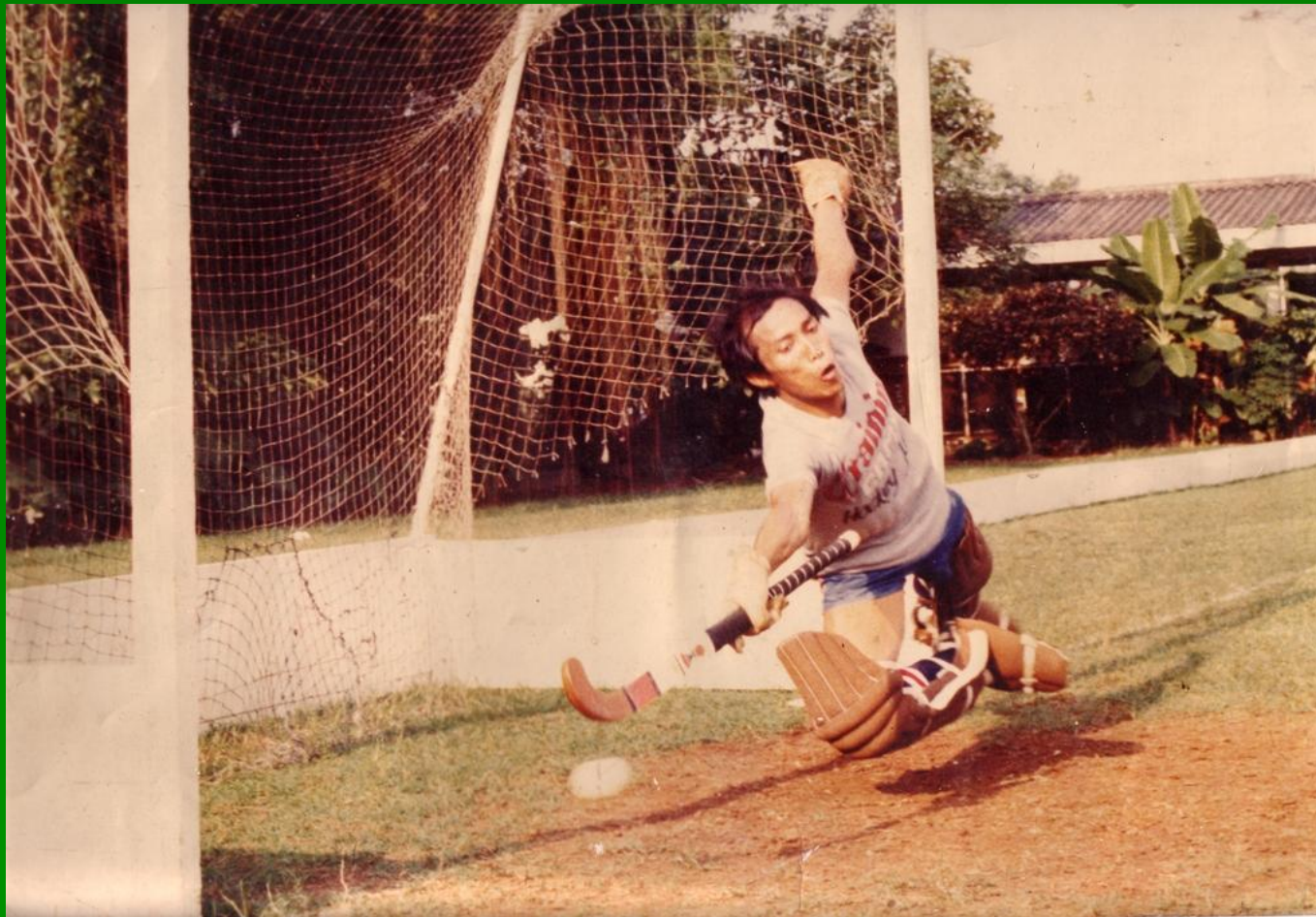
**Danu Hoedaya**

**Fakultas Pendidikan Olahraga dan Kesehatan  
Universitas Pendidikan Indonesia**

Tempat:  
**Sekolah Sukan Bandar Penawar  
Kota Tinggi, Johor, Malaysia  
18-20 Juli 2007**

(Jabatan Pendidikan Jasmani dan Sukan Kementerian Pendidikan Malaysia)

# MOTIVASI UNTUK LEBIH BERPRESTASI



DEMONSTRATION ON

**THE POWERFUL CAPACITY  
OF OUR MIND**

**TO MAKE THINGS HAPPEN**

# **SPORTS SCHOOL GAMES 2007, THAILAND**

**ARE YOU  
MOTIVATED?**

**YES - NO**

**HOW STRONG ARE  
YOU MOTIVATED?**

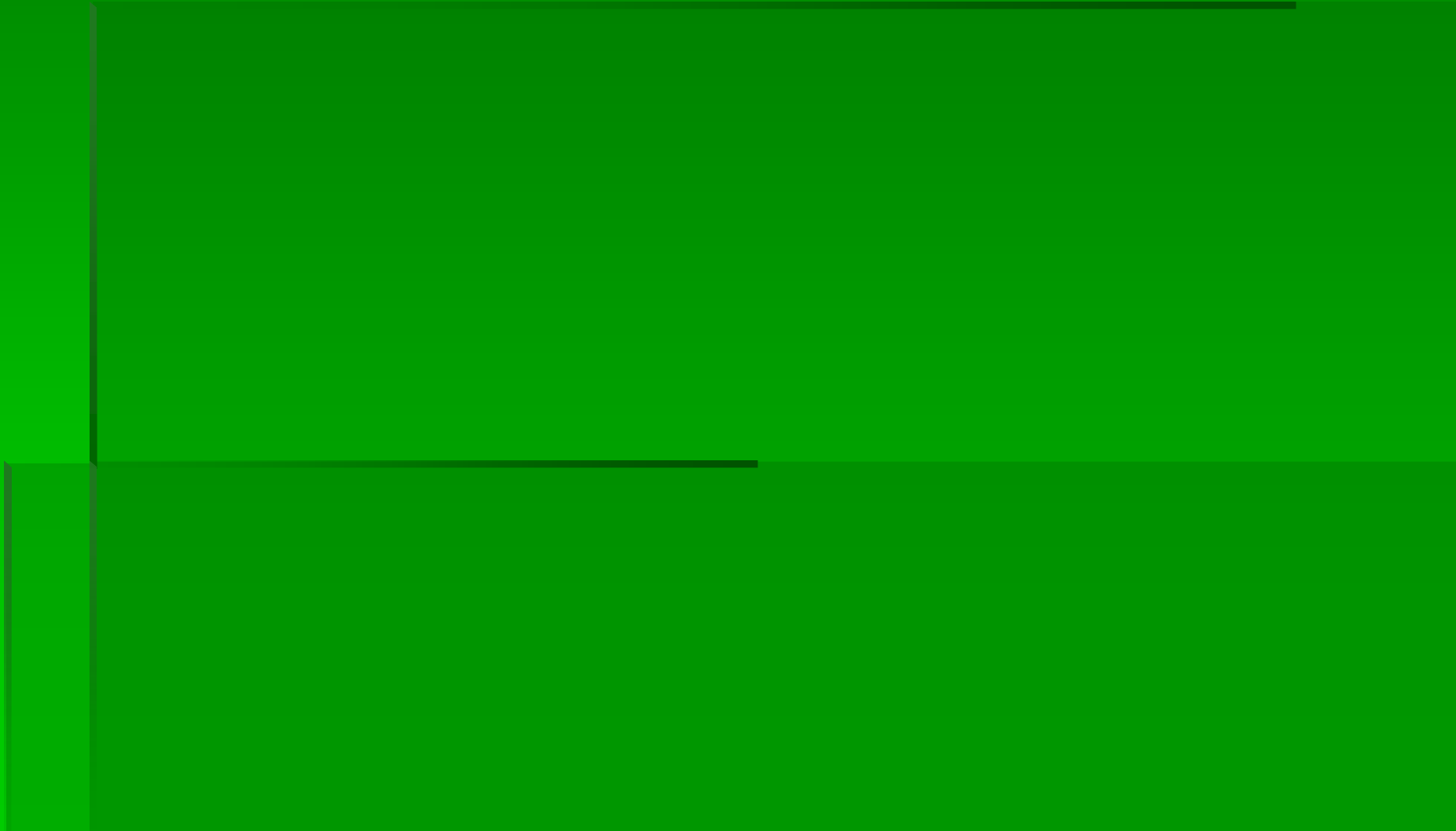
**VERY STRONG....STRONG...WEAK**

# WHO / WHAT MOTIVATES YOU MOST?

Parents Coach Girl/Boy Friend  
Trip Famous New Friends  
Hadiah

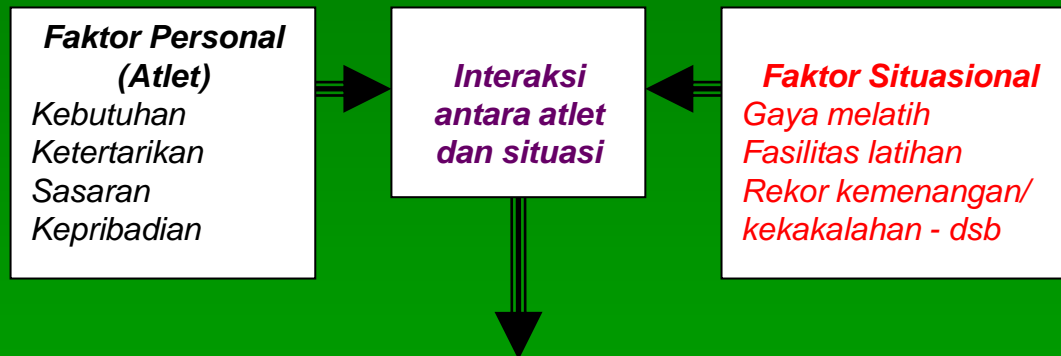
SSBP ..... WE HAVE NO PROBLEMS!

**ALL ATHLETES ARE  
HIGHLY MOTIVATED**





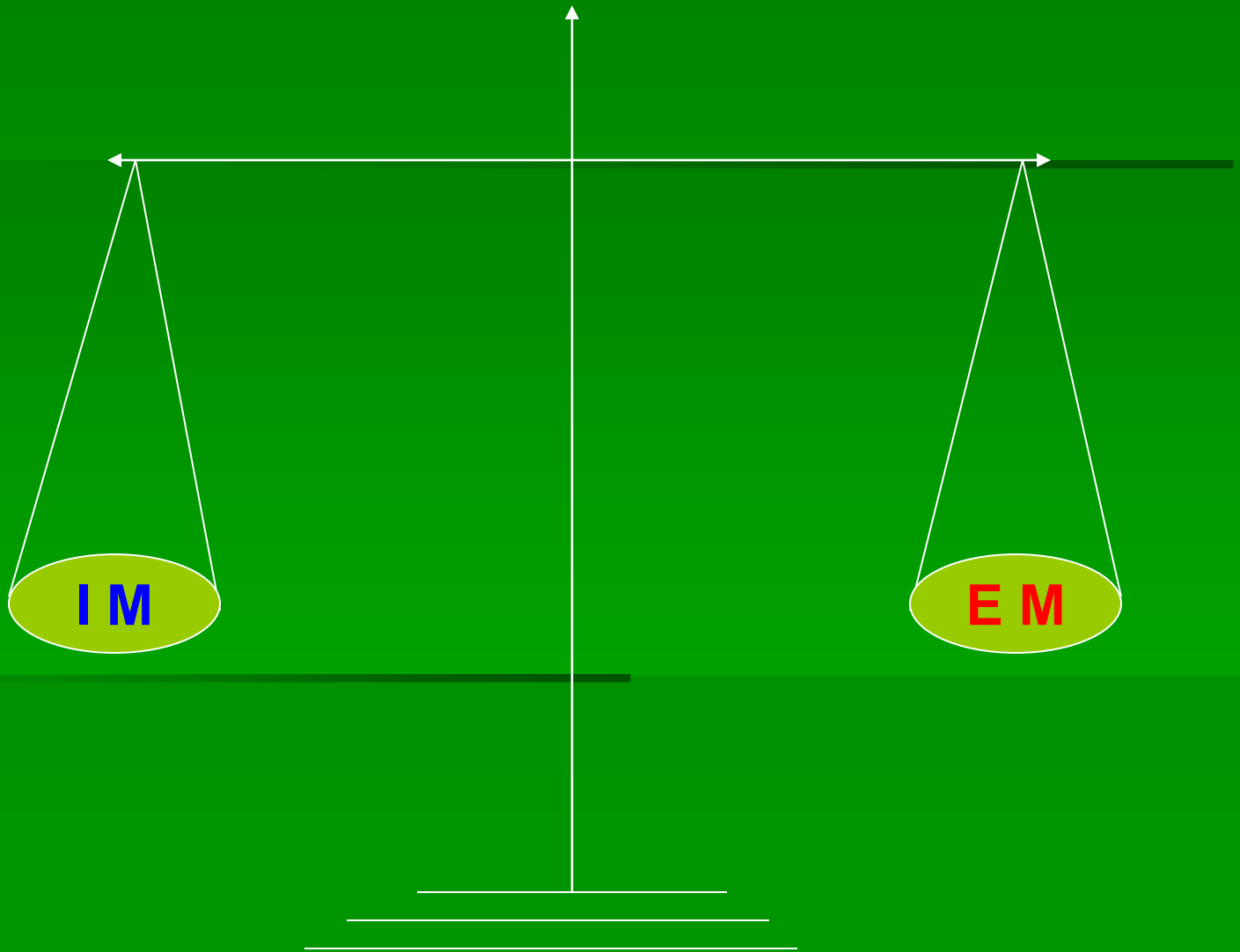
# Keterkaitan dua faktor (personal dan situasional) dalam menumbuhkan motivasi

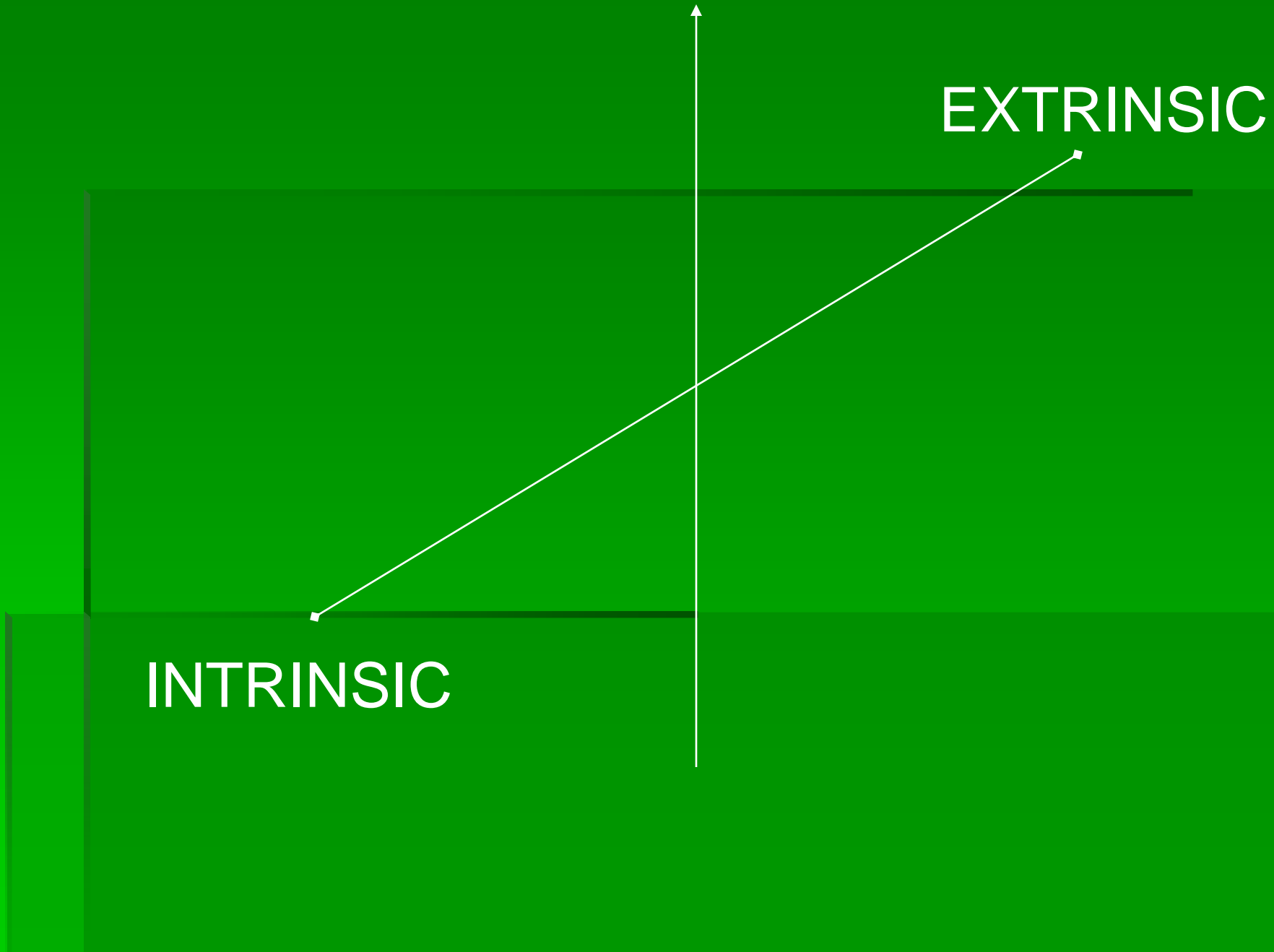


**VISUALISE !!!**

**A SCALE (TIMBANGAN)**

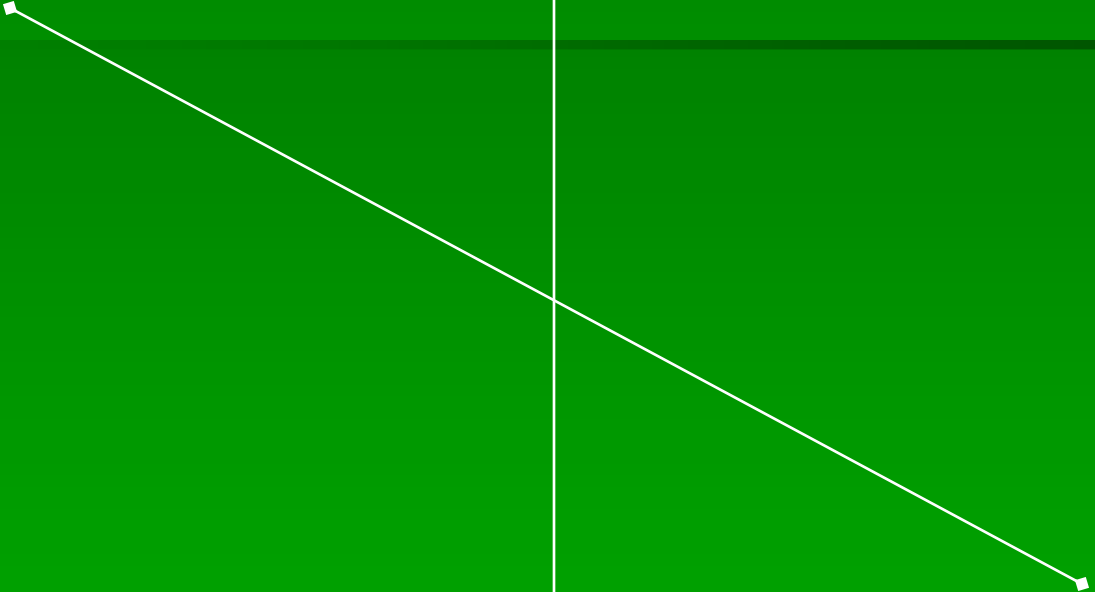
**Dalam keadaan setimbang**



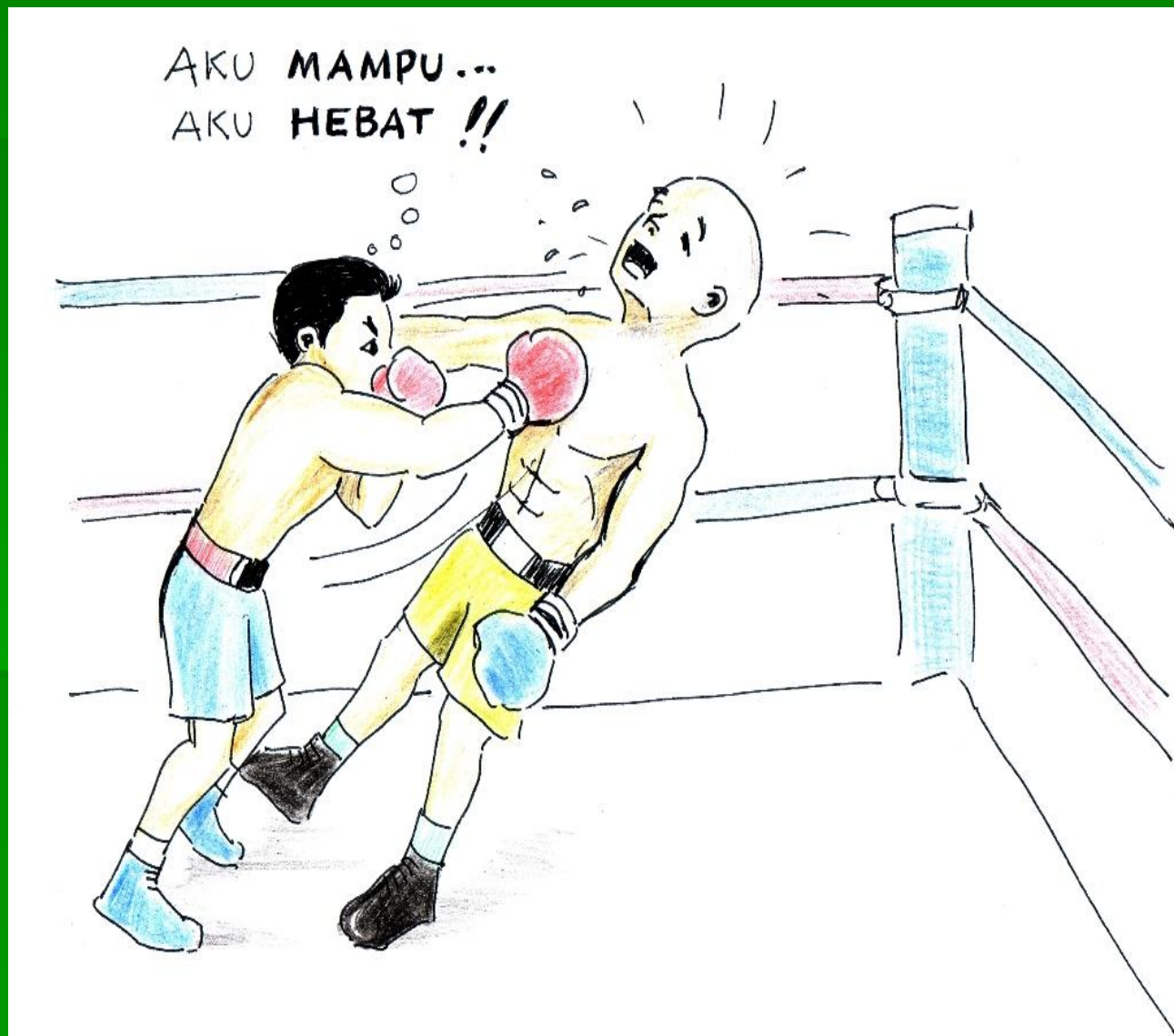


INTRINSIC

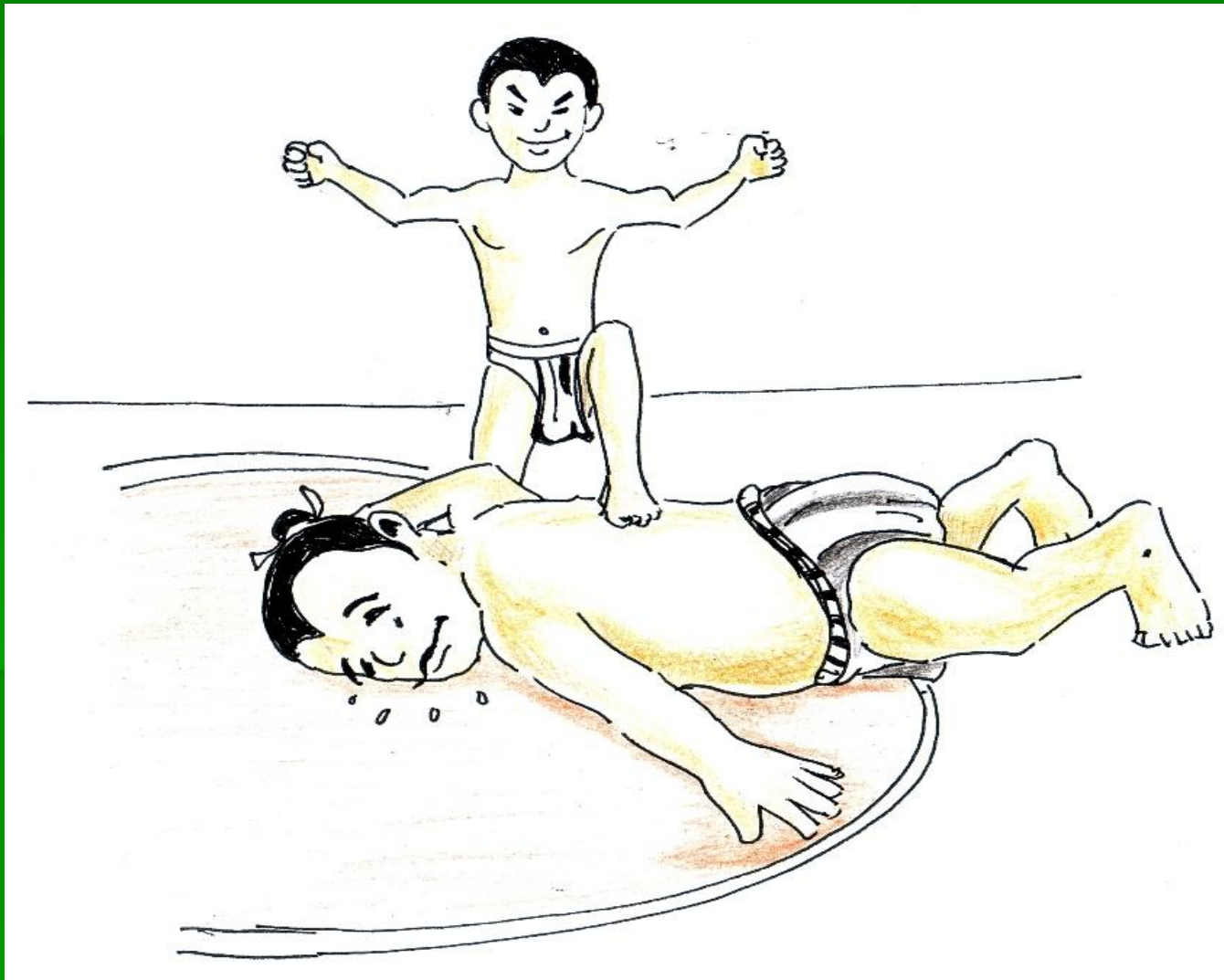
EXTRINSIC



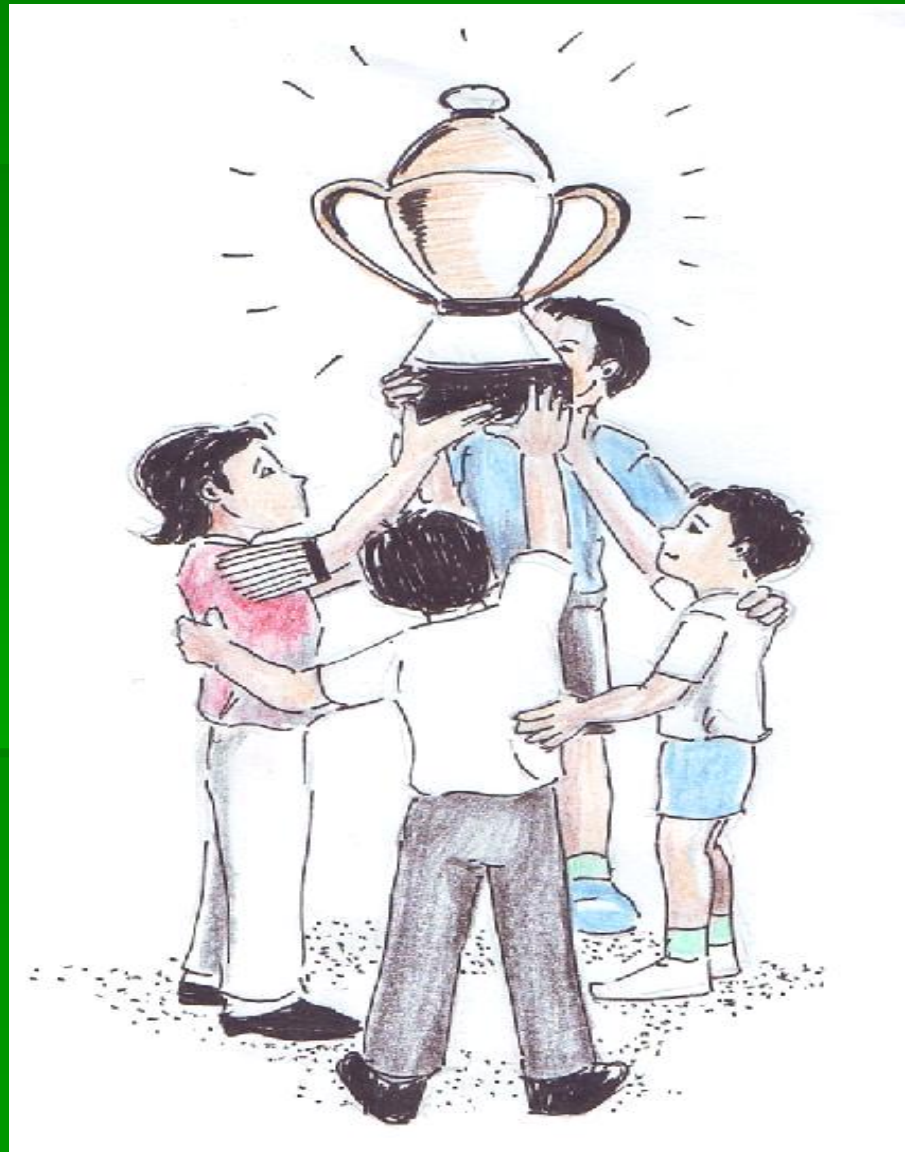
# SOMETIMES YOU WIN



# SOMETIMES YOU LOSE



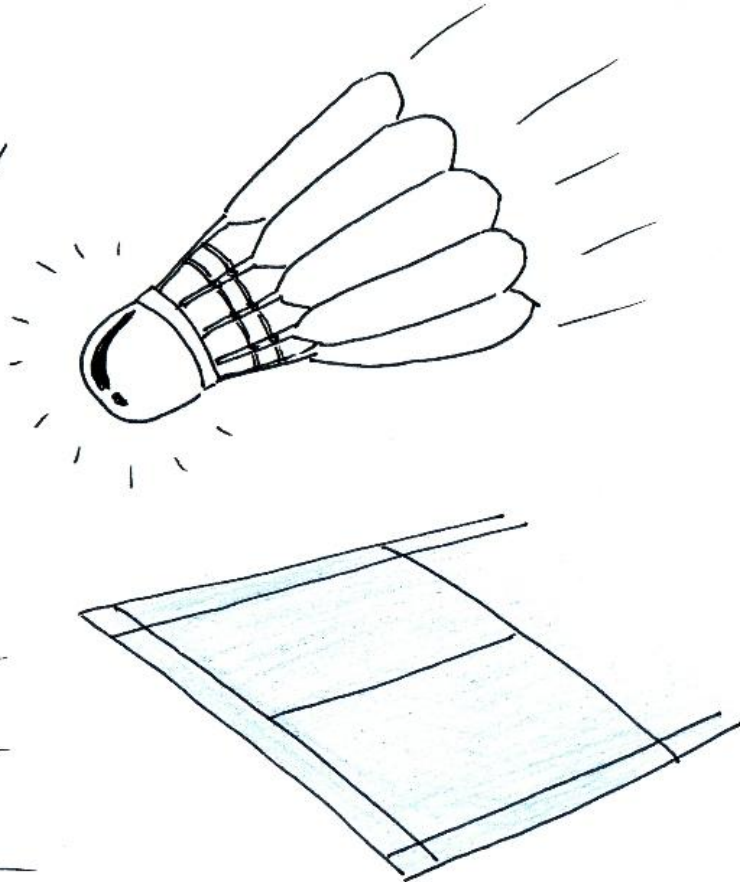
# SOMETIMES YOU SUCCEED





# SOMETIMES YOU FAIL

COACH .... HELP ME !!!  
I CAN'T PLAY,  
HE IS THE KING SMASH  
....



# **The Perception of “Failure”**

- **It is important to possess a different perspective of failing.**
- **It is better to try and fail, instead of failing to try.**
- **The sweet smell of success has less meaning without failure.**
- **Failing is a part of the process of growth.**

- Menang berarti SUKSES,
- Kalah berarti BELUM SUKSES

## *Sukses* apabila selama pertandingan:

- Bermain lepas, selalu optimis, dan menyenangkan penampilannya.
- Selalu berusaha keras dan semangat di dalam penampilannya.
- Bekerjasama dengan teman seregu.
- Menghargai lawan bermain.
- Selalu bermain sesuai peraturan.

## Dikatakan *belum sukses* apabila:

- Tidak berusaha sebaik mungkin, tidak semangat, cepat marah/tersinggung.
- Selalu main sendiri tanpa bekerjasama.
- Tidak bisa menerima keputusan wasit.
- Memandang enteng, mencemoohkan, dan melecehkan lawan.
- Bermain kasar, curang, dan tidak mengikuti peraturan

Failure doesn't mean you are a failure.  
It just means you haven't succeeded yet.

Failure doesn't mean you have accomplished  
nothing.

It does mean you have learnt something.

Failure doesn't mean you've been a fool to try.  
It means you are brave, you had nerve,  
You had courage; be proud of yourself.

Failure doesn't mean you'll never make it.  
It does mean it will take longer.

Failure doesn't mean you are finished.  
It does mean you have a chance to start all over  
again, try something new.

Failure doesn't mean God has abandoned you  
It does mean He has a BETTER IDEA.

**So it is true, failure is never final!**

**(Dr. Robert Schuller)**

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**Advice at times of failure:**

**START DREAMING AGAIN!**

**HAVE A NEW DREAM....**

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*Mahatma Gandhi:*

**“Satisfaction lies in the effort,  
not the attainment.**

**Full effort is full victory.”**



# Menghargai lawan bermain

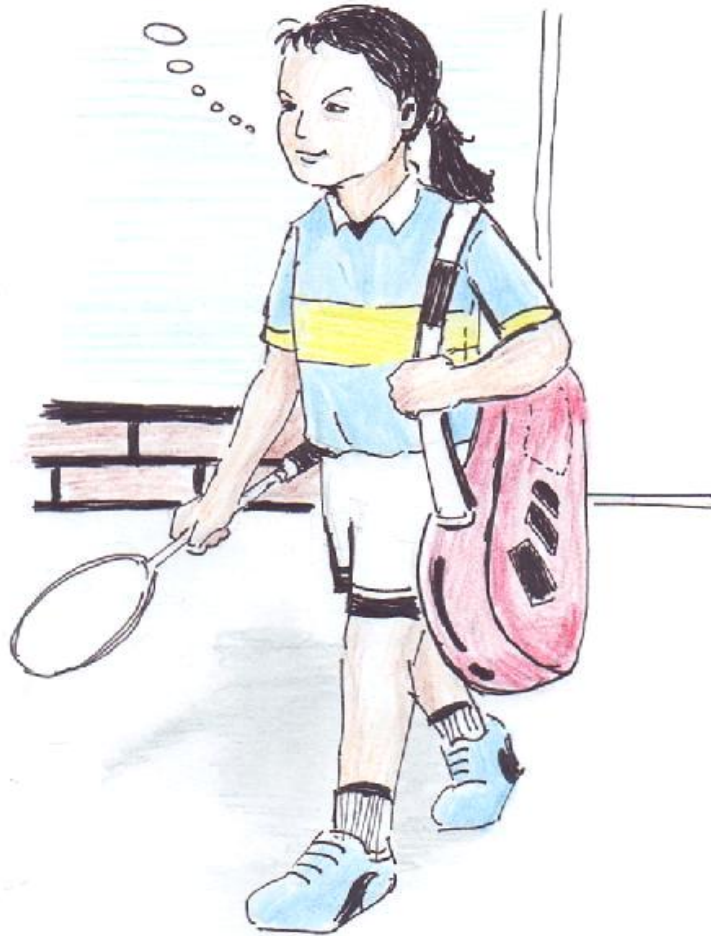


# Menghormati dan menghargai kerja wasit.

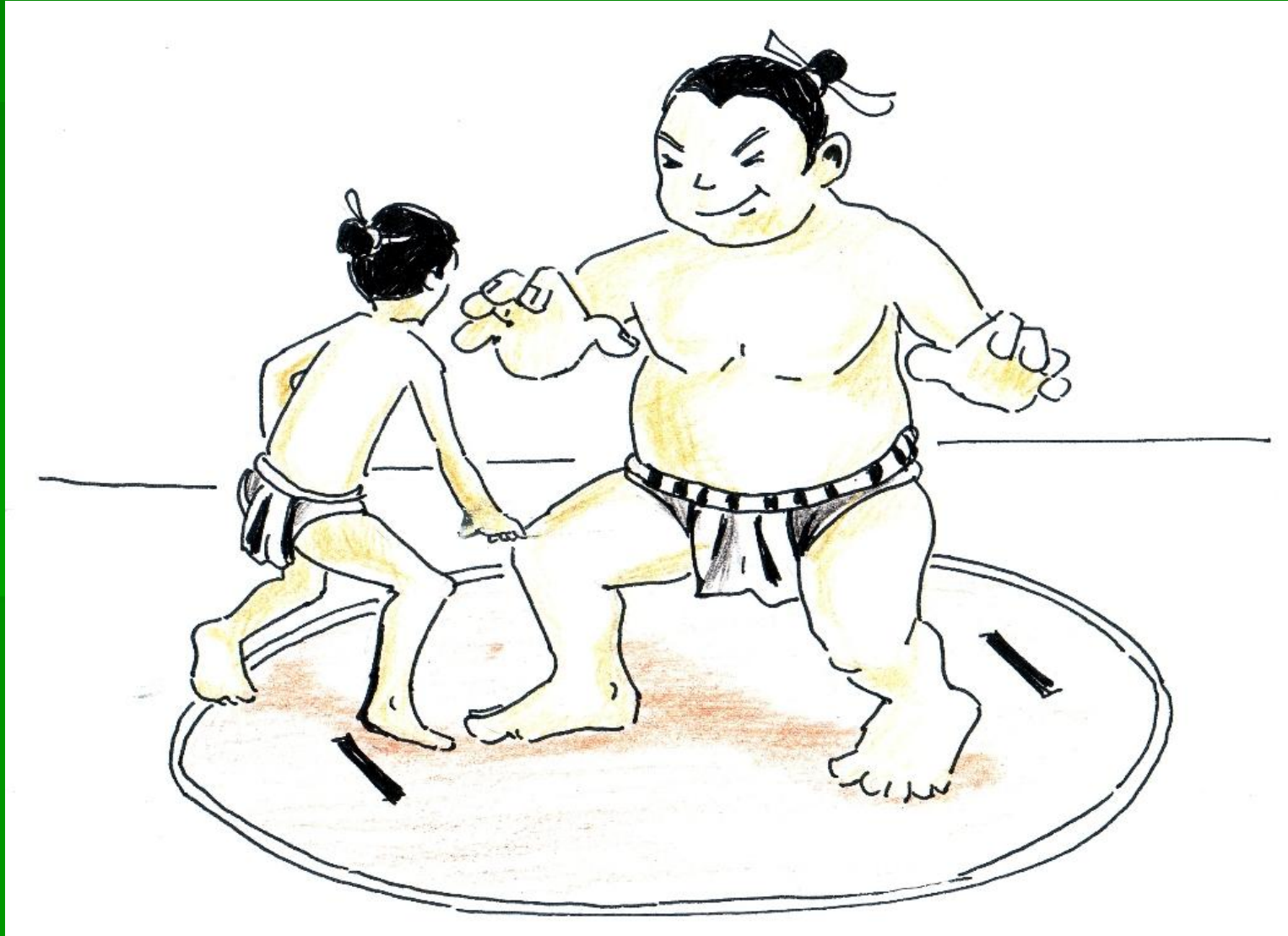


# Sukses bila setelah pertandingan

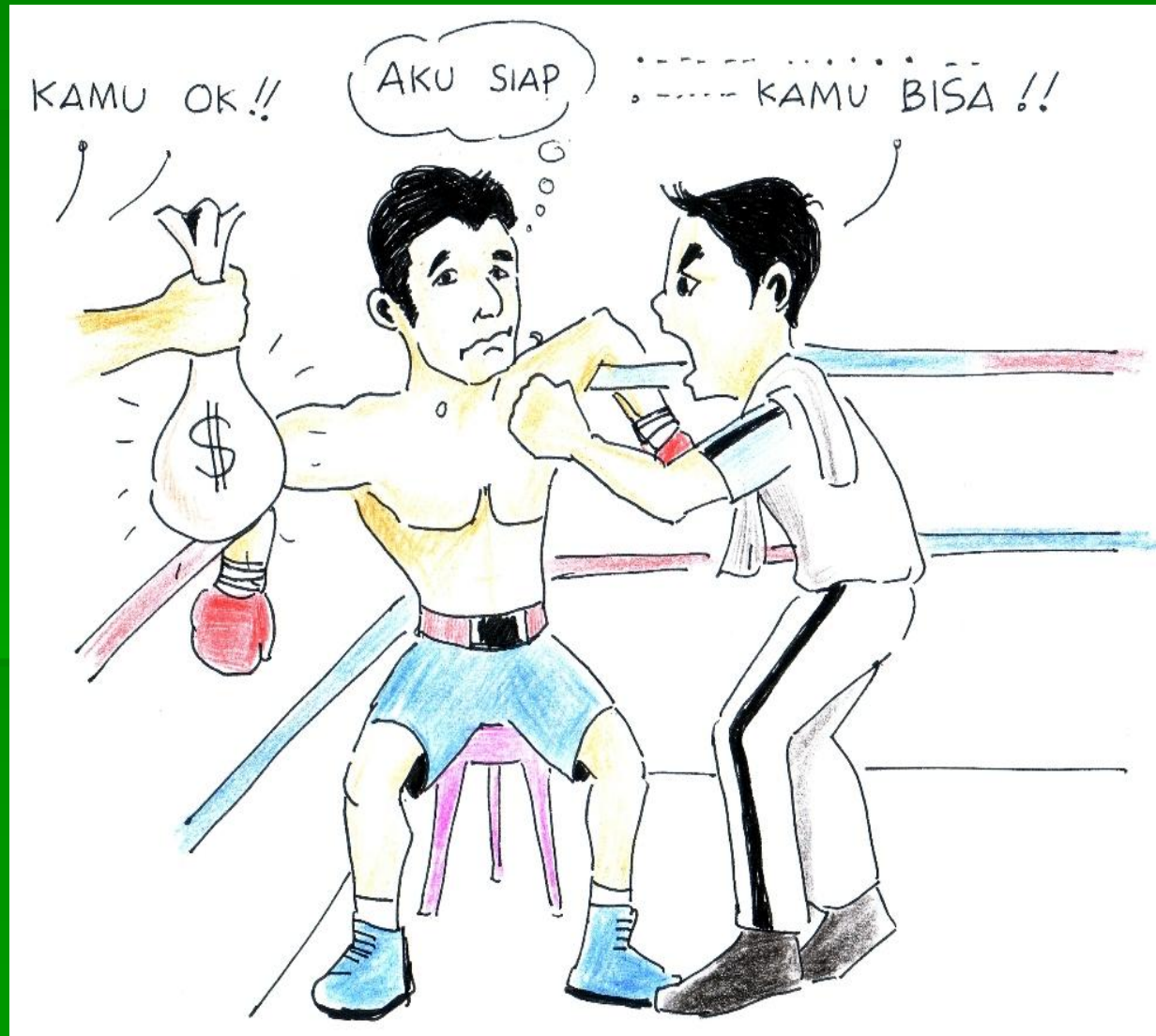
SAYA KALAH TAPI PUAS  
KARENA BERMAIN LEBIH BAGUS  
DARI KEMARIN ...



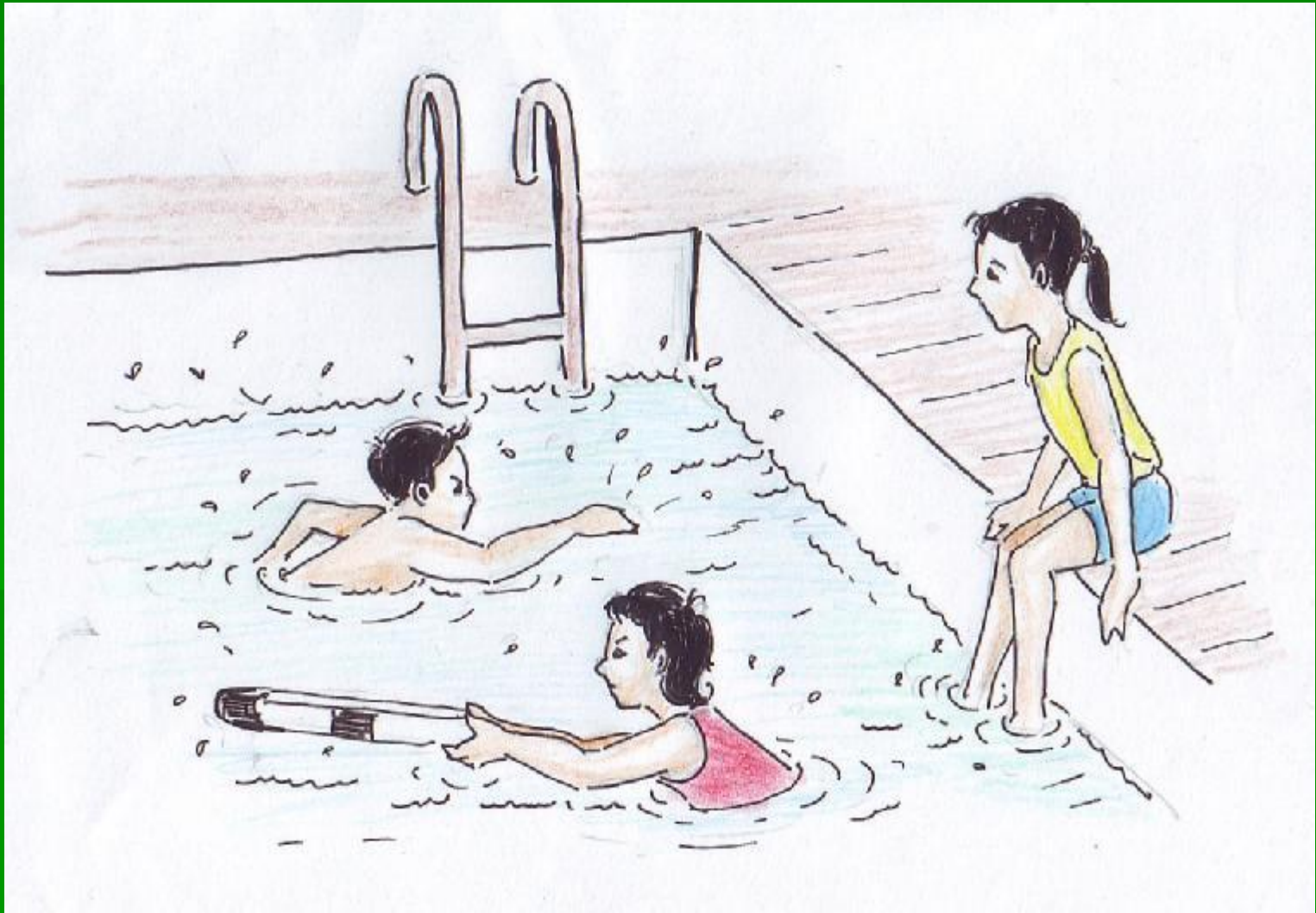
# Memandang enteng lawan



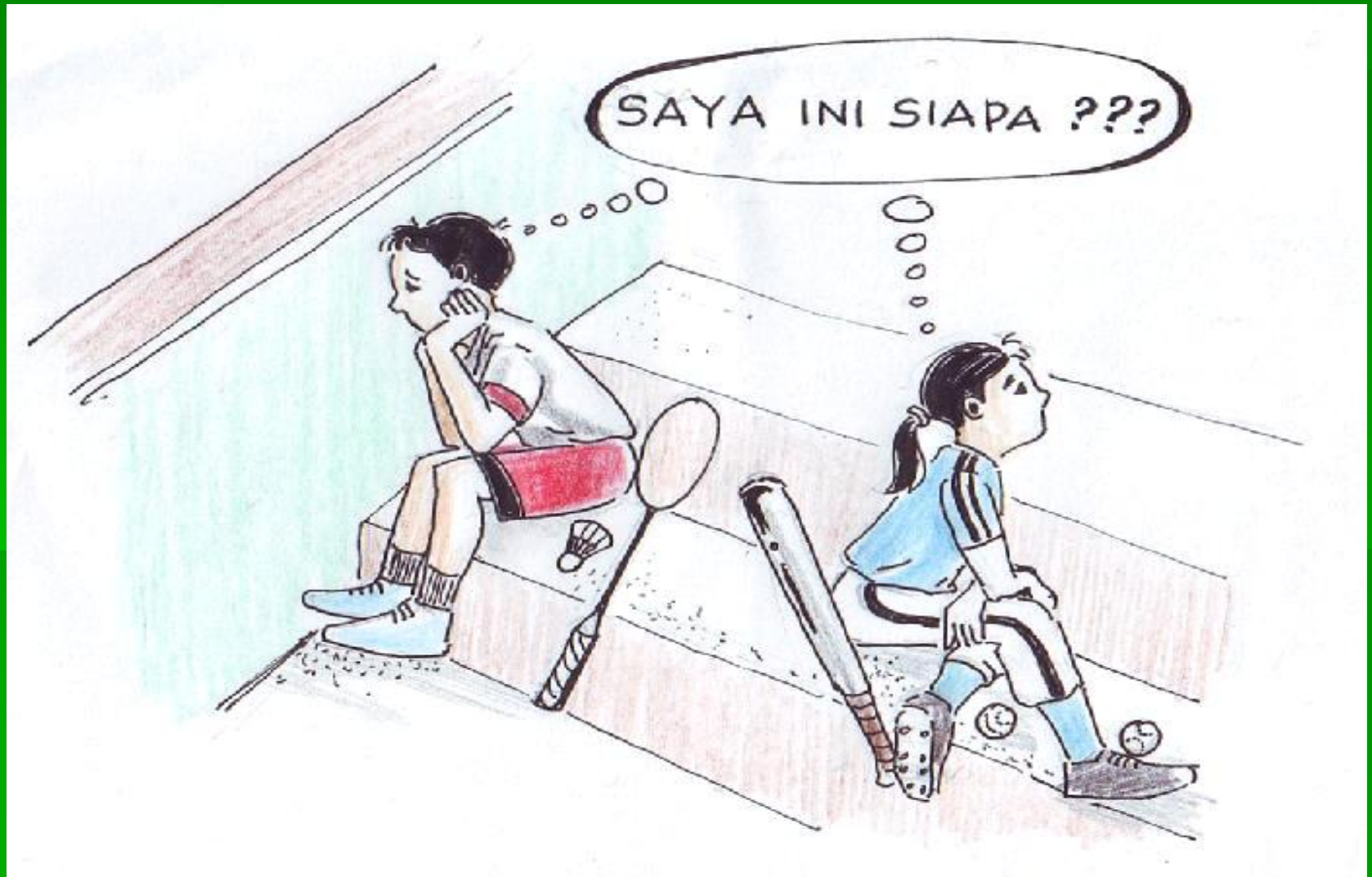
# APA KOMENTAR ANDA?



# EMPATI



# RENUNGAN

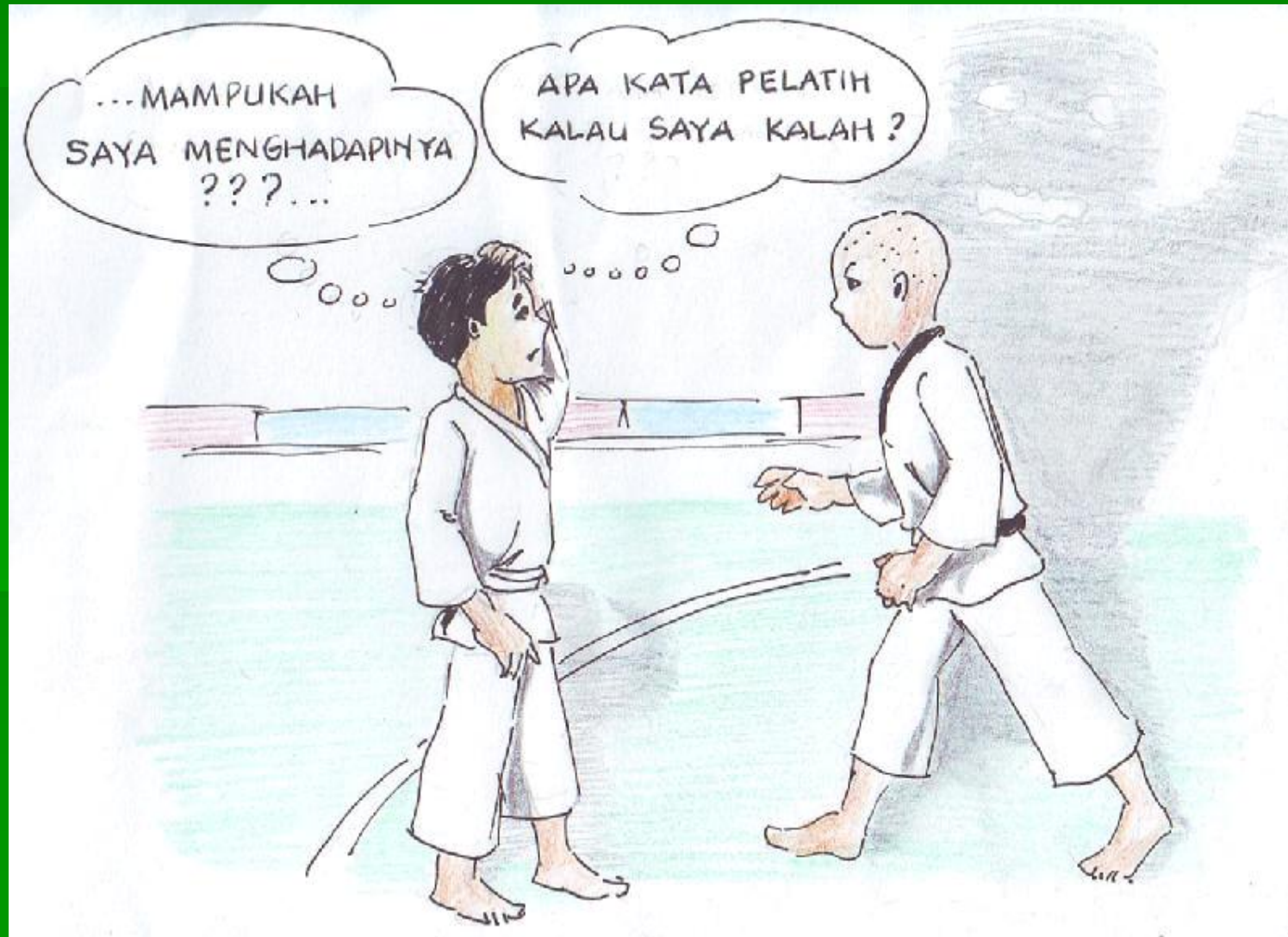


# PERNAHKAH?





# PERNAHKAH?



# TIDAK BENAR:

- ..... KEKALAHAN YANG “MEMALUKAN”
- TEWAS DIANGGAP “MUSIBAH”
- TEWAS TERUS LALU DROP-OUT DARI SUKAN
- PRESTASI IDENTIK DENGAN RINGGIT

# MENYIKAPI KEMENANGAN DAN KEKALAHAN

Cermati 4 aspek, dari sudut pandang stabilitas & tingkat kendali seseorang

1. Kemampuan (ability)
2. Kesukaran Tugas
3. Usaha (effort)
4. Keberuntungan (luck)

Internal

External

Unstable

Ability

Task  
Difficulty

Stable

Effort

Luck

# Peran serta Harapan Atlet & Jurulatih

## 1. Fungsi peran: Atlet & Siswa

### ■ Mitra peran

Sebagai atlet: jurulatih, anggota tim, official lain.

Sebagai siswa: penyelararas

### ■ Harapan dari mitra peran

Jurulatih, dsb: bermain baik, kerjasama, semangat, usaha keras, tekad, motivasi.

Penyelaras: aturan sekolah, merampungkan tugas, naik kelas.

## 2. Fungsi Peran: Jurulatih

- Mitra peran adalah atlet.

Harapan dari atlet: pengakuan, motivasi, feedback, prestasi meningkat.

## 3. Fungsi Peran: Penyelaras

- Mitra peran adalah atlet.

Harapan dari atlet: pengertian, support, pengakuan.

**I N G A T:**

**YOU**

**ARE**

**YOURSELF**

**!!!**

**WE ARE**

**PROUD**

**OF YOU**



# TERIMA KASIH

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“Usaha, Tekun,  
Cemerlang”

(Asmad B Ahmad – Penolong Kanan HEM, SSBP)