ABSTRACT

Differences in Mood Levels During Training and During Matches in the RDS Football Academy Team

Keywords: *Mood, Training, Match*

One of the reasons this research was conducted was because of the lack of stable mood in the RDS Football Academy team players, judging from their mood when training tended to be less stable. As well as a lack of cohesion within the team. This can be seen from every training session, the RDS Football Academy team never plays in full formation due to various reasons for absence, so that during the match the game given is less than optimal. The aim of this research was to determine the level of difference in mood during training and during matches on the RDS Football Academy team.

This research is descriptive research using a quantitative approach. This research sample uses a NonProbability Sampling technique, namely proportional sampling. The data collection method is by survey using questionnaires or questionnaires. The data analysis technique used is statistical analysis using parametric statistics using the independent sample t-test (Difference Test).

The results of this study show that there are differences in mood levels during training and during matches on the RDS Football Academy team. This can be seen from the results of the Independent Sample t-Test with a significant value (0.00) < 0.05 which explains that Ha is accepted and Ho is rejected. From the conclusions above, it can be explained that several things need to be improved, such as the lack of sample size used in this research so that it cannot be generalized to other sample groups, then other factors that can influence athletes' mood should also be researched so that later the results Future research can be generalized and become a reference in solving problems, especially those related to mood.