

ABSTRACT

THE LEVEL OF KNOWLEDGE OF THE VOLLEYBALL COACH MENTAL TRAINING PROGRAM IN THE BLUMEN DISTRICT OF SUMENEP IN 2020. Moh Shaleh Akbar

Keywords: volleyball trainer, mental training.

The volleyball coach in Bluto Cricle of Sumenep Regency has not implemented a good mental training program, for example imagery training. One way to find out this is by conducting research to trainers about mental training programs. The purpose of this study was to determine the level of knowledge of volleyball coaches in the Blumen Society of Sumenep Regency regarding mental training programs for athletes.

This type of research is descriptive research with a survey method. The sample in this study was the volleyball trainer in the Blumen Society of Sumenep Regency with a total of 8 people. The research instrument was in the from of multiple choice questions. Analysis of data using quantitative descriptive which looks for the relative frequency of the percentage.

The results showed the level of knowledge of volleyball coaches in the Blumen Society of Sumenep Regency about mental training programs with 2 people getting 64 results with good categories by 25%, 1 person getting 28 results with less categories by 12,5%, 1 person getting 56 with categories enough by 12,5%, 2 people get results 20 with a category of very less by 50%, 1 person gets results 8 with a category of very less by 50%, 1 person gets result of 12 with a category of very less by 50%.

Based on the average value of 8.5 it can be concluded that the level of knowledge of volleyball trainers in Bluto Cricle of Sumenep Regency is in the very poor category.