

THE IMPORTANCE OF BOWLING ATHLETES' PREPARATION ON THEIR MENTAL READINESS DURING TOURNAMENTS

Patrick M. Hernandez¹, Haryanta, S.Psi., Psi., M.A.²

Faculty of Psychology, Universitas Gadjah Mada

patrickhernandez@mail.ugm.ac.id¹, hary_psiko@ugm.ac.id²

Abstrak

Bowling dianggap sebagai olahraga yang kompleks namun dapat dikelola. Pada dasarnya perlu diketahui tentang merobohkan beberapa pin dengan beberapa aturan permainan. Seperti atlet lainnya, *bowler* juga perlu memiliki persiapan mental untuk sukses di turnamen. Penelitian ini bertujuan untuk mengeksplorasi pengalaman persiapan atlet bowling terhadap kesiapan mentalnya selama turnamen, khususnya pada atlet bowling Indonesia. Peserta terdiri dari tiga atlet bowling Indonesia berusia 18-40 tahun yang masih aktif di tim nasional dan memiliki pengalaman di berbagai turnamen tingkat internasional seperti Asian Schools, Asian Youth, SEA Games, Asian Games, dan World Championships. Dengan mengadopsi induktif kualitatif sebagai metodologi penelitian, partisipan diwawancarai secara individual dan dianalisis menggunakan analisis naratif interpretatif untuk fokus pada pengalaman hidup mereka. Seiring berkembangnya atlet bowling di Indonesia dengan prestasi yang diraih dalam satu dekade terakhir, penelitian ini akan memberikan kontribusi dalam memahami persiapan atlet bowling terhadap kesiapan mental mereka selama turnamen.

Kata kunci: *atlet bowling, persiapan mental, atlet tingkat tinggi, performa*

Abstract

Bowling is considered a complex sport yet manageable. It basically needs to know on knocking down some pins with several rules of the game. Like other athletes, bowlers are also needed to have their mental preparation to succeed in tournaments. This research aims to explore bowling athletes' preparation experiences on their mental readiness during tournaments, specifically on Indonesian bowling athletes. Participants are three Indonesian bowling athletes aged 18-40 who are still active in the national team and had experiences in any sort of high-level tournaments such as Asian Schools, Asian Youth, SEA Games, Asian Games and World Championships. Adopting qualitative narrative as a research methodology, participants are interviewed individually and analyzed using interpretative narrative analysis to focus on their lived experiences. As bowling athletes are developing in Indonesia with the achievements achieved in the past decade, this research will contribute on understanding bowling athletes' preparation on their mental readiness during tournaments.

Keywords: *bowling athletes, mental readiness, high-level athlete, performance*

