

eksternal (faktor psikologis dan lingkungan) dan faktor internal yang dapat ditarik ke perifer dengan uji Schellong menjadi lebih komprehensif dalam memprediksi performa fisik atlet (Astrand *et.al*, 2003)

5.3.5. Kesimpulan

Pemberian latihan relaksasi mental dengan imajinasi terpimpin dapat membantu anggota unit kegiatan mahasiswa judo Universitas Gadjah Mada dalam menurunkan kecenderungan kecemasan yang diukur dengan kuisioner *Taylor's Manifest Anxiety Scale* (TMAS) namun tidak berdampak pada peningkatan kekuatan menggenggam tangan kanan maupun tangan kiri dengan jumlah 4 sesi yang berdurasi 30 menit tiap sesi selama 1 bulan.

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