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## Socialization Of Stress Management And Motivation For Forki Riau Karate Athletes In Preparation For The National Championship

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### Abstract

*The success of athletes in competitions is not solely determined by technical skills and physical condition, but also by mental readiness. Athletes who experience high levels of stress tend to lose focus, suffer from excessive anxiety, and experience a decline in motivation, all of which negatively impact their performance. In the context of FORKI Riau karate athletes, psychological aspects are often overlooked in the preparation for national championships. Therefore, this community service program aims to assist athletes in managing stress and enhancing motivation through a sports psychology approach. The program will be carried out over six months, starting with an initial survey to measure the athletes' stress and motivation levels, as well as interviews with coaches to identify stress-triggering factors. Stress management training will then be provided using relaxation techniques, breathing exercises, mindfulness, and positive self-talk. To boost motivation, athletes will also be equipped with goal-setting strategies, confidence-building techniques, and both intrinsic and extrinsic motivational methods. The program involves active participation from athletes, coaches, and a service team consisting of one leader and six members, each with specific roles. Evaluation will be conducted through follow-up surveys and interviews to assess the impact of the training on the athletes' mental preparedness. It is expected that this program will help athletes compete with greater confidence and focus, while also offering valuable insights for coaches on the application of sports psychology to improve athletic performance. Furthermore, the program may serve as an academic reference for further research in the fields of stress management and athlete motivation. By combining scientific methods with practical implementation, this initiative is expected to contribute to the improved performance of FORKI Riau athletes at the national level.*

**Keywords:** *Stress Management Athlete Motivation, Sports Psychology, Karate Athletes, Mental Readiness, National Championship*

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## INTRODUCTION

In the realm of competitive sports, achieving peak performance demands more than just technical mastery and physical endurance. One of the key elements that determine an athlete's success is their mental readiness. In high-stakes environments such as national championships, psychological resilience becomes a decisive factor. Athletes who lack mental preparation are more likely to underperform, regardless of their physical capabilities.

Mental readiness encompasses various psychological constructs, including stress management, self-confidence, emotional regulation, and motivation. These factors work in tandem to shape how an athlete approaches training, handles competitive pressure, and responds to setbacks. Without sufficient mental training, even the most talented athletes may struggle to perform consistently or recover from failure (Bochaver et al., 2021; Cowden, 2017).

Stress is one of the most common psychological challenges faced by athletes. In competitive settings, stress can manifest as anxiety, loss of concentration, and a decline in self-belief. When left unmanaged, stress can have a detrimental effect on decision-making and physical execution during matches. This issue becomes even more pressing in the context of national competitions, where expectations and pressure intensify.

Another critical psychological factor is motivation, which plays a central role in sustaining an athlete's drive and commitment. Motivation affects not only how hard athletes train but also how they respond to fatigue, failure, and adversity. Both intrinsic and extrinsic motivation contribute to an athlete's perseverance and performance over time (Smith et al., 2016; Selmi et al., 2023). A lack of motivation can lead to disengagement and lower competitive intensity.

In the case of FORKI Riau karate athletes, most training programs have focused on physical conditioning and technical drills. While these components are undoubtedly important, they do not adequately address the mental challenges athletes face during competition. As a result, many athletes enter high-level competitions mentally unprepared, making them vulnerable to stress-induced performance declines and motivational lapses.

Given this context, there is a strong need for an integrated psychological training program that focuses on stress management and motivation enhancement. Such a program would help athletes develop coping strategies to handle competitive pressure, while also strengthening their confidence and resilience. This intervention is not intended to replace physical training, but rather to complement it and promote a more holistic approach to athletic development.

The psychological training in this program will include evidence-based methods such as relaxation techniques, breathing exercises, mindfulness, positive self-talk, and goal-setting. These approaches have been widely applied in sports psychology and are proven to enhance mental preparedness. Their inclusion in athlete development programs can bridge the gap between physical readiness and psychological stability.

Stress management in sports is a critical aspect of maintaining both mental and physical balance among athletes. Uncontrolled stress can result in increased anxiety, reduced self-confidence, and impaired concentration, all of which negatively affect athletic performance. In some cases, unmanaged stress may also increase the risk of injury due to impaired focus and physical tension (Jones & Hardy, 1990; Raglin, 2001). The findings of this program indicate that many FORKI Riau karate athletes initially experienced moderate to high levels of stress prior to competition, reflecting the need for targeted interventions.

Through the implementation of breathing exercises, mindfulness meditation, guided visualization, and positive self-talk techniques, athletes demonstrated improved emotional regulation and concentration during simulated matches. These interventions were delivered over a structured training period and were positively received by participants. The majority of athletes reported a greater sense of calm, mental clarity, and readiness, which directly translated into improved performance during practice simulations.

A systematic and evidence-based approach to psychological training was crucial in helping athletes manage the psychological pressures of competition. The multidisciplinary nature of this intervention, involving mental coaches, psychologists, and support from technical coaches, proved highly effective. Athletes benefited not only from learning self-regulation strategies but also from the collective support system created by the collaboration of professionals (Chamle et al., 2019; Jones & Hardy, 1990).

Interviews with coaches revealed that many athletes struggled with maintaining motivation, especially during the intensive pre-competition phase. Motivation was identified as both a driving force in training adherence and a buffer against mental fatigue. Drawing from Pelletier et al. (2013), the program emphasized both intrinsic and extrinsic motivation, helping athletes find internal meaning in their efforts while also setting achievable, performance-based goals. The data further supports the view that athletic success is influenced not only by physical

readiness but also by mental health and psychological preparedness. Muchlas (2008) and Harsono (2008) both emphasized the need to integrate mental development with physical and technical training. The results of this program confirm this stance, as athletes with improved mental resilience exhibited more stable and competitive performance throughout training simulations and evaluations.

Mental health, particularly the ability to manage stress and maintain motivation, contributes significantly to performance. As noted by Hardy, Jones, & Gould (1996), athletes with low stress levels and high motivation tend to perform more consistently and effectively. The current program showed that, after training, athletes not only reported reduced stress but also increased enthusiasm and energy in daily practice sessions, reflecting a positive shift in their psychological well-being. Previous research highlights that issues such as depression, anxiety, and eating disorders can detrimentally affect motivation, focus, and overall physical condition (McCormick et al., 2015; Sun et al., 2021). Early detection and appropriate support are therefore essential. Coaches and sports staff should be equipped with the knowledge and tools to identify these issues and refer athletes to appropriate care when necessary (Chang et al., 2019; Schinke et al., 2017).

While psychological well-being is generally associated with improved performance, some studies have found that its influence may vary depending on cultural and contextual factors. In high-intensity training environments, such as those faced by national-level athletes, the pressures of performance, lifestyle, and external expectations can compromise mental health if not properly managed. Thus, maintaining psychological well-being through structured mental skills training and psychosocial support is essential for sustaining high-level performance over the long term (Schinke et al., 2017).

This introduction lays the groundwork for a targeted initiative to enhance the mental performance of FORKI Riau karate athletes ahead of national-level competition. By addressing both stress and motivation, this program aims to optimize athletes' overall readiness.

## RESEARCH METHODS

This community service program employs a descriptive qualitative approach supported by quantitative data collection to design and evaluate a psychological intervention for FORKI Riau karate athletes. The implementation is divided into six systematic stages as follows:

a. Preliminary Survey.

The first step involves distributing questionnaires to assess the athletes' current levels of stress and motivation. This quantitative data serves as the baseline for identifying the psychological condition of each athlete before the intervention begins.

b. Interviews with Coaches.

Semi-structured interviews are conducted with the athletes' coaches to explore the perceived sources of stress during training and competition, as well as the existing strategies used to enhance athletes' motivation. This qualitative input informs the design of the training content.

c. Stress Management Training.

This stage includes the delivery of psychological training focused on stress management techniques. The methods include relaxation exercises, mindfulness practices, guided visualization, and positive self-talk. These approaches aim to reduce anxiety and improve emotional regulation in high-pressure situations.

d. Motivation Enhancement Training.

Athletes receive training designed to strengthen both intrinsic and extrinsic motivation. Strategies such as goal-setting, individualized motivational coaching, and reinforcement techniques are applied to increase athletes' engagement, commitment, and persistence.

e. Match Simulation.

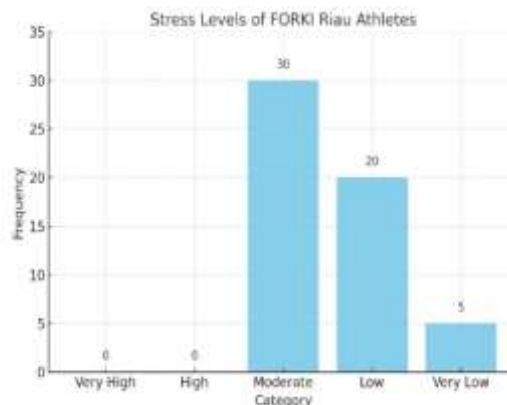
To help athletes adapt to the psychological demands of competition, simulation matches are conducted. These controlled scenarios replicate competitive pressure and serve as a medium for applying the mental techniques learned in real-time settings.

f. Program Evaluation.

At the end of the program, a follow-up survey and interviews are conducted to assess changes in stress levels and motivation among the athletes. The comparison between pre- and post-intervention data is used to evaluate the effectiveness of the program and identify areas for improvement.

## RESULTS AND DISCUSSION

To better understand the psychological condition of FORKI Riau athletes prior to the national championship, an initial assessment was conducted to measure their levels of stress and anxiety. The results of this assessment are illustrated in the following graphs, which provide a clearer picture of the athletes' mental readiness and highlight areas that require psychological intervention.



The bar chart titled "*Stress Levels of FORKI Riau Athletes*" illustrates the distribution of stress among athletes across five categories: very high, high, moderate, low, and very low. The data indicates that the majority of athletes (approximately 30 individuals) experience moderate levels of stress, making it the most common stress category among the participants. This suggests that while stress is present, it is not extreme in nature.

Additionally, around 20 athletes reported experiencing low levels of stress, which is a positive indicator of psychological stability. Meanwhile, only a small group, approximately 5 athletes, reported experiencing very low stress, indicating a strong capacity for emotional regulation in that subset.

Notably, no athletes fell into the high or very high stress categories, which implies that none of the athletes are currently facing critical or overwhelming stress. This distribution reflects a generally healthy psychological state among the FORKI Riau karate athletes, though the moderate stress levels observed in the majority still warrant attention and possible intervention particularly as they prepare for high-pressure competitions such as national championships.

The results reinforce the importance of structured stress management programs to help athletes shift from moderate to lower stress levels, which may further enhance their focus, confidence, and overall performance on the field.

This community service training program was conducted for FORKI Riau athletes with the aim of helping them manage stress effectively and enhance their mental resilience in preparation for competitive events.

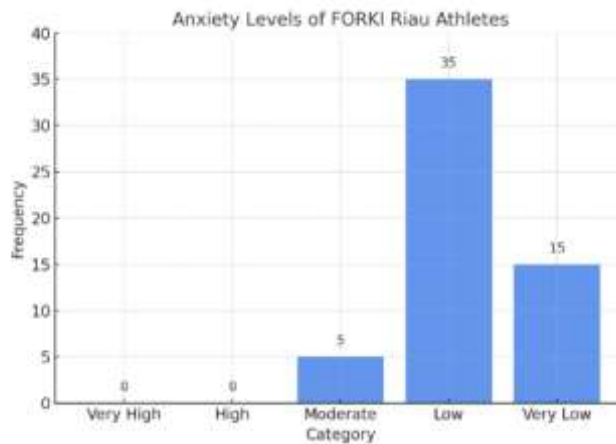


The community service team conducted a program titled *Socialization of Stress Management and Motivation for FORKI Riau Karate Athletes in Preparation for the National Championship*. This initiative aimed to enhance athletes' mental readiness by equipping them with effective stress management techniques and motivation strategies, thereby supporting their overall performance during high-level competition



As a result of the community service program, there was a noticeable improvement in the athletes' ability to manage stress and maintain motivation during training and simulated competitions. Post-program evaluations showed a reduction in reported stress levels and an increase in self-confidence, focus, and mental resilience. The athletes responded positively to

the techniques introduced—such as relaxation, mindfulness, visualization, and motivational coaching—indicating that the intervention effectively supported their psychological preparation for the national championship."



The bar chart illustrates the distribution of anxiety levels among FORKI Riau karate athletes, divided into five categories: Very High, High, Moderate, Low, and Very Low. The data shows that the majority of athletes (35 individuals) fall under the Low anxiety category, indicating relatively good emotional regulation. Fifteen athletes reported Very Low anxiety levels, which reflects a high level of mental readiness. Meanwhile, only five athletes experienced Moderate anxiety, and none reported High or Very High levels of anxiety. This suggests that the general psychological condition of the athletes is stable and well-managed, possibly due to recent stress management and motivational training. These results reflect a positive outcome of the mental intervention program and demonstrate that most athletes are mentally prepared to face high-pressure competitions.

This community service initiative, focusing on stress management and motivation enhancement for FORKI Riau karate athletes, has demonstrated significant impact on athletes' psychological readiness ahead of the national championship. The results indicate that most athletes experienced low to very low levels of anxiety and moderate levels of stress, suggesting that they are mentally well-prepared for competition.

Through structured interventions such as relaxation training, mindfulness, visualization, and motivational coaching, athletes were equipped with practical tools to manage pressure, enhance focus, and maintain consistent performance. The collaboration between coaches, psychologists, and support staff proved essential in achieving these outcomes.

Overall, the program not only contributed to improving individual mental resilience but also offered valuable insights for coaches and sports organizations about the importance of integrating psychological strategies into athletic training. It is hoped that this initiative can serve as a sustainable model for future athlete development and inspire similar programs at both regional and national levels.

## CONCLUSION

Based on the results of the community service program, it can be concluded that psychological interventions focusing on stress management and motivation have a positive impact on FORKI Riau karate athletes' mental readiness. The implementation of relaxation techniques, mindfulness, visualization, and goal-setting successfully helped the athletes reduce anxiety levels and improve motivation during training and simulated competition.

The majority of athletes were found to have low to very low anxiety levels, and only a small portion reported moderate stress levels. This suggests that the athletes responded well to the intervention and were better equipped to face psychological challenges ahead of the national championship.

Furthermore, the program highlighted the importance of multidisciplinary collaboration between coaches, sports psychologists, and other support staff in addressing the mental health and performance needs of athletes. Mental resilience, when developed systematically, contributes significantly to sustained athletic performance.

Thus, psychological preparation should be considered an integral part of athlete training, alongside physical and technical aspects, to ensure holistic development and long-term success

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