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How do psychological development, Boccia coaches and sport team? Analize activity at World Boccia Cup 2022 in Bahrain

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Abstract

Purpose: The purpose of this study was to examine how do psychological development, Boccia coaches and sport team? analize activity at World Boccia Cup 2022 in Bahrain.

Materials and Methods: The study of Indonesian boccia national athletes used qualitative research types. This research will be carried out at the NPC Indonesia Boccia National Team Training Center in Surakarta. Starting from preliminary research by making direct observations at the pusdiklat, namely in Gor Boccia, the Indonesian boccia pelatnas. The study time starts from September 2022 - June 2023. In the study of how the efforts made by coaches and teams of Indonesian boccia sports with data sources of athletes, coaches, teams, and parents of athletes, the intended population is individuals involved in that context. Data analysis techniques in this study use descriptive data analysis techniques. The stages of data analysis carried out in this development research as carried out are: data reduction, presentation of data, and drawing conclusions.

Result: The psychological development of Indonesian National boccia athletes at the World Boccia Cup 2022 in Bahrain before match after match with satisfactory results reflects a journey of achievement and growth. Before competing, the athletes experienced different emotions and challenges, but nerves and fears were overcome with the help of team support and mental coaches. The support of their teams and spiritual coaches helped them focus on the process and accept that results are not always in their control. With satisfactory post-competition results that allowed some athletes to achieve their goals and achieve great success, their psychological development became increasingly sustainable. These victories and achievements made the athletes more confident and they felt rewarded for the hard work they put into their preparation. After the match, the psychological development of the athletes was not over. They will learn from the experience of this competition and plan to continue improving their mental performance in the future. The satisfactory results motivate them to keep fighting and face the challenges in the next competition. Indonesian boccia coaches and teams prepare intensive training programs tailored to the needs and abilities of each athlete. They devise a training plan that includes technical, tactical, and physical aspects so that the athletes can master the game of boccia well. Coaches and teams recognize the importance of athletes' mental readiness to face the pressures of competition. That is why they hire a mental coach to help the athlete manage his emotions, improve his concentration, and overcome his fears or doubts before the competition. Coaches and teams set realistic goals for each athlete, both in terms of performance and personal improvement. This goal forces athletes to work hard to get the results they expect. Coaches and teams ensure athletes' match equipment is tested and in optimal condition in Bahrain. This ensures athletes can compete confidently and without technical obstacles. Coaches and teams pay attention to athletes' nutrition and recovery to ensure physical condition remains excellent during preparation and Match. They provide the necessary medical support for athletes who need specialized care. The coach and team work closely with the Indonesian Embassy in Bahrain to provide the necessary support and facilities during the preparation and competition. Embassy support is an added value to ensure the comfort and continuity of the athlete preparation program.

Conclusion: Psychological development, Boccia coaches and sports teams at the 2022 Boccia World Cup in Bahrain are well programmed and planned.

Keywords: Analize, activity, psychological, coaches, sport team, Boccia

Introduction

The history of the sport of Boccia has very old roots and is closely related to traditional games that have existed for thousands of years (Nugrahastutik, Puspitaningtyas, 2016) ^[20].

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As a sport specifically designed for individuals with physical disabilities, Boccia developed into an internationally recognized.

Paralympic sport (Taufan, 2018) [29]. Boccia is believed to have originated from ancient games played in ancient Rome, ancient Greece, and ancient Egypt (Ita *et al.*, 2021) [13].

The game involves throwing small stones or balls towards a designated target. The modern sport of Boccia was first introduced in 1984 during the Paralympics in New York, United States. At first, Boccia was designed specifically for individuals with cerebral palsy, but it was later expanded to include athletes with a variety of physical disabilities (Wicaksana & Rachman, 2018b) [31].

Athlete psychology is a field of study concerned with the psychological factors that influence athlete performance and success in sport (Effendi, 2016) [9]. In addition to physical factors such as strength and agility, general psychological factors such as motivation, focus and concentration, self-confidence, stress management, emotion regulation, and visualization also have an important role in achieving optimal performance in sports competitions (Adi, 2016) [1].

In addition to the general areas mentioned above, athlete psychology also covers specific aspects related to specific sports or specialized competition situations such as team sport psychology, individual sport psychology, high performance sport psychology, recovery and injury psychology, child and youth sport psychology, and sport psychology (Prof. Dr. DR. James Tangkudung, Sport Medicine, 2018) [21].

In practice, athlete psychology works closely with coaches, sports physicians and other members of the sports team to provide a holistic and integrated approach to supporting athletes to achieve their best performance (Mukrimaa *et al.*, 2016) [18]. Psychology is the study of human behavior, thoughts, and mental processes (Bucher, 2004) [6]. In psychology, there are various theories developed to understand and explain different aspects of human life (Siti Zubaidah, 2010) [25].

Sport psychology is a branch of psychology that specifically discusses the influence of psychological factors on performance and participation in sports and physical activity (Sumarjo, 2017) [27]. It involves the application of psychological principles and methods to understand and improve an athlete's performance, optimize a participant's sporting experience and enhance psychological well-being. (Putu Agus Indrawan, 2022) [22].

Boccia is a sport categorized as a paralympic sport and is specifically designed for athletes with significant physical disabilities (Reza *et al.*, 2020) [23]. In the broadest sense, Boccia is a sport that involves skill and strategy, and offers opportunities for athletes with varying levels of ability to compete competitively (Bisa, 2019) [5]. The main goal in Boccia is to throw the ball called boccia ball as accurately as possible to bring the ball closer to the target ball called bolin. The boccia ball is made of synthetic leather and filled with heavy materials that allow it to be rolled with control and precision.

Boccia involves fine motor skills, foresight, accuracy, and

understanding of game tactics (Surjono, 2018) [28]. Athletes must have the skills to choose the right ball, set the game strategy, and consider tactics to optimize their score (Cookson & Stirk, 2019) [7]. In addition, Boccia also involves psychological aspects, such as focus, concentration, and stress management.

Boccia began to be developed in Indonesia in 2016 by the National Paralympic Committee of Indonesia (NPC Indonesia) by attending Boccia sports training and workshops in Dubai, United Arab Emirates (UAE). Then by the National Paralympic Committee of Indonesia (NPC Indonesia) it was developed again through workshops and training in boccia sports in various regions in Indonesia.

In practice, athlete psychology works closely with coaches, sports physicians, and other sports team members to provide a holistic and integrated approach in supporting athletes to achieve their best performance (M Fadli Dongoran1, 2019) [14]. Athlete psychologists can use a variety of techniques and methods, including interviews, observation, psychological assessments, and therapeutic interventions, to help athletes overcome psychological challenges that arise in the context of sport (Nopiyanto & Dimiyati, 2018) [19].

The sporting success of athletes is closely linked to a good structure. Training comes from the word bina which means process, habits, motivation, renewal, improvement, efforts, activities and actions are carried out effectively and effectively for better performance (Miftahul, 2020) [17]. Coaching is the art of promoting performance, learning and development, in this case improving the performance of the trainer and developing his own expertise (Yusuf *et al.*, 2012) [32]. The real manifestation of training is progress, improvement and development of something. Training is a process that encourages lifelong learning of this potential possessed by a person to optimize that potential (Matjan, 2009) [16].

Sports coaching and development of persons with disabilities is carried out by the sports organizations of persons with disabilities concerned through leveled and sustainable upgrading and training activities and competencies at the regional, national, and international levels (Anjani, 2023) [3]. Relevant agencies, local governments, and/or sports organizations of persons with disabilities in the community are obliged to establish special sports coaching and development centers for persons with disabilities (AM Kasih, 2022) [2]. Sports coaching and development of persons with disabilities is carried out in the scope of educational sports, recreational sports, and achievement sports based on special types of sports for people with disabilities that are in accordance with the condition of a person's physical and/or mental abnormalities (Ita *et al.*, 2021) [13].

In this study, researchers have made preliminary observations on the Indonesian boccia national team. Initial observations in boccia research can be made to gain a better understanding of the sport, the athletes involved, and the context of competition. Here are some of the things observed in the initial observations in the study:

Initial Conditions	Observations
Game techniques and strategies	Preliminary observations about the techniques and strategies used by boccia athletes when throwing a boccia ball. This includes the throwing style, direction, strength, and selection of the ball used.
Fine motor skills	Observe fine motor skills required in boccia, such as the athlete's ability to roll a boccia ball with precision and good control.

Interaction between athletes	Observations about interactions between athletes, both within teams and in individual matches. This can include verbal and nonverbal communication, cooperation, and team strategies used.
Emotional response and reaction of the athlete	Observation of the emotional response and reaction of athletes in competition situations. This includes confidence levels, tension, motivation, and the way athletes handle pressure.
The role of the coach and team support	Observation of the role of coaches and team support in supporting boccia athletes. This includes training strategies, feedback provided, and interactions between coaches and athletes.
Environmental factors	Observation of environmental factors that affect the playing of boccia, such as the state of the field, lighting, and the influence of spectators.

Materials and Methods

Research methods are an important factor in solving a problem and determining the success of a study. The study of Indonesian boccia national athletes used qualitative research types. Qualitative research aims to understand the meaning and experience of individuals in specific social contexts. This approach allows researchers to gain a deeper understanding of athletes' perceptions, interpretations, and

psychological experiences (Farida, 2008) [10].

This research will be carried out at the NPC Indonesia Boccia National Team Training Center in Surakarta. Starting from preliminary research by making direct observations at the pusklat, namely in Gor Boccia, the Indonesian boccia pelatnas. The study time starts from September 2022 - June 2023. The following is a description of the place and time of the research:

No.	Research Activities	Place	Time
1.	Pre-Research Stage	Information Collection	Surakarta
		Proposal Making	Surakarta
		Seminar Proposal	Surakarta
		Instrument Making	Surakarta
		Instrument Validation	Surakarta
2.	Research Implementation	Data Collection	Athlete
			Coach
			Parent/Guardian of the Athlete
		Data Management and Analysis	Surakarta
3	Final Stage	Preparation of Research Manuscripts	Surakarta

In the study of how the efforts made by coaches and teams of Indonesian boccia sports with data sources of athletes, coaches, teams, and parents of athletes, the intended population is individuals involved in that context. The population of this study consisted of:

- 1. Indonesian Boccia National Athletes**
This includes boccia athletes who represent Indonesia in national and international competitions. This population will include athletes with varying levels of expertise and experience in boccia.
- 2. Coach**
Coaches involved in coaching and developing Indonesian national boccia athletes will be part of the research population. This includes coaches who are directly involved in the training and coaching of boccia athletes.
- 3. Support Team**
This population will include individuals involved in supporting and managing Indonesia's national boccia team, such as team managers, physiotherapists, sports psychologists, and other support staff.
- 4. Athlete Parents**
Parents or guardians of Indonesian national boccia athletes were also an important part of the study's population. They can provide perspective and insight into the athlete's psychological experience, the support provided, and their role in supporting their child's sporting journey.
- 5. Psychologist**
Psychologists are individuals who have specialized knowledge, experience, and expertise in a particular field of psychology. They are usually academics, professors, practitioners, or researchers who have

worked in this field for many years. They have deep insight into a particular topic and are able to provide valuable judgments on relevant issues.

Research samples will be selected using purposive or selective approaches. Researchers will select participants based on their wealth of experience, knowledge, and involvement in the research context. Variability in the level of expertise, experience, and background of participants will be considered to enrich the understanding of the psychological phenomena studied. The exact sample size will be determined based on the complexity of the phenomenon under study and the data independence desired by the researcher. The selection of participants that includes variations in roles (athletes, coaches, teams, parents) will help gain a holistic understanding of the psychological experiences of Indonesian boccia athletes.

Here are some relevant data collection techniques

- 1. In-depth Interview:** This technique involves intensive individual interviews with athletes to explore their experiences in depth. In-depth interviews allow athletes to share their stories, thoughts, feelings and perceptions regarding participation in the 2022 World Boccia Cup in Bahrain. Researchers can use structured or semi-structured interview guides to ensure relevant topics are covered, while giving athletes the freedom to express their experiences.
- 2. Participant Observation:** This technique involves researchers actively participating in the context of competitions and other related activities during the 2022 World Boccia Cup in Bahrain. By being directly involved, researchers can observe social interactions,

team dynamics, emotional expressions, and competitive situations faced by athletes. Participant observation can provide a deep understanding of the athlete's experience firsthand.

3. **Expert Judgment:** Data collection through the expert judgment method is the process of obtaining information, assessment, or views from experts in the relevant field. The main purpose of collecting this data is to use expert knowledge and experience in decision making or in providing more accurate estimates

Data analysis techniques in this study use descriptive data analysis techniques. The process of data analysis is the process of systematically searching and compiling data obtained from interviews and other documentation. Then make conclusions so that they are easily understood by yourself and others. The stages of data analysis carried out in this development research as carried out are: a. Data reduction, b. Presentation of data, and c. Drawing conclusions. The following is an explanation of the data analysis stage:

1. **Data Reduction:** The data obtained from the field is quite a lot, therefore it needs to be recorded in detail. Reducing data means summarizing, choosing the essentials, focusing on the things that matter. Thus the reduced data will provide a clearer picture and make it easier for researchers to collect further data.
2. **Data Presentation:** The presentation of data is carried

out in the form of brief descriptions, charts, relationships between categories, flowcharts and the like. For this reason, presenting data in qualitative research is with narrative text. This is intended to make it easier to understand what is happening and plan the next work based on what has been understood.

3. **Conclusion:** The process of extracting the essence of the presentation of data that has been organized from the results of data exposure in the form of short and concise sentence statements but containing broad understanding.

Result

In this case, researchers will describe the results of research in the field and then packaged to be discussed to reach a conclusion. The data obtained is based on problems that have been formulated, namely about how the efforts made by coaches and teams in the 2022 World Boccia Cup in Bahrain.

The main informants are team leaders, coaches, athletes and parents/guardians of the Indonesian boccia national team, to clarify and strengthen the data obtained in the field. The entire selection of informants using techniques purposive sampling. The results of this study were obtained through data collection techniques with in-depth interviews (In-depth Interview), Observation expert- judgement. This technique is carried out for objective and natural data acquisition. With the following observation results:

No	Activities	Exist	Not
1.	Number of BC1 athletes two people	√	
2.	Number of BC2 athletes three people	√	
3.	Number of BC1 coaches two people	√	
4.	Number of BC2 coaches three people	√	
5.	The number of Indonesian boccia team leaders is one person	√	
6.	Regular exercise is done every day (Monday-Saturday)	√	
7.	The process of evaluating exercise results every day after completion of training	√	
8.	Motivation to improve the athlete's mental and psychological every Saturday	√	
9.	Athlete training equipment (Field, wheelchair, ramp, ball, goggles, basket, cane, etc.)	√	
10.	Trainer training equipment	√	
11.	Discussion of the evaluation of athletes' training results	√	
12.	Transportation of coaches and athletes during the training process	√	
13.	Parent/guardian of athlete on training day-off	√	
14.	Speaker/psychologist	√	

The participation of Indonesian National boccia athletes in the 2022 World Boccia Cup in Bahrain was a tremendous psychological challenge. In this study, the researcher describes the psychological development experienced by Indonesian National boccia athletes during this competition. The researcher discusses issues such as emotion, motivation, competition pressure, National pride, and self- development that can affect the athletes' psychological experience.

1. BC2 Athlete

- a) There is, which is my mental instability in facing an opponent who is stronger than the previous match
- b) I'm more trying to find solutions to maintain my mentality and performance"
- c) With this, I began to better understand my own strengths and weaknesses as well as to be more observant of my opponent's movements and to carefully prepare my strategy.

2. BC2 Athlete

- a) "I am more focused on improving my confidence and

- being ready to face my opponents from other countries"
- b) "Try to maintain a good mood and mentality so as to increase self- confidence so that the psychological condition is maintained.

3. BC2 Athlete

- a) "Optimism and confidence are what I need to build my mental and psychological state"
- b) "Self-introspection from the previous match, I think it can manage my mentality"

4. BC1 Athlete:

- a) Focus and keep praying to Allah for ease
- b) Ketika saya bisa mengatur emosi dan perasaan takut pada diri saya, disitulah saya merasa bisa untuk mengatur mental saya.

5. BC1 Athlete

- a) With relaxation and prayer to manage my psychology. I think relaxation is a useful way for me mentally and psychologically. I feel calm and forget all my worries

and refocus on my goals.

With the opportunity to compete in the 2022 World Boccia Cup in Bahrain, the psychological development of Indonesian national boccia athletes has improved significantly. They have found the mental and emotional strength to face challenges on an international level, and this is a valuable asset in their sporting journey forward.

Every match in the process of drawing must have an effort so that the match runs smoothly and continues to grow. There have been many efforts made by Indonesian boccia coaches and teams in the preparation process for the 2022 World Boccia Cup match in Bahrain, according to the results of an interview with the Indonesian boccia team leader:

"I coordinate with the coaches what needs to be done for the comfort and needs of athletes. In terms of accommodation transport and lodging, ammunition, vitamins and diet, training programs, and psychological support of athletes" Efforts continue to be made by the coach to provide comfort for athletes in training until competing. According to the results of interviews about the efforts made by coaches and observations made with National athlete coaches Indonesian boccia at the Sports Hall in Karanganyar:

BC2 Coach

"The approach taken is by means of Sharing during training and off the field where to express perceptions and motivate athletes regarding the competition that will be faced and find information on prospective athletes who will be faced by looking at the advantages and disadvantages so that they know what to do later"

"Usually the coaching team prepares special sessions for athlete relaxation to improve the concentration and peace of mind of athletes"

"Always give motivation and enthusiasm to athletes and give direction to always focus on the moment of the match to win every match and to always be humble and self-introspection"

BC2 Coach

"The exercises that we Prepare for athletes in mental training leading up to the match, that is, we practice sparring with fellow athletes but different classes and even with coaches. We create internal mini tournaments also in our team so that whoever the opponent is, the athletes are ready to compete."

"I give a little evaluation to athletes, so that Still can focus on the next game. Tell athletes to be calm, patient, rilex, so as not to be tense in the next match"

BC2 Coach

"One of them is creating an intensive exercise program, including physical exercises of strength, endurance, and balance as well as technical exercises to improve skills"

"Also routinely monitor the health condition of athletes"

BC1 Coach

"Giving each individual specific training because they have different needs and abilities, this helps them reach their full potential in competition"

BC1 Coach

"A lot of effort is given to athletes, one of which is

providing full motivation and support, encouraging them to give their best and celebrate every effort they achieve" Not only in terms of coaches and Indonesian boccia teams, the efforts of family factors are also very important on the development of athletes' preparation to the competition. Interviewed by a parent of a BC1 athlete, as follows:

Athlete Parents

"I played a full role as a key support in our son's physical and mental preparation"

"I try to always provide positive support and build our child's self- confidence"

"We as parents become good listeners of the feelings, worries, and happiness experienced"

Psychologists or expert-judgement understand the importance of mental aspects in athletes' performance during competition. Ahead of the games, athletes need to do some of the things psychologists have developed to help them achieve their best performance. Here are the results of expert psychologist interviews by looking at what athletes need to pay attention to:

Expert Psychologist

"Helping athletes create a complete mental readiness plan for World Boccia Cup 2022. This plan includes techniques that have been taught, techniques for coping with pressure, and how to cope with important situations during competition"

"Athletes improve focus and concentration during training and matches. We train athletes to focus on their goals and not get distracted by the things around them. To help them prepare mentally before the game, it is necessary to teach visualization and mental mapping techniques. It helps them imagine matches, face challenges, and execute their game strategies well."

"Helps athletes in mental and emotional preparation. Helping them manage the pressure of the competition and maintain emotional balance during preparation and matches."

All efforts made both from the coach and the Indonesian boccia team aim for maximum smoothness in the lead-up to the match World Boccia Cup 2022 in Bahrain.

Discussion

The sport of boccia, designed specifically for athletes with disabilities, has grown rapidly in recent years. Participation in international championships is an important milestone for every dedicated athlete and coach. In this competition, boccia sports teams from various countries meet to compete with each other and fight for the championship title. Achievements and success in sports depend not only on the commitment and ability of the athletes, but also on the important role performed by the coaches and support teams. At World Boccia Cup 2022 in Bahrain, coaches and boccia sports teams showed their tremendous efforts in developing and mentoring athletes. In this study, researchers will discuss the efforts of coaches and boccia sports teams to prepare and face this competition.

Boccia coaches and teams have faced various challenges and taken strategic steps to ensure optimal preparation for their athletes. They have conducted an in- depth analysis of potential opponents, studied their playing style, and identified exploitable weaknesses. With hard work and consistent discipline, boccia coaches and teams have trained

their athletes to achieve high skill levels and form effective game strategies. In addition, boccia coaches and teams play an important role in ensuring the physical and mental health of athletes during preparation and competition. They work closely with medical teams and nutritionists to ensure athletes receive proper nutrition and remain in top physical condition. In addition, they help athletes withstand the pressures of competition and build strong self-confidence through mental and psychological support.

The psychological development of Indonesian national boccia athletes at the 2022 Boccia World Cup in Bahrain is influenced by several factors that can affect their performance during matches (Wicaksana & Rachman, 2018a) ^[30]. Because boccia is a sport that requires high technical ability and mental endurance, psychological factors play an important role in influencing the outcome of the match (Soleh & Hakim, 2019) ^[26]. The level of physical and technical preparation of athletes has a significant influence on their psychological development (Mamesah, 2019) ^[15]. Boccia athletes must have strong technical skills in ball control and game tactics (Benshlomo, 2023) ^[4]. When athletes have undergone intense and proper training, they will feel more confident when competing in high-level competitions such as the 2022 Boccia World Cup in Bahrain (Daniel, 2015) ^[8]. Conversely, if physical and technical preparation is insufficient, this can lead to insecurity and excessive anxiety.

Team support and leadership are critical to the psychological development of athletes (Gitleman & Kleberger, 2014) ^[11]. When athletes feel supported by team leaders and coaches, they will feel more motivated and confident to perform their best on the field (Roudlotun Nurul Laili & Nashir, 2021) ^[24]. Emotional and mental support from teammates and coaches can also help reduce stress and increase an athlete's confidence (Irwanto & Romas, 2019) ^[12]. The psychological development of Indonesian National boccia athletes at the World Boccia Cup 2022 in Bahrain is an interesting study from a psychological perspective. Competitions at the international level, such as the World Boccia Cup 2022 in Bahrain, are a huge psychological burden for athletes and the following factors can significantly affect their psychological development:

a) Emotional Development

International competitions such as the World Boccia Cup 2022 in Bahrain can evoke a range of emotions in athletes. Before the game, athletes can feel a combination of nervous, excited, and joyful emotions. During the game, they are under a lot of pressure and high expectations. The outcome of the match affects their feelings, such as joy, satisfaction, and pride when they achieve the desired performance, or disappointment, frustration, and sadness when the result does not match expectations. In conclusion, the psychological interpretive phenomenology during pre-event, competition, and post-event experienced by athletes becomes several factors experienced, namely: 1) Enthusiasm and passion, 2) Relief and satisfaction 3) Anxiety and tension 4) Disappointment and frustration 5) Pride and feelings of honor, and 6) Reflection and self-evaluation.

b) High Motivation

International competitions such as the World Boccia Cup are a strong motivation for athletes. Athletes have

the opportunity to compete against the best athletes from different countries. This increases their desire to do their best and achieve success. This motivation plays an important role in influencing their focus and determination during matches. High motivation is an important aspect in the psychological development of athletes, this summarizes several factors of events experienced during the games.

c) Competitive Stress

The high level of competition at the World Boccia Cup 2022 in Bahrain may create competitive pressure among athletes. They may feel pressured to perform well and do their best. This pressure can affect athletes' focus, decision-making and overall performance. Indonesian National boccia athletes must learn to manage this pressure in order to remain calm and focused under the pressure of competition. Participation in International level competition brings great pressure to Indonesian National boccia athletes. Athletes feel pressured to perform well and give the best of their abilities.

d) A Sense of National Pride

Representing the country in international competitions such as the World Boccia Cup 2022 in Bahrain can instill a sense of national pride in the athletes. They feel honored and have a responsibility to do their best and make Indonesia proud. Rasa identitas nasional ini dapat mempengaruhi motivasi dan komitmen mereka terhadap permainan. It can also help them maintain their fighting spirit and overcome obstacles with confidence.

In this discussion, researchers explore the efforts made by boccia coaches and teams in World Boccia Cup 2022 in Bahrain. We will look at how their training and preparation strategies affect athletes' performance, as well as their role in creating an environment that supports athletes' growth and development. Through this explanation, we will gain a better understanding of the important role played by boccia coaches and teams in achieving success in this sport.

A. Preparatory Effort (Practice)

1. Maximizing an Exercise Program

An effective and well-planned exercise program is the key to achieving maximum results in sports. In this discussion, researchers will discuss the importance of maximizing training programs in achieving athletes' progress and reaching their full potential. First of all, to maximize the training program, detailed and structured planning needs to be done. It is important for coaches and support teams to identify clear goals and develop specific training plans according to individual and team needs. This plan should include aspects such as physical fitness, technique, tactics, and recovery. By understanding the needs of each athlete and integrating these elements in a balanced way, training programs can be optimized to build the strength, speed, technical skills, and tactical intelligence necessary for the championship.

In addition, variety in exercise programs is very important. Repeating the same exercises over and over again can lead to boredom and lack of optimal adaptation in the athlete's body. Therefore, it is important to bring variety in the exercise, whether through changes in intensity, duration, or type of exercise performed. In addition, integrating

exercises that are functional and similar to real match situations will also help athletes better prepare for championships. During the training program, monitoring and evaluation should be carried out constantly. Coaches and support teams should monitor the athlete's progress, identify weaknesses that need to be corrected, and make necessary adjustments in the training program. This evaluation can be done through the use of data and statistics, supervised training sessions, and open communication with athletes. By paying attention to the athlete's progress and making appropriate changes, the training program can be improved continuously to achieve better results.

Recovery and adequate rest are important parts of maximizing a training program in preparation for the championship. Adequate recovery helps the athlete's body and mind to recover from strenuous training and prevent injuries. Coaches and support teams should ensure that athletes get adequate rest between training sessions, quality sleep, and active recovery through massage, muscle massage, or other recovery techniques. By paying serious attention to recovery, athletes will be physically and mentally prepared to face the championship in optimal conditions. Good collaboration and communication between athletes and coaches is also key in achieving maximum results. A positive and supportive environment will provide additional encouragement for athletes to work hard and improve in preparation for the championships.

2. Sport Intelligence (Ranking Points)

One of the efforts made by boccia coaches and support teams is to use *Sport Intelligence*. The opponent's ability to use the world ranking points from the matches that are followed. *Sport intelligence*, in simple terms, refers to an athlete's ability to read, understand, and adapt to situations and challenges on the field. This involves the ability to make quick decisions, analyze opponents' strategies, and choose the right tactics to achieve victory. In the context of championship ranking points, sports intelligence includes athletes' ability to understand and master the points system, and use these insights to optimize their performance in competition.

Through championship ranking points, we can read the achievements and consistency of athletes in various competitions. A high ranking indicates the consistency and success of an athlete in competition, as well as his ability in the face of formidable opponents. Conversely, a drop in rank or significant fluctuations may indicate a problem or challenge faced by the athlete. In addition, we can use championship points to see how athletes adapt to changes and different situations. Sport intelligence includes the ability to think and make quick decisions in unexpected or difficult situations.

In conclusion, Sport Intelligence is an important factor affecting the success of athletes in sports. The results of the reading championship can provide valuable insights into *Sport Intelligence* athlete. By looking at athletes' consistency, trends, adaptability, and performance in competition, we can better understand their athletic intelligence. However, it is important to remember that ranking points are just one aspect of sports intelligence and other aspects such as decision making, communication skills, and learning ability should also be considered.

3. Finalizing Tactics & Strategies (Reading Entry by

Number)

In order to prepare World Boccia Cup 2022 in Bahrain, it is important for athletes to perfect their tactics and strategies in order to compete well and achieve the best results. One of the efforts given by coaches and teams to athletes is reading entry by number from other countries. Reading of the match numbers is one of the most important strategies that can help athletes plan the movement of the ball and predict the movement of the opponent. This strategy is about understanding and interpreting the ball number given by the referee. Each ball thrown is assigned a number and the athlete must be able to understand the influence of that number on the current situation and game plan.

Finalize tactics and strategies entry by number these must understand the rules, techniques, and tactics in analyzing their opponents. In this case, athletes can observe footage of previous matches and discuss with coaches about the weaknesses and strengths of their opponents. This will help the athlete to plan an effective strategy to deal with each opponent. Athletes must practice their tactics and strategies in controlled training situations, they must practice reading *entry by number* and take the right decisions in game scenarios. This exercise will help athletes strengthen their understanding and improve their ability to apply those tactics and strategies on the field.

Athletes should evaluate their performance and identify areas for improvement. By getting feedback from coaches and teammates, athletes can make adjustments in their tactics and strategies. It is important for athletes to remain open to continuous learning and improvement. By the method of seeing opportunities from *entry by number* It's very important to remember that sports also involve the creativity, initiative, and instinct of athletes. Therefore, this approach requires a planning process that has been arranged or targeted by the coach and the Indonesian boccia team.

4. Maximizing the Psychological Aspects of Athletes

This psychological aspect plays a crucial role in determining the extent to which athletes can deal with pressure, overcome challenges, and perform above their achievements. Therefore, maximizing the athlete's psychology in preparing for the match World Boccia Cup 2022 in Bahrain is very important. Coaches and support staff are essential to developing strong relationships with athletes. Understanding each athlete's personality, strengths and weaknesses helps identify psychological areas that need improvement. Open communication and empathy on the part of the coach can give athletes confidence and make it easier for them to express their feelings and fears before competing.

In addition, mental training should be an integral part of an athlete's training program. Relaxation, meditation, and visualization techniques can help athletes manage anxiety levels and improve focus. Mental training too It can help athletes stay calm and focused in competitive situations under pressure. Through consistent training, athletes can develop strong self-confidence and face competition with a positive attitude. When preparing for a game, it is important to consider possible adverse circumstances and make a backup plan. Sometimes athletes are afraid of failure or injury. By learning how to manage fear and developing survival skills, athletes feel more empowered to deal with the uncertainty of competition. It is important to remind athletes that failure is a normal part of learning and growth

and not the end of the world.

5. Maintaining Athletes' Motivation and Confidence

Motivation and confidence are two important factors that can affect an athlete's performance in a match. Before facing competition, athletes must be able to maintain a high level of motivation and strengthen their self-confidence. This is continuous with the experience of matches that have been followed before, which is their reference from all aspects, namely their mentality, spirit, confidence, ability, and expression. Taken from the previous match Poznan 2022 World Boccia Challenger in Poland it is a motivation for athletes because they get satisfactory results. With Poznan 2022 match results World Boccia Challenger in Poland of class BC1 Female won bronze medal in 3rd place, from BC1 class Male won a gold medal in 1st place, followed by BC2 class Male I won gold and silver medals I 1st and 2nd place, and from the BC1 and BC2 team team matches got 1st place gold medals. From yesterday's victory, athletes are stronger in motivation and confidence to face more difficult matches in the future. Previous competitive experience taught athletes valuable lessons. With regular competition, athletes have the opportunity to learn something from each game. They can analyze their performance, identify strengths and weaknesses, and find ways to improve their performance in the future. This motivates the athletes to keep training and try to improve themselves. Satisfactory results are a powerful motivator for athletes. When they achieve a set goal or achieve victory, it proves that their hard work and dedication pay off. This achievement gives them a sense of accomplishment and pride that motivates them to keep reaching higher levels.

Previous competitive experience and satisfactory results have a significant impact on an athlete's motivation and confidence. Competitive experiences provide opportunities to learn, grow, and overcome fears. Satisfactory results are a positive support for their hard work and talent and increase their confidence. When preparing for the next event, it is important for athletes to continue training, learn from previous experiences and identify the goals they want to achieve. High motivation drives them to achieve those goals, while strong self-confidence gives them the confidence to face the challenges ahead. With strong motivation and confidence, athletes are ready for the next event with a positive mental attitude and unwavering determination.

B. Preparatory Efforts (Travel to Bahrain & While in Bahrain)

1. Equipment Preparation

In preparation for departure to Bahrain, it is very important to prepare the maximum match equipment that will be brought. In an effort to prepare this equipment, the coach and the Indonesian Boccia team maximize that no equipment is left behind or cannot be used during the match in Bahrain. Coaches and support personnel determine the list of equipment needed and ensured to be complete and includes everything from boccia balls, electric wheelchairs and competing wheelchairs, ball baskets, uniforms, and individual equipment for each athlete. It is also important to carry out a condition check of the equipment, it is ensured that there is no equipment that Damaged or not functioning properly because it negatively impacts the athlete's performance and causes problems during the game.

Equipment preparation must have a backup in anticipation of the possibility of the main equipment being damaged or lost during the game. The last preparation is training with equipment, ensuring athletes practice using equipment that will be used in the competition so that athletes can adjust well before competing. By properly preparing their gear for the competition, athletes can focus entirely on the competition, with confidence that they have everything needed to perform at their best. This preparation also provides greater confidence because the athletes know that they have done everything possible to optimize their pre-competition preparations.

2. Athlete Intake Preparation

Preparation in terms of Food intake becomes very important when athletes will compete in other countries. Differences in culture, food, and cooking utensils can affect an athlete's performance, so it is important to be well prepared. In this case there are several things that need to be considered and prepared, before leaving athletes and coaching teams need to do research on food and eating habits in the country of Bahrain. Based on this research or survey, coaches and support teams make food intake plans that suit the needs and preferences of athletes. It is important for athletes and coaches to understand the nutritional content of the food consumed in Bahrain, therefore they need to compensate or adjust their diet to meet their nutritional needs.

Athletes can bring Supplies of packaged food and beverages that are familiar to them while in a foreign country. This is useful if they have trouble finding food that suits their preferences or needs. Athletes can consult their team's nutritionist or doctor to plan the right meals according to their body's needs when competing in other countries. Nutritionists can provide tailored guidance and recommendations to improve athlete performance. With good food preparation, athletes can ensure that they have enough nutrients to maintain peak performance during competitions in other countries. This preparation also helps reduce stress and discomfort that may arise due to different foods and eating habits in a foreign country.

3. Support from the Indonesian Embassy in Manama, Bahrain

Indonesian Boccia athletes and teams compete in *World Boccia Cup 2022* in Bahrain received full support from the Indonesian Embassy which has an important role in raising the enthusiasm and confidence of Indonesian Boccia athletes and teams. The arrival of the Indonesian Boccia team in Bahrain received an invitation with a warm welcome from the Indonesian Embassy reflecting deep appreciation for the achievements and struggles of athletes to the present point who will compete in Bahrain. The warm and enthusiastic welcome from the Indonesian Embassy also strengthened the confidence of the athletes. The athletes felt the support of the nation and country, which boosted their confidence. This confidence is a valuable asset for athletes to face the challenges of competition with optimism and courage. They understand that behind them there is a fully supportive country and society, and this provides a sense of security and comfort that is very important when competing in a foreign country.

The Embassy's welcome also created a positive and supportive environment for the athletes in Manama, Bahrain. Diplomatic representatives and embassy staff are

on hand to assist and assist if athletes need anything while abroad. With a friendly environment and assistance available, athletes can better manage stress and discomfort in new situations. This helps the athletes to focus fully on their preparation and performance, thus increasing their chances of success in the Olympics. The warm and unforgettable welcome from the Embassy of the Republic of Indonesia (KBRI) in Bahrain in Manama plays an important role in increasing the motivation and confidence of the athletes. Appreciation, support, and a sense of attachment to one's own nation and country help raise the spirit and courage of athletes to perform their best on the international stage. Positive acceptance and a supportive environment also help reduce stress and discomfort that can arise from cultural and environmental differences in a foreign country. All these elements combine to create an atmosphere conducive to success and victory for Indonesian athletes who strive to make the nation and country proud.

Conclusion

The psychological development of Indonesian National boccia athletes at the World Boccia Cup 2022 in Bahrain before match after match with satisfactory results reflects a journey of achievement and growth. Before competing, the athletes experienced different emotions and challenges, but nerves and fears were overcome with the help of team support and mental coaches. The support of their teams and spiritual coaches helped them focus on the process and accept that results are not always in their control. With satisfactory post-competition results that allowed some athletes to achieve their goals and achieve great success, their psychological development became increasingly sustainable. These victories and achievements made the athletes more confident and they felt rewarded for the hard work they put into their preparation. After the match, the psychological development of the athletes was not over. They will learn from the experience of this competition and plan to continue improving their mental performance in the future. The satisfactory results motivate them to keep fighting and face the challenges in the next competition.

At the 2022 World Boccia Cup in Bahrain, the efforts of the coaches and the Indonesian Boccia Sports Team reflect their dedication and commitment to prepare the athletes as a whole to perform optimally in this world-class competition. Indonesian boccia coaches and teams prepare intensive training programs tailored to the needs and abilities of each athlete. They devise a training plan that includes technical, tactical, and physical aspects so that the athletes can master the game of boccia well. Coaches and teams recognize the importance of athletes' mental readiness to face the pressures of competition. That is why they hire a mental coach to help the athlete manage his emotions, improve his concentration, and overcome his fears or doubts before the competition.

Coaches and teams set realistic goals for each athlete, both in terms of performance and personal improvement. This goal forces athletes to work hard to get the results they expect. Coaches and teams ensure athletes' match equipment is tested and in optimal condition in Bahrain. This ensures athletes can compete confidently and without technical obstacles. Coaches and teams pay attention to athletes' nutrition and recovery to ensure physical condition remains excellent during preparation and Match. They provide the necessary medical support for athletes who need specialized

care. The coach and team work closely with the Indonesian Embassy in Bahrain to provide the necessary support and facilities during the preparation and competition. Embassy support is an added value to ensure the comfort and continuity of the athlete preparation program.

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