

## Mental Readiness and Strategy of Kediri City Swimming Athletes in Facing the East Java Provincial Swimming Championship, 2026

Putri Ragillyta Septyaning Sunarto<sup>1</sup>, Rendhitya Prima Putra<sup>2</sup>, Septyaning Lusianti,<sup>3</sup>

Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Ilmu Kesehatan dan Sains (FIKS), Universitas Nusantara PGRI Kediri, Kediri, Indonesia

### Article Info

#### Article history:

Accepted: 21 July 2026

Published: 03 Agustus 2026

#### Keywords:

Mental Readiness;

Competitive Strategy;

Swimming Athletes;

Provincial Championship;

Kediri City.

### Abstract

*This study aims to analyze the level of mental readiness and competition-facing strategies among swimming athletes from Kediri City as they prepare for the 2026 East Java Provincial Swimming Championship (KEJURPROV). Mental readiness is a critical yet often overlooked factor in swimming performance, particularly given that swimming is a measurable sport in which very small time differences determine results. This study employed a quantitative descriptive survey method involving 14 swimming athletes from three clubs in Kediri City, namely Surya Aquatic, Flam Aquatic, and Arwana, selected through total sampling. Data were collected using a Likert-scale questionnaire assessing five indicators of mental readiness (self-confidence, optimism, focus and concentration, achievement motivation, and resilience) and five indicators of competition-facing strategy (pacing, emotional relaxation through music, visualization technique, coping, and recovery management). The instruments demonstrated good reliability, with Cronbach's Alpha coefficients of 0.747 for mental readiness and 0.860 for competition strategy. Descriptive analysis showed that mental readiness scores ranged from 89 to 116 (mean = 101.07), while competition strategy scores ranged from 83 to 121 (mean = 97.00). The majority of athletes were in the moderate category for both mental readiness (71.43%) and competition strategy (64.29%), with smaller proportions falling into the high and low categories. These findings indicate that Kediri City's swimming athletes generally possess adequate psychological readiness and competition strategies, although further development is still needed to support optimal performance. The results are expected to serve as an empirical basis for coaches, sports organizations, and stakeholders in designing more comprehensive athlete development programs that integrate psychological aspects alongside physical and technical training.*

*This is an open access article under the [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/)*



### Corresponding Author:

Putri Ragillyta Septyaning Sunarto

Universitas Nusantara PGRI Kediri, Prodi Penjaskesrek

Email Coresspondent: [starlightillyta@gmail.com](mailto:starlightillyta@gmail.com)

## 1. INTRODUCTION

Swimming is a competitive sport that demands integrated mastery of physical, technical, tactical, and psychological aspects. In addition to biomotor skills and technical abilities, swimmers are required to maintain a stable mental state when facing competitive pressure. Mental readiness is a crucial factor influencing an athlete's ability to control anxiety, maintain concentration, build self-confidence, and maintain motivation to achieve peak performance during competitions. Therefore,

competitive sports development is no longer solely focused on improving physical abilities, but also considers psychological aspects as an integral part of the athlete development process.

The importance of mental preparation is increasingly apparent in swimming, a measurable sport where athlete success is largely determined by relatively small-time differences. Even the slightest technical error or psychological disturbance can significantly impact the outcome of a race. Under these conditions, athletes are required to manage pressure, maintain focus, and maintain consistent performance throughout the competition. Therefore, mental preparation is a crucial factor contributing to swimmers' achievements.

Disparities in the performance of swimming in Indonesia continue to exist between regions. At the 21st National Games (PON) in 2024, Jakarta Province dominated the medal tally in swimming, followed by East Java and West Java. Although East Java finished second, these results demonstrate the need for continued improvements in the quality of athlete development to enable optimal national competition. This situation has become a concern for regions in East Java, including Kediri City, to continuously improve the quality of swimmer development.

Based on the results of the 2025 East Java Provincial Sports Week (PORPROV), Kediri City's swimming achievements were still suboptimal. Kediri City only won one silver medal and finished 15th, while Surabaya City dominated the standings with a significantly higher medal tally. This difference indicates a significant performance gap that needs to be evaluated across various aspects of athlete development. To date, evaluations of sports development have generally focused more on physical condition, technique, and training programs, while the psychological aspects of athletes have received less comprehensive attention.

Various studies have shown that psychological factors significantly contribute to athlete performance. Weinberg and Gould explain that sports performance is influenced by an athlete's ability to manage anxiety, maintain concentration, build self-confidence, maintain motivation, and manage stress during training and competition. Other studies have also shown that low mental preparedness can increase competition anxiety, which can lead to decreased athlete performance. Therefore, psychological development needs to be integrated into sports development programs to enable athletes to maintain consistent performance in various competitive situations.

Although extensive research on sports psychology has been conducted, studies specifically describing the mental preparedness of swimmers at the regional level, particularly in Kediri City, are still limited. Most previous research has focused on the relationship between psychological variables or the influence of mental training on athlete performance, while relatively few studies have provided a descriptive overview of athletes' mental preparedness as a basis for developing coaching programs. This limited information leaves coaches and sports organizations without sufficient empirical data to base their designs on athlete mental development programs. This study offers novelty by providing an empirical, indicator-based description of mental readiness and competition-facing strategy specifically among swimming athletes in Kediri City, a regional population that has not previously been examined in the sport psychology literature, which has so far focused predominantly on national-level athletes or on correlational studies rather than on descriptive mapping of readiness and strategy at the regional level.

Based on these conditions, this study aims to analyze the mental readiness and competition-facing strategy of Kediri City's swimming athletes ahead of the East Java Provincial Championship, so as to provide an empirical basis for the development of more comprehensive athlete coaching programs.

## 2. METHOD

This study used a quantitative approach with a descriptive survey. This approach was chosen to obtain a picture of the mental preparedness of Kediri City's swimming athletes for the East Java Provincial Championship based on actual conditions without any treatment given to the research subjects.

The study was conducted on swimmers from swimming clubs in Kediri City, namely Surya Aquatic, Flam Aquatic, and Arwana. The sample consisted of 14 swimmers who actively participated in training programs and were preparing to compete in the East Java provincial championship. The sampling technique used was saturated sampling (total sampling) so that all members of the population were included in the study sample.

The research instrument was a mental readiness questionnaire compiled based on five indicators: self-confidence, optimism, focus and concentration, achievement motivation, and resilience. The instrument used a five-level Likert scale with the following response alternatives: Strongly Agree (SS), Agree (S), Undecided (R), Disagree (TS), and Strongly Disagree (STS). Before being used in the research, the instrument underwent a content validation process (Content Validity Index/CVI) by experts, obtaining a CVI value of [ISI NILAI CVI] for the mental readiness instrument and [ISI NILAI CVI] for the competition strategy instrument, both categorized as valid, followed by a reliability test using the Cronbach's Alpha coefficient through SPSS software.

Data collection was conducted by distributing questionnaires directly to all respondents after obtaining permission from club administrators and coaches. All respondents completed the questionnaire based on their experiences during the championship preparation process. It should be noted that the number of research samples was relatively limited ( $n = 14$ ), as it was restricted to swimming athletes actively registered with clubs in Kediri City. Therefore, the findings of this study should be interpreted as describing this specific population and cannot be broadly generalized to swimming athletes in other regions without further research involving a larger and more diverse sample.

Data were analyzed using descriptive statistics with SPSS Statistics. The analysis was conducted by calculating minimum, maximum, mean, standard deviation, and frequency distributions and percentages for each mental readiness category. The results were then presented in tables and diagrams to provide an overview of the overall mental readiness level of Kediri City swimmers and each research indicator.

## 3. RESULTS

This study involved 14 swimming athletes from Kediri City who were preparing to participate in the 2026 East Java Swimming Provincial Championship (KEJURPROV). Respondents came from three swimming clubs: Arwana, Surya Aquatic, and Flam Aquatic. Research data were

obtained through questionnaires, which were then analyzed using descriptive statistics with the help of IBM SPSS Statistics.

Before data collection, the research instruments underwent a content validity index (CVI) test using expert judgment, as well as empirical validity and reliability. The results showed that the mental readiness instrument had a Cronbach's alpha of 0.747, while the championship strategy instrument had a value of 0.860. These values indicate that both instruments have a good level of reliability and are suitable for use in research.

The descriptive analysis results showed that the athletes' mental readiness scores ranged from 89 to 116 with an average value of 101.07, while the championship strategy scores ranged from 83 to 121 with an average value of 97.00. These results indicate variations in the level of mental readiness and championship strategies among swimming athletes in Kediri City. These variations are presumably influenced by differences among athletes in competition experience, training intensity, and the extent of psychological guidance received at their respective clubs, as athletes with greater competition exposure and more structured mental training tend to show more stable readiness and strategy scores than those with less experience and guidance.

#### 1. Descriptive Statistics of Mental Readiness Variables

**Descriptive Statistics**

|                    | N  | Minimum | Maximum | Mean     | Std. Deviation |
|--------------------|----|---------|---------|----------|----------------|
| TOTAL              | 14 | 89.00   | 116.00  | 1.0107E2 | 8.08098        |
| Valid N (listwise) | 14 |         |         |          |                |

#### 2. Descriptive Statistics of Strategy Variables in Facing the Championship

**Descriptive Statistics**

|                    | N  | Minimum | Maximum | Mean    | Std. Deviation |
|--------------------|----|---------|---------|---------|----------------|
| TOTAL              | 14 | 83.00   | 121.00  | 97.0000 | 10.54660       |
| Valid N (listwise) | 14 |         |         |         |                |

Based on the categorization results, most athletes have a level of mental readiness in the medium category, namely 10 athletes (71.43%), while 2 athletes (14.29%) are in the high category and 2 athletes (14.29%) are in the low category. In the strategy variable for facing the championship, the majority of athletes are also in the medium category, namely 9 athletes (64.29%), while 2 athletes (14.29%) are in the high category and 3 athletes (21.43%) are in the low category. These findings indicate that in general, Kediri City swimming athletes have had quite good mental readiness and strategies for facing the championship, although they still need development in several aspects to support more optimal performance when competing.

#### 1. Categorization of Total Mental Readiness Score

| No. | Subject Name                  | Shoes Total | Category  |
|-----|-------------------------------|-------------|-----------|
| 1   | KHARISSA ALMAHYRA PUTRI       | 104         | Currently |
| 2   | PRADA AYU PADMASARI           | 106         | Currently |
| 3   | NURITA MONICA SARI            | 112         | High      |
| 4   | ANNISA FAIHA SYAUQIA NAWAWI   | 89          | Low       |
| 5   | ZAHRATU MUAZARA               | 105         | Currently |
| 6   | SYIFA AZ-ZAHRA AGDI RAMADHANI | 116         | High      |

| No. | Subject Name               | Shoes Total | Category  |
|-----|----------------------------|-------------|-----------|
| 7   | MOHAMMAD DZAKY HIBATULLAH  | 94          | Currently |
| 8   | ATHIFAH QUENA PRATISTA     | 90          | Low       |
| 9   | ELEANORA GRACIE HALDAKA    | 96          | Currently |
| 10  | ARETHA AYU PUTRI WIJAYA    | 94          | Currently |
| 11  | SELMA ALIVIA KIRANI        | 107         | Currently |
| 12  | AIR ERBI SONYA             | 98          | Currently |
| 13  | AQILA ZAFI MUHAMMAD ATHAYA | 99          | Currently |
| 14  | MARSELLA KANAYA PUTRI      | 105         | Currently |

## 2. Total Score Categorization Strategy Facing the Championship

| No. | Subject Name                  | Shoes Total | Category  |
|-----|-------------------------------|-------------|-----------|
| 1   | KHARISSA ALMAHYRA PUTRI       | 103         | Currently |
| 2   | PRADA AYU PADMASARI           | 107         | Currently |
| 3   | NURITA MONICA SARI            | 96          | Currently |
| 4   | ANNISA FAIHA SYAUQIA NAWAWI   | 85          | Low       |
| 5   | ZAHRATU MUAZARA               | 109         | High      |
| 6   | SYIFA AZ-ZAHRA AGDI RAMADHANI | 121         | High      |
| 7   | MOHAMMAD DZAKY HIBATULLAH     | 95          | Currently |
| 8   | ATHIFAH QUENA PRATISTA        | 90          | Currently |
| 9   | ELEANORA GRACIE HALDAKA       | 94          | Currently |
| 10  | ARETHA AYU PUTRI WIJAYA       | 86          | Low       |
| 11  | SELMA ALIVIA KIRANI           | 90          | Currently |
| 12  | AIR ERBI SONYA                | 101         | Currently |
| 13  | AQILA ZAFI MUHAMMAD ATHAYA    | 98          | Currently |
| 14  | MARSELLA KANAYA PUTRI         | 83          | Low       |

The following also presents the percentage scores for each indicator. These are derived from two variables: mental readiness and championship strategy.

### a. Percentage of Mental Readiness Indicators for Swimming Athletes in Kediri City

| No | Indicator               | Shoes Total | Percentage(%) | Category |
|----|-------------------------|-------------|---------------|----------|
| 1  | Self-Confidence         | 289         | 83%           | High     |
| 2  | Optimism                | 281         | 80%           | High     |
| 3  | Focus and Concentration | 284         | 81%           | High     |
| 4  | Achievement Motivation  | 291         | 83%           | High     |
| 5  | Resilience              | 270         | 77%           | High     |

Source: Processed by Researchers, 2026.

## b. Percentage of Strategy Indicators for Facing the Championship

| No | Indicator                          | Shoes Total | Percentage(%) | Category  |
|----|------------------------------------|-------------|---------------|-----------|
| 1  | Pacing                             | 255         | 73%           | Currently |
| 2  | Emotional Relaxation through Music | 255         | 73%           | Currently |
| 3  | Visualization Techniques           | 291         | 83%           | High      |
| 4  | Coping                             | 254         | 73%           | Currently |
| 5  | Recovery Management                | 289         | 83%           | High      |

Source: Processed by Researchers, 2026.

#### 4. CONCLUSION

Based on the research results, it can be concluded that the level of mental preparedness and competition strategies among swimming athletes in Kediri City are generally in the moderate category. For mental preparedness, the majority (71.43%) of athletes fall in the moderate category, while for competition strategy, 64.29% also fall in the moderate category. These findings indicate that athletes have adequate psychological preparedness and competition strategies, but still need development to support optimal performance in competition.

The results of this study are expected to be used as evaluation material for coaches, swimming clubs, and related parties in developing coaching programs that not only focus on physical and technical aspects, but also pay attention to developing mental aspects and strategies for facing championships as an effort to improve the achievements of swimming athletes.

#### 5. ACKNOWLEDGMENTS

The authors would like to thank the Physical Education, Health, and Recreation Study Program, Faculty of Health and Science, Universitas Nusantara PGRI Kediri for their academic support during the research. They also thank the supervising lecturers, swimming club administrators, coaches, and all swimming athletes in Kediri City who participated and provided support, ensuring the successful implementation of this research.

#### 6. BIBLIOGRAPHY

- Adhitya Nugraha Pratama Putra & Sali Rahadi Asi. (2025). *A Study on Mental Imagery: The Effect of Mental Imagery on Sports Performance and Injury Recovery in Athletes Using Bibliometric Analysis* Adhitya Nugraha Pratama Putra 1 , Sali Rahadi Asi 1 1. 10(1), 21–38.
- Adyanto, A., Mar, A., Roepajadi, J., & Noordia, A. (2025). *Korelasi Dukungan Orang Tua , Motivasi , dan Kepercayaan Diri Atlet di*. 4(2024), 566–572.
- Andiwijaya, D., & Liauw, F. (2019). *PUSAT PENGEMBANGAN KEPERCAYAAN DIRI*. 1(2), 1695–1704.
- [https://d1wqtxts1xzle7.cloudfront.net/67786334/4631-ibre.pdf?1624880737=&response-contentdisposition=inline%3B+filename%3DPusat\\_Pengembangan\\_Kepercayaan\\_Diri.pdf&Expires=1777076968&Signature=ZnuxPL6tD54Adw9jBCbtt9IrbUHjngdZiLJ~Kd9~l92rE1xUN](https://d1wqtxts1xzle7.cloudfront.net/67786334/4631-ibre.pdf?1624880737=&response-contentdisposition=inline%3B+filename%3DPusat_Pengembangan_Kepercayaan_Diri.pdf&Expires=1777076968&Signature=ZnuxPL6tD54Adw9jBCbtt9IrbUHjngdZiLJ~Kd9~l92rE1xUN)

1fi0XHF0oRfQF~TcKeAOO5L27xvqNa6nMebrYpzU8de63tTD5~Kbh1rV3jl5bv0K7ZHEfU  
yOI59x8QgnCz9OUwsZtRLcBuf9b~GpZqrLksbniLL0~UkEUO39pxbSrxv53yOXi8vvjj1wD  
B~PB0aGdRWUQi7PRefedAskCIjym28jgkrqTGbp8BuzFzSg8uqq5hYGHEWU-  
Ptoj2unFVsyieaOZ7lh7u4kcKk3XjVx1lHxcZxlN9fw8plN1Rc1wIjxL9D0suvarwDUcxGjKQ  
Dzr9Whh~6nl5xCHYyA\_&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA

- Aquatic Indonesia. (2023). *Sejarah PRSI*. <https://akuatikindonesia.id/tentang#:~:text=Persatuan Renang Seluruh Indonesia disingkat,di 34 Provinsi seluruh Indonesia>.
- Ardani & Istiqomah. (2020). *Psikologi Positif Perspektif Kesehatan Mental Islam*. Bandung: PT REMAJA ROSDAKARYA. PT Remaja Rosdakarya Offset - Bandung.
- Arındı, E., & Adiloğulları, İ. (2025). *Factors affecting how well athletes perform mentally : The impact of optimism , pessimism , and mental well-being*. 1–23. <https://doi.org/10.21203/rs.3.rs-6865136/v1>
- Aulia, M. D., & Hakim, A. A. (2022). *ANALISIS KESIAPAN MENTAL PADA ATLET BOLA TANGAN KOTA SURABAYA MENJELANG PORPROV JAWA TIMUR 2022*. 1, 76–81.
- Chen, Z., Lin, L., He, Y., Zheng, Y., Zhang, W., Yan, D., Luo, S., Chen, H., & Chen, H. (2025). *Effects of a visual-feedback LED pacing system in middle-distance pool freestyle swimming*. October, 1–13. <https://doi.org/10.3389/fbioe.2025.1679588>
- Doherty, R., Madigan, S., Warrington, G., & Ellis, J. G. (2024). *Sleep and nutrition for athletes . The Nutrition Society , Scottish Section Conference 2024*. <https://doi.org/10.1017/S0029665124007535>
- dr. Gracia Fensynthia. (2025). *Coping Mechanism, Strategi Tepat Atasi Stres*. Alodokter. <https://www.alodokter.com/coping-mechanism-strategi-tepat-atasi-stres>
- Fadli Rizal. (2023). *Nutrisi, Pengertian dan Jenis-Jenisnya yang Perlu Diketahui*. Halodoc. [https://www.halodoc.com/artikel/nutrisi-pengertian-dan-jenis-jenisnya-yang-perlu-diketahui?srltid=AfmBOop\\_6I41iGdI9314X4aW6SJwD0dgUFjtW0vmvBeF8C\\_t9NuMTjX1](https://www.halodoc.com/artikel/nutrisi-pengertian-dan-jenis-jenisnya-yang-perlu-diketahui?srltid=AfmBOop_6I41iGdI9314X4aW6SJwD0dgUFjtW0vmvBeF8C_t9NuMTjX1)
- Fauzan, L. A., & Dirgantoro, E. W. (2021). Analisis Kesiapan Atlet Renang Kalimantan Selatan Dalam Menghadapi Kejuaraan Tingkat Nasional. *Repo-Dosen.Ulm.Ac.Id*, ix+92. <https://repo-dosen.ulm.ac.id/handle/123456789/22696>
- Girginer, F. G., Besler, H. K., Seyhan, S., & Soylu, C. (2026). *Imagery and breathing exercises improve swimming performance , mental toughness , and coherence*. 1–9.
- Halil İbrahim Ceylan. (2023). *Nutritional Strategies for Peak Performance: Guidelines for Athletes' Optimal Fueling and Recovery*. 1(4), 90–98.
- Halodoc. (2026). *Mental Artinya: Kupas Tuntas Batin dan Jiwamu*. <https://www.halodoc.com/artikel/mental-artinya-kupas-tuntas-batin-dan-jiwamu>
- Harahap, M. F., Simanullang, S. B., & Purba, R. H. (2025). *Systematic Literature Review : Strategi Mental Training dalam Meningkatkan Konsentrasi dan Performa Atlet Bola Basket*. 5(September), 268–290.
- Henriksen, K., Schinke, R., Moesch, K., McCann, S., Parham, W. D., Larsen, C. H., & Terry, P. (2020). Consensus statement on improving the mental health of high performance athletes. *International Journal of Sport and Exercise Psychology*, 18(5), 553–560. <https://doi.org/10.1080/1612197X.2019.1570473>
- Henry Manampiring. (2018). *FILOSOFI TERAS*. KOMPAS.
- Herpandika, R. P., Yuliawan, D., & Rizky, M. Y. (2019). Prosiding Seminar Nasional IPTEK Olahraga C. 1. *Seminar Nasional IPTEK Olahraga, 2019, ISSN 2622-0156 Studi*, 8.
- Ima. (2025). *Persiapan Mental : Kunci Sukses dalam Menghadapi Tantangan Mengelola Stres dengan Baik Meningkatkan Self-Talk*. <https://tesis.id/blog/persiapan-mental-kunci-sukses-dalam-menghadapi-tantangan/#:~:text=Persiapan mental adalah proses mempersiapkan pikiran dan,motivasi%2C serta menjaga ketenangan dalam menghadapi tekanan>.
- Irfansyah, A., Suprianto, B., Kuntadi, C., & Sudarmaji, H. (2023). Factors that Affect the Quality of

Vocational Education Graduates in the 4.0 Era : Job Readiness , Skills and Digital Services. *Dinasti International Journal of Education Management and Social Science*, 4(4), 485–496.

Kim, H., Chung, E., Kim, S., & Lee, B. (2022). *Effect of Judo Athletes ' Psychological Function on Sports Coping Skills : Moderated Mediating Effect of Tension*.

Li, Y., Ren, Y., Du, Z., Li, M., & Jiang, J. (2025). *Competitive pressure , psychological resilience , and coping strategies in athletes ' pre- competition anxiety*. 1–13.

Madigan, S. M., Nevill, A., Warrington, G., & Ellis, J. G. (2021). *The Sleep and Recovery Practices of Athletes*. 1–25. <https://doi.org/https://doi.org/10.3390/nu13041330>

Mokhammad Firdaus, Budiman Agung Pratama, A. M. I. P. (2023). *Buku Ajar Ilmu Gizi Olahraga* (T. W. N. Marista Dwi Rahmayantis (ed.)). Universitas Nusantara PGRI Kediri.

Muhammad Ramdan. (2024). *Hasil akhir renang PON 2024: DKI Jakarta raih medali terbanyak*. ANTARA. <https://www.antaranews.com/berita/4346591/hasil-akhir-renang-pon-2024-dki-jakarta-raih-medali-terbanyak>

Nuetzel, B. (2023). *Coping strategies for handling stress and providing mental health in elite athletes: a systematic review*. November. <https://doi.org/10.3389/fspor.2023.1265783>

Nurvinanto, I. A., Sukma, A. A., Yuliawan, D., Ilmu, F., & PGRI, U. N. (2025). *Survei Manajemen Pembinaan Prestasi Atlet Renang Kota Kediri Tahun 2025*. 0008(Hasibuan 2007), 426–434.

Olstad, B. H., Berg, P. R., & Kjendlie, P. L. (2021). Outsourcing swimming education—experiences and challenges. *International Journal of Environmental Research and Public Health*, 18(1), 1–14. <https://doi.org/10.3390/ijerph18010006>

Porprov Jatim. (2025). *PORPROV IX JAWA TIMUR TAHUN 2025 Kolam Renang Kanjuruhan Kabupaten Malang 25 - 27 JUNE 2025*.

Riinawati, R. (2021). Hubungan Konsentrasi Belajar Siswa terhadap Prestasi Belajar Peserta Didik pada Masa Pandemi Covid-19 di Sekolah Dasar. *Edukatif : Jurnal Ilmu Pendidikan*, 3(4), 2305–2312. <https://doi.org/10.31004/edukatif.v3i4.886>

Ririn Budiarti. (2025). Pengaruh Pola Makan, Kedisiplinan Dan Mental Terhadap Prestasi Atlet Asiop Football Academy Di Bogor. *Manajemen, Volume 6*,. <https://share.google/Sxn8gVINAvexc6KaD>

Rosa Prasetyo, Tri Rustiadi, T. S. (2020). *Evaluasi Manajemen Program Pembinaan Olahraga Renang di Klub Spectrum Kota Semarang*. 9(3), 317–322.

Salsaputri, D., Sultoni, K., Ruhayati, Y., & Ajid, O. N. (2025). *Journal of Sport Sciences and Fitness Physical Condition and Concentration on Pencak Silat Athletes*. 11, 40–49.

Sandeep Jain. (2025). *Types and Function of Nutrients*. Geeksforgeeks. <https://www.geeksforgeeks.org/biology/types-and-function-of-nutrients/>

Sargent, C., Lastella, M., Halson, S. L., & Roach, G. D. (2021). *How Much Sleep Does an Elite Athlete Need ?* 1746–1757.

Sugito, S., Allsabab, M. A. H., & Putra, R. P. (2020). Manajemen kepelatihan klub renang Kota Kediri tahun 2019. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 6(1), 242–258. [https://doi.org/10.29407/js\\_unpgri.v6i1.14021](https://doi.org/10.29407/js_unpgri.v6i1.14021)

Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.

Thompson, K. E. M. D. B. P. M. E. S. K. G. (2018). Pacing in Swimming : A Systematic Review. *Sports Medicine*. <https://doi.org/10.1007/s40279-018-0901-9>

Tjung Hauw Sin. (2016). *Persiapan Mental Training Atlet dalam Menghadapi Pertandingan. Vol.1 No.0*, 61–73.

Weinberg, Robert S., Gould, D. (2019). *Foundations of Sport and Exercise Psychology, 7E*. Human Kinetics. <https://books.google.co.id/books?id=ACBwDwAAQBAJ&lpg=PR1&hl=id&pg=PR1#v=onepage&q&f=false>

Wizdan Ulum. (2026). *Tips Mengoptimalkan Waktu Istirahat agar Tetap Segar*. Universitas Sains

- Dan Teknologi Komputer. <https://stekom.ac.id/artikel/tips-mengoptimalkan-waktu-istirahat-agar-tetap-segar>
- Wolters Kluwer. (2026). The Neurophysiological Impact of Sound Therapy on Stress Reduction and Motor Performance in Athletes. *Heart and Mind*, 10.
- World Aquatics. (2025). *World Aquatics Championships - Singapore 2025*. <https://www.worldaquatics.com/competitions/4725/world-aquatics-championships-singapore-2025>
- Zandi, H., Amirinejad, A., Azizifar, A., Aibod, S., & Veisani, Y. (2021). *The effectiveness of mindfulness training on coping with stress, exam anxiety, and happiness to promote health*. <https://doi.org/10.4103/jehp.jehp>