



Increasing Psychological Well-Being Through Role Awareness Training Among Student-Athletes in National Potential Young Athlete Training Center

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ABSTRACT

Objective: In response to the problem of the dual career of student-athletes during quarantine resulting in a psychological well-being crisis. This study aims to assess the effect of role awareness training developed to improve the psychological well-being of student-athletes. The study aims to determine the effect of role awareness training on psychological well-being in student-athletes at the National Potential Young Athlete Training Center. **Method:** A quantitative experimental method with a pretest-posttest control group design was used. The subjects of this research were 24 athletes of the National Young Athlete Training Center. Sampling is done with a saturated sample, where all population members become a sample. Data was obtained through pretest and posttest using a psychological well-being instrument that contains 42 items. JASP (Jeffrey's Amazing Statistics Program) for Windows software was used to analyze the data used in the study. The data analysis technique used was the independent sample t-test. **Results:** The results showed that role awareness training can guide athletes in improving psychological well-being. **Novelty:** In response to the problem of the dual career of student-athletes during quarantine resulting in a psychological well-being crisis. This research concludes that role awareness training influences psychological well-being in student-athletes.

INTRODUCTION

Indonesia's sporting achievements have increased, as evidenced by the achievements of athletes from various sports and age groups. According to the official Kemenpora website, Indonesia managed to rank third in the final standings of the 2023 SEA Games in Cambodia, winning 276 medals with details of 87 gold, 80 silver, and 109 bronze (Kemenpora, 2023). This needs to be improved with the efforts that have been made, namely the National Sports Grand Design program, which is a government program to look for superior young people to be trained to become professional athletes by Long Term Athlete Development terminology in National Potential Young Athlete Training Center (Amali, 2022).

In reality, this effort takes work. Athletes experience various problems while in quarantine. The first problem is the dual role of athlete and student. You must carry out intensive training and high-frequency sports participation as an athlete. Then, an unsupportive environment, such as harsh coaching from coaches and hazing from teammates, can become a problem for student-athletes (Simons & Bird, 2023). This causes physical and psychological injuries to athletes (Haraldsdottir et al., 2021). The second

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