

ABSTRACT

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Coping Stress of Early Adulthood Swimmer Who Ever Failed; (Henny E. Wirawan, M.Hum, Psi); Undergraduate Program in Psychology; (71 pages + R1-R2, Appdx 1-6).

Stress can be experience by everyone including athletes that has experienced some failure. Muscles injuries, boredom, exercise programs that is monotone, and pressure from various people including coach and board usually can also be the cause of swimming athletes experience failure. To overcome the effects from the failure they experienced, they need different environment. To evaluate failure, seeking social support, recreation, relaxation or imagery visual, watching videotape from previous competition and a change in practice technique can be the alternative to overcome the effect of failure they experienced. In study result, it can be found that most of them seeking social support to overcome the stress. Those supports are including good motivation from parents or coach to bring back the spirit of achievement. This research was done to 4 swimmers aged 27-32 years old from various swimming club in Jakarta on 5th October 2007 until 8th April 2008.

Key words: coping stress, social support.