

## **ABSTRACT**

**Hilarion Erwin, S.Psi. "Progressive Relaxation and Imagery in Handling Competition Anxiety of Wrestling Athletes"**

**(xiii + 121 pages + P1-P5)**

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Competition anxiety is a condition which is indicated by cognitive and somatic. Cognitive anxiety is manifested by feelings nervous, worry, and uncomfortable. Somatic anxiety is manifested by experiencing of physical symptoms such as thumping heart, increased heart rate and blood pressure, faster breathing, and sweaty palms. The wrestling athletes can perform poorly at the game because they feel anxiety before competition. Progressive relaxation and imagery is the therapeutic methods that could reduce anxiety symptoms for the wrestling athletes. Progressive relaxation and imagery can make athletes feel relax, calm, and confidence before they perform on competition. The subjects of this research were three wrestling athletes, at the Serang-Banten. The result concludes that progressive relaxation and imagery decreases the competition anxiety of wrestling athletes.

Keywords: progressive relaxation, imagery, competition anxiety, wrestling.

References: 42 (1980 - 2007)