

**Effectivity of Cognitive Behavior Therapy to Improve The Motivation of
Swimming Athlete whose Achievement Motivation is Decreasing.**

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Abstract

Swimming is one of popular sports in Indonesia. This research is done to improve the swimming athletes' motivation using *Cognitive Behavior Therapy*. An athlete's motivation in gaining achievement plays an important role in every success that he wants to achieve. The participants of this research are two female teenager athletes, 18 and 19 years old, in Jakarta. The researcher used *convenience sampling method* in taking the sample. The interview and therapy on the participants were done from April to August 2011. A measuring instrument of athlete's achievement motivation was used before and after the therapy to measure the level of achievement motivation. The use of *Cognitive Behavior Therapy* was proven to be effective enough to improve swimming athlete's achievement motivation. We can see it from the improvement of the participant's motivation score based on measuring instrument of athlete's achievement motivation which was given after the therapy.

Key words: Cognitive Behavior Therapy, achievement motivation, teenager swimming athlete.