

**Application of The Self Talk Intervention Program
by The DKI Jakarta Rowing Athletes in Dealing with Anxiety**

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ABSTRACT

Dayung (rowing) is one of the types of sports that became the ancestral heritage of Indonesia. This sport continues being developed into several types, namely Rowing, Canoeing, Kayaking and Dragon Boat. Various competitions are conducted by the athletes for the sake of sport achievements. Numbers of athletes may experience anxiety. Based on the SAS-II (Sport Anxiety Scale) test seven (7) Jakarta athletes were classified as experiencing high anxiety. Such condition may cause weakness in sport achievements. Psychological interventions may necessarily be needed, and of them is a form of self-talk (Hardy & Hardy, 2004). This report is based on the study of how Jakarta rowing athletes use self-talk to deal with their anxiety.

Keyword: Dayung Athletes, Anxiety, Self Talk.