

## **ABSTRACT**

### **Application of Imagery Techniques to Reduce Anxiety Level in Sports Climbing's Athletes at Training Area X**

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This study aims to determine the application of imagery techniques to reduce anxiety sports climbing's athletes. Anxiety is a negative emotional state with feelings of nervousness, worry, and fear of something that is followed by physical symptoms. Imagery is a mental ability to deliver experiences (involving multiple sensing) real without actually experiencing it. This study involved two participants; a person of the male and one female. Participants are athletes training area X. The method used in this study is an experimental with a mixed method; qualitative and quantitative. The result of this study are imagery techniques can reduce the level of anxiety in sport climbing's athletes at training area X.

Keyword: Imagery, anxiety, sport climbing.