

**Brief Cognitive Behavior Therapy to Improve Achievement Motivation in
Adolescent Finswimming Athlete for Facing the Competition**

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Abstract

Finswimming is a discipline of water sport that is developing both in the world and in Indonesia. The successes and failures can be influenced by their achievement motivation of an adolescent finswimming athletes. This research was conducted to improve the achievement motivation in adolescent finswimming athlete using the Brief Cognitive Behavior Therapy for facing the competition. Research carried out on one adolescent finswimming athlete girl, 15 years old from a finswimming club in Jakarta. Interview and therapy conducted by researcher from March to August 2011. Researcher using the Athlete's Achievement Motivation Measurement before and after therapy to measure participant's level of achievement motivation. Adolescent finswimming athlete should be able to focus and find a way out when they encounter difficulties. After Brief Cognitive Behavior Therapy is given, participant pay more attention to the cognitive process as a means to control and monitor her behavior so as to increase achievement motivation to face the national competition. Brief Cognitive Behavior Therapy looks effective to increase participant's achievement motivation with increased scores on achievement motivation using Athlete's Achievement Motivation Measurement are given after therapy than before therapy.

Keywords: Brief Cognitive Behavior Therapy, achievement motivation, adolescent finswimming athlete.