

THE EMOTIONAL LEVEL PROFILE OF SPORT SCIENCE FACULTY STUDENTS AS OVER TRAINING SYNDROME INDICATORS (REFLECTION OF CURRICULUM 2014 IMPLEMENTATIONS)

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ABSTRACT

The first level students of the Sports Sciences Faculty (FIK) in Yogyakarta State University (UNY) have greater potential for stress and fatigue. As a result of not only being exposed to cognitive stressors, but also physical stressors (training and other field learning process). The curriculum used as a reference for the learning process at FIK UNY is the Curriculum 2014. The focus of the study is in the first year of the second semester students. At which, students are burdened with a considerable amount of practice credits. As a result, the learning burden becomes heavier because of excessive physical stressors. The purpose of this study was to determine the mood profile of respondents as an indicator to detect the effectiveness of physical activity it did and to find out whether there was an over training syndrome (OTS) that could reduce motivation and performance both cognitive and physical. This is a survey research using quantitative methods. Data collection techniques used the Brunels Mood Scale (Brums) questionnaire instrument. The study involved the second semester of the Faculty of Sports Sciences students, which consisted of four Study Programs, namely PJKR, PGSD, PKO, and IKOR. 253 male and 86 female students. Research data was analyzed using SPSS. As results, the pattern depicted in each component of the mood indicator in each study program showed the same pattern, with only a slight difference in the percentage numbers. The components of the positive mood appear to be dominated by students of Ikor and PGSD study programs. While the component of fatigue showed the highest percentage in PKO students, and the highest percentage for depression components experienced by PJKR students.

Kata Kunci: mood state, FIK UNY students, over training syndrome, Brums