

ABSTRAK

Kiromal Katibin (2026), *Beyond Limits : Ketahanan Mental dan Strategi Latihan dalam Mencapai Performa Puncak Atlet Panjat Tebing Speed Kelas Dunia*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah dikoreksi dan diperiksa oleh Pembimbing Utama: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P, dan Pembimbing Pendamping: Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P.

Kata kunci : cedera olahraga; ketahanan mental; panjat tebing speed; strategi latihan; studi kasus.

Penelitian ini bertujuan untuk mendeskripsikan secara mendalam pengalaman seorang atlet panjat tebing speed kelas dunia dalam membangun ketahanan mental dan menerapkan strategi latihan di tengah keterbatasan fisik akibat cedera bilateral pada siku (*tennis elbow* dan *golfer's elbow*). Fokus kajian meliputi bentuk adaptasi latihan teknik, modifikasi latihan fisik pendukung, serta dinamika psikologis yang memungkinkan atlet tetap berprestasi meskipun dalam kondisi cedera kronis.

Pendekatan yang digunakan adalah kualitatif dengan jenis studi kasus. Penelitian dilaksanakan di Pusat Pelatihan Nasional Bekasi dan berbagai venue kompetisi internasional sepanjang tahun 2025. Subjek penelitian adalah satu orang atlet tim nasional panjat tebing Indonesia kategori speed (inisial KK) yang mengalami cedera bilateral pada siku. Sumber data meliputi catatan harian latihan (lebih dari 300 entri), jurnal refleksi mingguan (52 entri), dokumentasi foto kegiatan (60 foto), serta catatan wawancara informal. Teknik pengumpulan data menggunakan dokumentasi, observasi partisipatif, dan wawancara tidak terstruktur. Analisis data dilakukan secara tematik mengikuti prosedur enam fase Braun dan Clarke. Keabsahan data dijamin melalui triangulasi sumber dan metode, *member checking*, serta audit trail.

Hasil penelitian menunjukkan bahwa adaptasi latihan teknik melalui *partial drilling* dengan pembagian part start, tengah, dan finishing serta modifikasi beban tali mampu mempertahankan memori otot sekaligus mencegah perburukan cedera. Latihan fisik pendukung seperti *pull-up* modifikasi, *full squat*, *leg press*, dan *plank* berbeban berfungsi sebagai kompensasi penurunan kekuatan lengan. Pemulihan multidimensi (aktif, pasif, nutrisi, fisik, mental) menjadi fondasi keberlanjutan latihan. Faktor terpenting yang ditemukan adalah ketahanan mental adaptif yang didukung oleh pelatih fleksibel, fisioterapis responsif, dan dukungan keluarga. Meskipun nyeri masih dirasakan, atlet berhasil meraih medali di enam seri *World Cup* serta *The World Games* 2025. Penelitian ini menyimpulkan bahwa cedera tidak mutlak menghalangi prestasi puncak jika dikelola dengan strategi holistik dan kecerdasan adaptif. Saran disampaikan untuk integrasi psikolog cedera, dokumentasi skala nyeri harian, serta penjadwalan *recovery* mental secara eksplisit dalam program pelatnas.

ABSTRACT

Kiromal Katibin (2026). *Beyond Limits: Mental Toughness and Training Strategies in Achieving Peak Performance of World-Class Speed Climbing Athletes.* Thesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

This thesis has been corrected and examined by the Principal Supervisor: Dr. Kadek Yogi Parta Lesmana, S.Pd. M.Pd. AIFO-P, and the Co-Supervisor: Dr. I Ketut Semarayasa, S.Pd. M.Or. AIFO-P.

Keywords: case study; mental toughness; speed climbing; sports injury; training strategy.

This study aims to describe in depth the experience of a world-class speed climbing athlete in building mental toughness and implementing training strategies amidst physical limitations due to bilateral elbow injury (tennis elbow and golfer's elbow). The focus includes forms of technical training adaptation, modifications of complementary physical exercises, and psychological dynamics that enable the athlete to maintain performance despite chronic injury.

A qualitative approach with a case study design was employed. The research was conducted at the national training center in Bekasi and various international competition venues throughout 2025. The subject was one Indonesian national team speed climbing athlete (initial KK) suffering from bilateral elbow injury. Data sources included daily training logs (more than 300 entries), weekly reflective journals (52 entries), photographic documentation of activities (60 photos), and informal interview notes. Data collection techniques involved documentation, participatory observation, and unstructured interviews. Thematic analysis following Braun and Clarke's six-phase procedure was used. Data trustworthiness was ensured through source and method triangulation, member checking, and audit trail.

The findings indicate that technical training adaptation through partial drilling divided into start, middle, and finishing sections, combined with modified rope weighting, was able to maintain muscle memory while preventing injury aggravation. Complementary physical exercises such as modified pull-ups, full squats, leg presses, and weighted planks served as compensation for reduced arm strength. Multidimensional recovery (active, passive, nutritional, physical, mental) formed the foundation for training continuity. The most important factor identified was adaptive mental toughness supported by a flexible coach, responsive physiotherapists, and family support. Although pain persisted, the athlete successfully won medals in six World Cup series as well as The World Games 2025. This study concludes that injury does not absolutely prevent peak performance if managed with a holistic strategy and adaptive intelligence. Recommendations are made for the integration of injury psychology, daily pain-scale documentation, and explicit scheduling of mental recovery within the national training center program.