

By



International Seminar of  
Sport Culture and Achievement

# ISSCA 2014 PROCEEDINGS

*"Global Issues of Sport Science &  
Sport Technology"*



Diterbitkan Oleh  
Fakultas Ilmu Keolahragaan  
Universitas Negeri Yogyakarta



SYDNEY



UNIVERSITÄT  
Pendidikan  
Indonesia  
JURUSAN  
Pendidikan  
Pendidikan  
Pendidikan







International Seminar of  
Sport Culture and Achievement

# ISSCA 2014 PROCEEDINGS

*"Global Issues of Sport Science &  
Sport Technology"*



Diterbitkan Oleh



UNIVERSITY OF SYDNEY



UNIVERSIDAD  
PINAR DEL RIO  
SOLAS, CUBA



**International Seminar of Sport Culture and Achievement**  
*"Global Issues of Sport Science & Sport Technology Development"*

**Proceedings**

**Publisher**

Faculty of Sport Sciences  
Yogyakarta State University

**Reviewer**

Dr. Lim Peng Han  
Dr. Gunathevan A/L Elumalai  
Dr. Achara Soachalerm  
Dr. Panggung Sutapa  
Dr. Siswantoyo  
Erwin Setyo Kriswanto, M.Kes.  
Bambang Priyonoadi, M.Kes.

**Editor**

Saryono, M.Or.  
Soni Nopembri, M.Pd.  
Nur Sita Utami, M.Or.  
Satya Perdana, S.S.

**Design & Lay Out**

Sugeng Setia Nugroho, A.Md.

**Secretariat:**

Yogyakarta State University, Indonesia Telp: +62274 550307  
Email: [issca\\_2014@uny.ac.id](mailto:issca_2014@uny.ac.id) - Website: [seminar.uny.ac.id/issca2014](http://seminar.uny.ac.id/issca2014)

The paper published in the proceeding is not necessarily a reflection of the attitude or opinion of the editor and executive, editor, expert editors and the responsibility for the contents or effect of the writing, still lies on the author.

**Article published in the proceeding is considered valid  
by the certificate included in the presentation.**

## Preface

### **Salam Olahraga!**

Praise and be grateful to the Lord, so that this proceeding can be issued. The International Seminar of Sport Culture and Achievement with "Global Issues of Sport Science & Technology Sport Development" theme is held on 23rd- 24th April 2014 at Yogyakarta State University Hotel. The seminar is conducted by Faculty of Sport Science, Yogyakarta State University.

The seminar was conducted in order to enliven the 50th anniversary of Yogyakarta State University. The Seminar aims at revealing any growing sport potentials and recent worldwide research results. There are three pillars of sport: recreational sports, physical education/ sports pedagogy, and elite sport that in common have one goal to form characters and support achievement.

Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general. Final words for all those who have helped this seminar, we thank you.



**Dean of Faculty of Sport Science  
Yogyakarta State University**

**Drs. Rumpis Agus Sudarko, M.S.**

## Preface

*Assalammualaikum Warrah Matullahi Wabarakatuh*

The honorable speakers, Prof. Dr. Djoko Pekik Irianto, M.Kes. AIFO (Deputy of Achievement Improvement of Sport and Youth Ministry), Dr. Wayne Cotton (Australia), Dr. Jose Vicente Garcia Jimenez (Spain), Dr. Achara Soachalerm (Thailand), Dr. Lim Peng Han (Singapore), and Dr. Gunathevan A/L Elmulai (Malaysia). The distinguished guests.

First of all, on behalf of the committee of the International Seminar of Sport Culture and Achievement, let me express great thank to God Allah SWT who gives us opportunity and health, so that we can join this international seminar on sport culture and achievement. It is my pleasure to welcome you to the International Seminar of Sport Culture and Achievement in Faculty of Sport Science Yogyakarta State University.

The international seminar is in order to celebrate the 50th anniversary of Yogyakarta State University. In this opportunity, we invite five speakers from five countries; they are from Spain, Australia, Thailand, Singapore, and Malaysia. The participants of the seminar are 250 participants.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the seminar will run well and be successful.

Thank you very much.

*Wassalamualaikum Warrahmatullahi Wabarakatuh*

Yogyakarta, 24<sup>th</sup> April 2014  
Chairman of ISSCA,  
  
Dr. Panggung Sutapa, M.S.





## CONTENTS

Cover .....	i
Preface .....	ii
Content .....	iii
Keynote Speaker .....	iv
Guest Speakers .....	v
Manipulative Motions of 2010 Academic Year PJKR Students Ability of Net Teaching Lecturing Amat Komari, Yogyakarta State University, Indonesia .....	1
Ability of Physical Education Teachers in Implementing Learning Outdoor Education (Studies in Outdoor Education Trainees) Aris Fajar Pambudi, Yogyakarta State University, Indonesia .....	9
Designing Physical Education (PE) Learning Using Scientific Approach Aris Priyanto, Sport and Youth Department Yogyakarta, Indonesia .....	15
A Comparative Study on Sport Education Concept and Movement Education Concept in Physical Education Teacher Education: an Over View on Existencial Phenomenology Bambang Abduldjabar, Indonesia University of Education, Indonesia .....	22
Playing Aids and Early Childhood Motor Skill in Kindergarten Banu Setyo Adi, Yogyakarta State University, Indonesia .....	33
The Effect of Traditional Games Toward Physical Fitness Elementary School Students Dewi Septaliza, Bina Darma University, Indonesia .....	40
The Human Resource Profile of Early Childhood Education (PAUD) Teacher for Motoric Aspect of Early Childhood Children Endang Rini Sukanti, Yogyakarta State University, Indonesia .....	47
Big Ball Game Modification for Learning Physical Education A Erlina Listyarini, Yogyakarta State University, Indonesia .....	54
School as Sport Health Promotion Place to Improve Students Health Level Erwin Setyo Kriswanto, Yogyakarta State University, Indonesia .....	61
The Influence of Learning Pattern and Adversity Quotient towards the Achievement of Javelin-Throw Lesson after Controlling Student Previous Knowledge Ishak Aziz, Padang State University, Indonesia .....	68
Knowledge Level Students PJKR C Forces 2011 about Violations and Penalties in Football Game Nurhadi Santoso, Yogyakarta State University, Indonesia .....	76

Study of Information Systems Material Strength Training Program Fitness Activities for Elementary School Children Ranu Baskora Aji Putra. Semarang State University, Indonesia .....	84
The Theory of Achievement Motivation Elliot Model in A Physical Education Siti Hajar, Tunas Pembangunan University, Indonesia .....	91
Outcome-Based Evaluation of Kasetsart University Students Participated in Outdoor Education Camp Program Suvimol Tangsujjapoj, Kasetsart University, Thailand .....	97
The Performance of Health and Physical Education Teachers in Government Elementary Schools Graduated from Opened University of Indonesia in Purworejo Triyono, Open University of Indonesia, Indonesia .....	106
Analysis Factors Related to Overweight at Student of Junior High School Wilda Welis, Padang State University, Indonesia .....	117
Designing Motor Learning in Physical Education at Schools Yudanto, Yogyakarta State University, Indonesia .....	125
Game Volleyball Preparing Attack for Sport and Health Education Learning for First Class in Junior High School Yuyun Ari Wibowo, Yogyakarta State University, Indonesia .....	133
The Understanding Level of Tactic and Strategy of Basketball Game in PJKR Students of FIK UNY Tri Ani Hastuti, Yogyakarta State University, Indonesia .....	142
The Influence of Exercise the Barrier Hops on Crossing at Students Young Indonesian Soccer Football Club in Palembang Ahmad Richard Victorian, Bina Darma University, Indonesia .....	152
Validity and Reliability of Futsal Skill Test Agus Susworo Dwi Marhaendro, Yogyakarta State University, Indonesia .....	157
Physical Exercise for Tennis Athlete with Weight Training Ahmad Nasrulloh, Yogyakarta State University, Indonesia .....	165
A Review Nutrition Intake before Competition and Factors Influencing Women's Swimming Athletes in Swimming Club Padang Anton Komaini <sup>1</sup> and Tika Sebrina <sup>2</sup> Padang State University, Indonesia .....	172



Physical Exercise for Early Childhood Taekwondo Devi Tirtawirya, Yogyakarta State University, Indonesia .....	184
Correlation Between Protein, Fat and Carbohydrate with Arm Power and Leg Power in Pencak Silat Combative Pelatda DIY Athlete Dwi Wahyuningsih <sup>1</sup> , B.M Wara Kushartanti <sup>2</sup> , Arta Farmawati <sup>3</sup> , B.J. Istiti Kandarina <sup>4</sup> , and Mirza Hapsari Sakti Titis Penggalih <sup>5</sup> Gadjah Mada University <sup>1</sup> , Yogyakarta State University <sup>2</sup> ; GadjahMada University <sup>3,4,5</sup> ; Indonesia .....	194
Comparasion of Body Composition and Somatotype Characteristics of Sprinter Athletes at AUE and YSU Eddy Purnomo <sup>1</sup> , Norikatsu Kasuga <sup>2</sup> , and Hideki Suzuki <sup>3</sup> <sup>1</sup> Yogyakarta State University, Indonesia; <sup>2,3</sup> Aichi University of Education, Japan .....	202
Identification of Management Standards Infrastructure and Facilities Management Fencing Organization in Yogyakarta Faidillah Kurniawan, Yogyakarta State University, Indonesia .....	208
ACTN3 R577X Polymorphism and Body Composition Profile of Indonesian Karate Athletes Rachmah Laksmi Ambardini, Yogyakarta State University, Indonesia .....	223
Development of Learning Media Movement Rhythmic Activity Model for Students SD Form VCD Siti Nurrochmah <sup>1</sup> , Tatok Sugianto <sup>2</sup> , and Sri Purnami <sup>3</sup> , State University of Malang, Indonesia .....	228
Revitalizing Sepaktakraw Ninja Smash Using Hanging Ball and Mattress I Ketut Semarayasa, Education University of Ganesha, Indonesia .....	239
Menstruation and Female Athlete's Performance Indah Prasetyawati Tri Purnama Sari, Yogyakarta State University, Indonesia .....	
Identification of Hydration Status with Urine Profile Measurement and Drink Consumption in PencakSilat Athlete in Yogyakarta State University Inna Rachmawati <sup>1</sup> , Neni Trilusiana Rahmawati <sup>2</sup> , Mirza Hapsari Sakti Titis Penggalih <sup>3</sup> , and B.J. Istiti Kandarina <sup>4</sup> GadjahMada University, Indonesia .....	
Model of Mental Training for Swimming Athletes Juriana, Jakarta State University, Indonesia .....	266
The Implementation of Physical and Health Education in School Kamal Firdaus, State University of Padang, Indonesia .....	273



The Factor That Affects Participants of Kasetsart University's Thai-Sword Competition Kanlapruk Polsorn <sup>1</sup> and Dr. Achara Soachalerm <sup>2</sup> , Kasetsart University <sup>1,2</sup> , Thailand .....	279
Measuring Service Satisfaction in Tirta Kirana's Swimming Pool Kurnia Tahki <sup>1</sup> and Juriana <sup>2</sup> , Jakarta States University, Indonesia .....	284
The Effects of Isotonic Drink, Coconut Water, and Plain Water on Hydration Status of Football Athlete by Urine Profile Viewing Mirza Hapsari Sakti Titis Penggalih <sup>1</sup> , Arta Farmawati <sup>2</sup> , Retno Sutomo <sup>3</sup> , Muhammad Nurhadi <sup>4</sup> , Wiryatun Lestariana <sup>5</sup> , Muhammad Juffrie <sup>6</sup> , Lisandra Maria Goretti <sup>7</sup> , and Hamam Hadi <sup>8</sup> , Gadjah Mada University, Indonesia .....	291
Relationship Between Percentage of Body Fat and Somatotype Athletes of Pencak Silat Combative Class Regional Training (PELATDA) Daerah Istimewa Yogyakarta Nadia Hanun Narruti <sup>1</sup> , B.J. Istiti Kandarina <sup>2</sup> , Arta Farmawati <sup>3</sup> , and Mirza Hapsari Sakti Titis Penggalih <sup>4</sup> , Gadjahmada University, Indonesia .....	297
The Analysis of the Physical Condition, Will Pencak Silat Construction Training Center Students (PPLP) of West Sumatra Nurul Ihsan, Padang State University, Indonesia .....	307
Understanding "Sports Hernia" (Athletic Pubalgia) as A Chronic Groin Injury in Athletes Sendhi Trisanti Puspitasari State University of Malang, Indonesia .....	312
A Study on Achievement Motivation by Gymnastics Floor Athlete's in Sijunjung Regency Sri Gusti Handayani, Padang State University, Indonesia .....	323
Effect of Stress and Anxiety Swimming Performance Athletes Sungkowo, Semarang State University, Indonesia .....	334
Effect of Sensitivity Proprioceptive and Plyometric Training for Jump Serve Success on Volleyball Syarif Hidayat, Ganesha Education University, Indonesia .....	341
Analysis of the Grand Strategy of National Sport Performance Development of 2014 - 2024 Wawan S. Suherman, Yogyakarta State University, Indonesia .....	348
"No Practice, Watch Only": Sport in Consumer Society Anirotul Qoriah, Semarang State University, Indonesia .....	355
The Field of Lecturers Expertise Based on Sport Science Development Bambang Priyonoadi <sup>1</sup> , Saryono <sup>2</sup> , and Soni Nopembri <sup>3</sup> , State University Of Yogyakarta <sup>1,2,3</sup> , Indonesia .....	364



Correlation of Nutrition Status and Dysmenorrhea Painful to Female Students Sports Science Departemet Faculty of Sport Science Yogyakarta State University Cerika Rismayanthi, Yogyakarta State University, Indonesia .....	370
Warming-Up Exercises for Mini-Volleyball Danang Wicaksono, Yogyakarta State University, Indonesia .....	381
Gateball as An Alternative Sport to Maintain Physical Fitness of Elderly Fatkurahman Arjuna, Yogyakarta State University, Indonesia .....	390
Survey of the Understanding Level of Physical Education Teachers to Design Games in Elemantary Schools in Malang Febrita P. Heynoek <sup>1</sup> , Sri Purnami <sup>2</sup> , and Dona Sandy Y <sup>3</sup> , State University Of Malang, Indonesia <sup>1,2,3</sup> .....	399
Changes in Blood Lactic Acid Levels after Active, Corstability, and Passive Recovery Hajar Danardono, Tunas Pembangunan University Surakarta, Indonesia .....	405
The Role of Branched Chain Amir.o Acids as Dietary Sports Supplements I Made Satyawan <sup>1</sup> and I Wayan Artanayasa <sup>2</sup> , Ganesha Education University, Indonesia <sup>1,2</sup>	415
The Effect of Side Jump Sprint Training with 1:3 and 1:5 Work: Rest Relief Ratio on Leg Muscle Power I Nyoman Sudarmada, Ganesha Education University, Indonesia .....	422
Marketing Strategies of Tubing Sports to Increased Tourist to Visit Bali I Wayan Muliarta <sup>1</sup> and Kadek Yogi Parta Lesmana <sup>2</sup> , Ganesha Education University, Indonesia .....	429
The Importance of Emotional Maturity and the Ability on Think Positive for Athletes Komarudin, Yogyakarta State University, Indonesia .....	437
The Effects of Training and Achivement Motivation on Vertical Jumping Ability Muslimin, Bina Darma University Palembang, Indonesia .....	443
Integrated Physical Education in The Context of 2013 Indonesian Primary School Curriculum Soni Nopembri <sup>1</sup> , Saryono <sup>2</sup> , and Ahmad Rithaudin <sup>3</sup> , Yogyakarta State University, Indonesia <sup>1,2,3</sup> .....	451
The Effect of Aerobic and Anaerobic Exercises on Premenstrual Syndrome (PMS) (Experimental Study On Students FikUnp) Umar Padang State University, Indonesia .....	460



Learning Model of Physical Education Using Multiple Intelegenscies Approaches and Influence on Creativity Development Roesdiyanto, State University of Malang. Indonesia .....	466
Neutrophils Percentage after Consuming Red Guava Juice (PsidiumGuajava L. Red Cultivar) During Aerobic Exercise Yuliana Noor Setiawati Ulvie <sup>1</sup> and Sugiarto <sup>2</sup> <sup>1</sup> Nutrition Study Program, University of Muhammadiyah Semarang <sup>2</sup> Faculty Of Sport Science, Semarang State University .....	473



# **THE IMPORTANCE OF EMOTIONAL MATURITY AND THE ABILITY TO THINK POSITIVE FOR ATHLETES**

**Komarudin**

**Yogyakarta State University, Indonesia**

## **Abstract**

Sport Athletes is part of a group of people who have a duty and responsibility to life, the athlete is also the next generation to continue the development of the nation and the state in the future, especially in the field of sports achievement. To form a human athlete in order to be of good character is not as easy as turning the palm of the hand. Reality on the ground stated that not all athletes can excel and formed in accordance with the expected character. Failure occurred not possible formation of emotional maturity and lack of power of positive thinking in athletes. Emotionally unstable and cause hardship concentration affect an athlete's achievement, while positive thinking can provide that much power for athletes in running a game or in another life.

Sports activity has a purpose that is comprehensive which includes aspects of physical, cognitive, affective, emotional, social and moral. Sports is a process of interaction between humans and the environment are managed through motion activities systematically to form a whole person, which is to develop the physical, psychomotor, cognitive, and affective aspects. One aspect that directly affective development in sport is emotional maturity and positive thinking.

**Keywords:** emotional maturity, positive thinking, youth and sport

## **INTRODUCTION**

Human resource is one of the development potential for the advancement of the nation. Its human resource is not limited to human adults, but also teenagers as part of a community member who has a relatively large number of full potential will play an active role in national development in the future.

Emotion is something that adds to the atmosphere of the individual's life is more "unfeeling". Emotional state can be a major influence on the level of individual energy, anger can be exhausting and often waste so much energy when emotions are heightened. Anger, resentment, anxiety, fears and feelings (emotions) can create a negative other large hole in one energy bin and quickly drain his life. Already a general tendency to connect the way how people feel with certain aspects such as mood changes, fluctuations, hormones and more specific external events.

In fact, feelings are 'dramatic' as boredom, indifference, do not want to know, and haphazard, will slowly suck the energy that has gone. In contrast, other feelings such as, honey, love, happy, to strengthen and develop the human energy system. Any negative feelings experienced during this life often requires a great effort to get out of his net. Various methods are used, however, always fail because all this seems excessive emotion always considered negative (pathogenic). Do not try to find the solution in psychology in general certainly will not find it because this sort of thing is called a negative psychological (emotional) because to dwell on the negative side of man, which is so far the study of psychology in general.



Psychology offers a reduction of this type of psychiatric problems. In fact, humans are not just simply need free of problems. Humans also need to fill her life with happiness. Negative emotions pathogenic looks like it could be converted into a positive emotion if we know that the force will be positive.

Human resource is one of the development potential for the advancement of the nation. Its human resource is not limited to human adults, but also teenagers as part of a community member who has a relatively large number of full potential will play an active role in national development in the future.

## **EMOTIONS**

### **1. Definition Emotions**

Emotion comes from the French and Latin that means interfere with or disrupt (Manz , 2007) and according to The New World Dictionary defines emotion as 'any particular feelings; every variety of complex reactions with both embodiments are physically and mentally'. The word emotion is a loan word from the English language, the 'emotion'. In the dictionary, the word 'emotion' is used to describe a strong sense and feeling that something very pleasant or very disturbing. For example, a strong feeling and fun moments with someone, maybe it that the self is in a state of emotion.

Type, the emotion of love. Another statement stating that the emotions triggered by one's interpretation of an event, the presence of a strong physiological reactions, emotional expression based on genetic mechanisms, is information from one person to another, and help one adapt to changing environmental circumstances.(Manz,2007).

### **2. Division of Emotions**

Emotions can be divided into positive and negative values. Among them there is value neutral. Neutral emotion is emotion categories unclear position. Sometimes it can be a positive emotion can sometimes be as negative emotions, such as surprise and wonder.

One way that is used to determine whether or not a person happy in life is to ask them. Subjective well-being is the assessment in individuals about their lives, including two common variables:

- Emotional well-being, a balance of positive affect. Positive emotions play a role in triggering the emergence of emotional well-being and facilitates the setting of negative emotions and negative affect which includes satisfaction with life (life satisfaction) and happiness.
- Positive functioning, including psychological well-being and social well-being. The components of psychological well-being is a personal growth, life purpose, has a positive relationship with others, acceptance of self, the mastery of the environment, and otonomy. While the components of social well-being include social integration, social coherence, social acceptance, social actualization, and social contributions.\

### **Happiness**

Happiness is associated with well-being. HaidarBagir defines happiness as follows:



### 1. Welfare (well-being),

The satisfaction or fulfillment of the things that are important in life (external). His opponent is the absence or deficiency of these things. Happiness is closely related to the fulfillment of desires and usually when that desire is not fulfilled then there is unhappiness. The first definition expresses happiness that is influenced by external conditions; happiness seen based on an event that is fun.

Positive and negative emotions greatly affect a person's sense of well. People who have a lot of positive emotions and less negative emotions is usually the people who are happy or prosperous in life. While those who have more negative emotions less prosperous life.

### 2. Willingness.

The state in which a person is (internally). His opponent is restlessness or anxiety. Terms of internal happiness, happiness is no longer seen as the influence of external conditions but happiness seen from our view of the external conditions. How does our perception of an event and how we react to an event.

### 3. Feeling to know the meaning of life.

Namely the ability to make sense of life. The third definition is often also referred to as enlightenment or also commonly referred to as spiritual intelligence.

## **Life satisfaction**

In addition to emotions, feelings of well- defined also by life satisfaction. If a person feels that his life is satisfactory overall, as a decent income and good health he will experience peace (happy life). And conversely someone who has little income and poor health are not satisfied then looking at life. In short, someone who has a high degree of feeling prosperous is he who satisfied with his life, many experience positive emotions and less negative emotions experienced.

That happiness and satisfaction depend on the amount of fun and happy moments (in compton, Diener, 1984). Theory can be divided into two, namely:

#### 1. Theory bottom up, where welfare is the sum of the positive experiences in one's life.

The theory assumes that people create personal judgment about subjektivewell being by adding a wide variety of external circumstances and make a judgment. The more fun which events experienced by a person, then the person will be happy.

#### 2. Theory top-down, supported by certain personal properties, behavior and personal perceptions so relate to one's personal assessment of well-being. Effective emotion regulation has shown can significantly enhance learning, according to research that positive emotions can have a positive influence on problem solving whereas negative emotions even hinder solving the problem.

## **3. Managing Emotions**

Negative emotions need to be managed properly, so that the energy generated can direct individuals to produce something positive. According to some studies, positive thinking does not give much impact on emotional state, this happens because it ourselves accustomed to thinking in negatives. While individuals do thinking Positively then bring all the parts of ourselves to share thinking positive. Later the next decision is taken will be more clear and unhurried atmosphere will be lost. So that the impact of action taken will be better later. ( e - psikologi.com,2006).

Perceived impact:



## Recognizing the positive thinking deeply ([www.vavai.com](http://www.vavai.com))

### 1. Viewing the problem as one of the challenges.

Positive thinking people always see problems as challenges to be faced. Whatever the problems faced not make him feel weak, but the spirit form to solve the problem. Energy that will never run out so he is always ready to face any problems. Those who think positively: See problems subjectively

The problem is a challenge that needs to be resolved immediately, without delay it

Take initiative to resolve problems

### 2. Enjoying life

People think positive always has time for himself doing little things meaningful to him. He enjoyed every job given to him and do it with sincerity that he should finish well. Those who think positively: Grateful for the time he had Can enjoy the world around them as a boon. Never regret what has occur in the past and currently.

### 3. Openness to ideas and suggestions from others.

People always think positive can receive suggestions and ideas from others. Criticism received is not threatening him, but a consideration for him to do the best.

Those who think positively: Can accept others with all its shortcomings. Not being distracted by all the criticism against him.

### 4. Constructive mindset.

Positive thinking people are always open to new things , but full consideration will be logical and not be hasty in making decisions . The attitude of caution and consider a lot of things is the first step in making decisions . People like this are not slow and not responsive to the little things. Those who think positively: Seeing the problems carefully and good judgment. Can make the appropriate decision making.

### 5. Against the negative thoughts that can damage healthy mind.

Negative thoughts are not only destructive energy it has, but it can also inhibit creativity thinking. Those who always think positive always has a way of fighting negative thoughts that arise in a certain way so as to make it be quiet. Those who think positively: Can discard the negative emotions that can hinder personality. Experiences to be able to separate all forms of negative emotions related to the development of her. Can see the difference that separated the problems that arise, so as not to mix the two different conditions.

### 6. Grateful for what he already has.

Happiness is not so much what they have , they are thinking positively always be grateful for what they have done today. The results are not priorities for them. At least they have done their best and be grateful for what is already his. Those who think positively: Happy and grateful to all who have had. Does not depend on the material can see the world with a different lens.

### 7. Steer clear of gossip.

Gossip will make someone not be objective when dealing with conflict. Positive people can distinguish between conflict and attitudes that are not in place. Assessment of the problem becomes clearer without interfering with other



people's suggestions. Those who think positively: Have strong principles and strong reasons. Caring for others does not mean want to interfere with other people's problems. Regard gossip as a waste of time and of no benefit to him.

8. Focus on problem solving

Positive thinking people will not let his mind constantly filled with negative things. Failure did not stop in doing a thing, let alone find a reason to use as the cause of the failure. He will not look for scapegoats from the mistakes made. Those who think positively: Responsive to existing. Involve yourself not away from it and innovative initiatives to problems and conflicts.

9. Uses positive language

This means that people think positive always use positive language as well as a driving force of motivation. To evoke the spirit for himself and others and use language that is optimistic. Those who think positively: Using positive language and honest. Using a time for self- statements to support positive attitudes and behaviors.

10. Uses positive body language

They are the ones who live with using the whole of his body to express the spirit, enthusiasm and friendship with others. He was always able to smile and talk with regular and proper intonation so that people can feel comfortable around him. Those who think positively: energetic enthusiastic. Posture support any movement or behavior.

11. Acceptance of self

Positive thinking people do not become a barrier body as their activity. They receive their physical form under any circumstances. They cared about how neat that can increase confidence and always trying to look better. Those who think positively: Receive him with all the advantages and disadvantages that exist in her. Confidence feel able to its ability.

12. Introspection

Seeing the problems focused on him, not blame others or seek out the cause of the problem. Disadvantages that spur him to do better, to forgive himself who has made a mistake and always tried to do the best for himself and others. Those who think positively: Can forgive him the mistake he had made. Making mistakes as a reference to be better.

## **THE POWER OF POSITIVE THINKING**

Brain and the human soul and progressing towards the continuous improvement process. Brain cells continue to grow or shrink along with one's thoughts and actions. If a person thinks and do what is beneficial to the high quality, the number of brain cells will proliferate. Conversely, if the thinking and doing useless poor quality, then there is a shrinkage of brain cells. For the brain, actually between thinking and doing is no different. When a person thinks, comes the electrical signals. Similarly, when a person is doing, it also gave rise to electrical signals. The 'world brain' is no more just world that contains electrical signals. Well when she was instructed to analyze, think, reflect, speak, see, hear, emotional, and moving or running. Everything is no more just a mere electrical signals, which ordered the other organs to react. (Noback, Demarest. 1993).

If we think and do evil and are in a condition of negative emotions, the brain cells will gradually deteriorate in line with the duration of the activity and the brain also releases cortisol effect that constantly produced (as is often angry, often jealousy, envy,



etc.), making stamina down, it could cause a blockage in the blood vessels (so that eventually could stroke), and cause many other diseases. Conversely, if individuals think and do good, nerve cells will proliferate and secrete serotonin brain will also be able to repel the effects of cortisol. Nerve cells that multiply the power that is going to increase brain power and Soul aka someone. Because the brain power along with the number of nerve cells that form the more perfect. One of these efforts is to produce serotonin healthy laugh (Princess, 2006)

Individuals who always called positive thinker positive thinking. Positive thinking is the best choice for everyone in every situation. Positive thinking is in favor of any that are positive and better. Positive thinking always produces a positive output and bring individuals more steady and stable in the face of unfavorable conditions.

Positive -minded people always follow a game plan in life. If we wait for life to bring us to a place, we will fall into the trap that too many expectations and be disappointed quickly. With the set concrete and realistic goals, individuals have made themselves a standard to achieve a clear time period. The first time an individual reaches the goal, positive thoughts will begin to emerge with the capability and skill. And best of all is the confidence level. Success and happiness is a positive thing. So if people want to be successful and happy, think positive.

## REFERENCES

Compton, William C., 2005. *An Introduction to Positive Psikologi*. Thomson Wadsworth : Belmont, USA

Firliana Putri, 2006. *KekuatanBerfikirPositif*. [www.daruttauhid.com](http://www.daruttauhid.com)

Lopez, S.J. & Synder, C.R. 2003. *Positive Psychological Assesment*. Washington, DC: American Psychological Association.

Manz, Charles C., 2007. *ManajemenEmosi*. Diva PressGroup :Jogjakarta

Noback, C R., 1993. *The Human Nervous Sistem*. (edisibahasa Indonesia). EGC : Jakarta

Ryff, C. D. 1989. Happiness Is Everything, Or Is It? Exploration on the Meaning of Psychological Well-being. *Journal of Personality and Social Psychology*, Vol. 57, 6, 1069 – 1081.

[www.vavai.com /blog/index.php?/archives/162-Berpikir-Positif-Positif-Thinking](http://www.vavai.com/blog/index.php?/archives/162-Berpikir-Positif-Positif-Thinking).