PERAN *MINDFULNESS* DALAM PROSES PEMULIHAN PSIKOLOGIS ATLET SEPAK BOLA PASCA CEDERA: STUDI KUALITATIF FENOMENOLOGIS

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INTISARI

Penelitian ini **bertujuan menganalisis** peran *mindfulness* terhadap pengurangan pola pikir negatif yang menghalangi proses pemulihan cedera dari pesepakbola profesional. Penelitian ini menggunakan **metode** kualitatif dengan pendekatan fenomenologi. Untuk mendapatkan data, wawancara semi-terstruktur dan dokumentasi dilakukan kepada tiga orang subjek dengan kriteria atlet sepak bola (liga Persebaya, liga Elite Pro Academy, dan mantan timnas) yang memiliki riwayat cedera olahraga berat dengan intervensi operasi serta masa pemulihan minimal enam bulan. Data yang telah terkumpul dianalisis dengan menggunakan metode analisis data fenomenologi deskriptif dari Colaizzi (1978). **Hasil penelitian** menunjukkan bahwa *mindfulness* berfungsi sebagai jembatan krusial yang menghubungkan proses pemulihan fisik dengan kesiapan mental atlet untuk kembali bertanding. Kemampuan regulasi atensi menjadi kunci utama bagi atlet dalam memutus rantai pola pikir negatif, seperti pemikiran katastrofik, kecemasan, dan ketakutan akan cedera berulang (*fear of re-injury*). Selain itu, sikap penerimaan (*acceptance*) secara utuh memampukan atlet untuk berhenti menyangkal realitas sehingga fokus energi mental dapat dialihkan sepenuhnya pada komitmen rehabilitasi, di mana dukungan sosial dari pelatih, keluarga, dan tenaga medis bertindak sebagai katalisator penting dalam mengubah fase penolakan menjadi fase penerimaan.

Kata Kunci: *Atlet Sepak Bola, Cedera Olahraga, Mindfulness, Pemulihan Psikologis*

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Abstract

This study aims to analyze the role of mindfulness in reducing negative thought patterns that hinder the recovery process of professional footballers. This study used a qualitative method with a phenomenological approach. To obtain data, semi-structured interviews and documentation were conducted with three subjects who met the criteria of football athletes (Persebaya league, Elite Pro Academy league, and former national team) who had a history of severe sports injuries with surgical intervention and a recovery period of at least six months. The collected data were analyzed using the descriptive phenomenological data analysis method by Colaizzi (1978). The results showed that mindfulness functions as a crucial bridge connecting the physical recovery process with the athlete's mental readiness to return to competition. The ability to regulate attention is the main key for athletes in breaking the chain of negative thought patterns, such as catastrophic thinking, anxiety, and fear of re-injury. Furthermore, an attitude of complete acceptance enables athletes to stop denying reality so that the focus of mental energy can be fully diverted to rehabilitation commitments, where social support from coaches, family, and medical personnel acts as an important catalyst in changing the denial phase into a phase of acceptance.

Keywords: Football Athletes, Sports Injuries, Mindfulness, Psychological Recovery

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