

***INTERPERSONAL COMMUNICATION SKILLS OF COACHES
IN IMPROVING THE RELATIONSHIP BETWEEN COACHES
AND ATHLETES TO OPTIMIZE THE PERFORMANCE
OF THE PUJO JANOKO CLUB PENCAK SILAT***

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ABSTRACT

This study aims to examine the role of interpersonal communication between coaches in improving relationships with athletes, which ultimately impacts the optimization of the performance of pencak silat athletes at the Pujjo Janoko Club. The type of research used is a quantitative correlational study, which aims to find the existence or absence of relationships between variables and measure the strength of these relationships. This study was conducted at the Pujjo Janoko Club with a population of all athletes from the club. Saturated sampling of 55 respondents was taken. The research instrument used was a questionnaire. The results showed a significant influence of interpersonal communication on optimizing athlete performance through the relationship between coaches and athletes as a mediating variable. The contribution of interpersonal communication and the relationship between coaches and athletes to athlete performance was 81.9%, while the remaining 18.1% was influenced by other variables not studied.

Keyword: *interpersonal communication, optimizing performance, coach-athlete relationship*