



# Damar Arum Dwiariani, S.Psi., M.Si.



**Psikolog Olahraga / Sport Mental Coach**

## Part of APMOI Indonesia

Menggeluti bidang  
psikologi olahraga  
sejak lulus S1 di tahun  
2005

## Contact



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## Books

2013

**Rahasia Ketangguhan Mental  
Juara Christian Hadinata**

2014

**Tri Widodo : Perubahan Menuju  
Prestasi**

## Education (Formal/Informal)

2010 - 2012

**Universitas Indonesia, Post Graduate, Master of Sport  
Psychology**

*GPA 3.95 from GPA 4.00, specialization : mental training  
(imagery, visualization, relaxation)*

October 27<sup>th</sup> – 28<sup>th</sup>, 2018

**Training for Trainers, Sertifikasi Dasar Pelatih Mental  
Olahraga Indonesia, APMOI**

## Experience

2012 - now

**Psychological tester**

- Pertamina Soccer School
- Indonesia Rugby team
- Kemenpora (Timnas 2022)
- DBON Selection
- Volly Pro Team
- Indonesia National Team, etc

2013 - now

**Lecturer**

- Asisten dosen Fak. Psikologi Untar
- Asisten dosen Fak. Ilmu Kelolahragaan UNJ
- Penataran pelatih cabang olahraga
- Trainer for Sport Mental Coach APMOI
- Narasumber seminar olahraga (Dispora DKI Jakarta, Elite Class, DBL Camp, Pengprov etc)

2012 - now

**Sport Psychologist / Sport Mental Coach**

- Tim Pelatda DKI Jakarta, Pencak Silat
- PPOPM Kab. Bogor
- POPB DKI Jakarta
- PPLM DKI Jakarta
- BOOM ID E-Sport Club
- Tim Pelatda Jawa Barat
- Pelatnas Wushu Indonesia
- Pelatnas Kurash Indonesia