

## DAFTAR PUSTAKA

- Adams, T. E., Jones, S. H., & Ellis, C. (2021). Handbook of Autoethnography. In *Handbook of Autoethnography*. <https://doi.org/10.4324/9780429431760>
- Ahmad, M. F., Lamat, S. A., Maimunah, S. M. P. S., Wafi, M., Rahman, A., Dahlan, N. D., Tumijan, W., Kalthum, U., Mokhtar, M., & Sains. (2020). Motivasi intrinsik dan ekstrinsik dalam kalangan atlet Universiti Kebangsaan Malaysia. *Jurnal Sains Sukan Dan Pendidikan Jasmani*, 9(1).
- Anderson, L. (2006). Analytic autoethnography. In *Journal of Contemporary Ethnography* (Vol. 35, Issue 4). <https://doi.org/10.1177/0891241605280449>
- Andrianopoulos, V., & Vogiatzis, I. (2016). Windsurfing: The physiology of athletic performance and training. In *Extreme Sports Medicine*. [https://doi.org/10.1007/978-3-319-28265-7\\_27](https://doi.org/10.1007/978-3-319-28265-7_27)
- Bompa, T. O., & Buzzichelli, C. (2019). Periodization: Theory and Methodology of Training, 6th Edition. *Medicine & Science in Sports & Exercise*, 51(4), 831–831. <https://doi.org/10.1249/01.mss.0000554581.71065.23>
- Bowen, G. A. (2009). Document analysis as a qualitative research method. *Qualitative Research Journal*, 9(2). <https://doi.org/10.3316/QRJ0902027>
- Brown, S. P., Miller, W. C., & Eason, J. M. (2006). Exercise physiology : basis of human movement in health and disease. *Published in 2006 in Philadelphia by Lippincott Williams & Wilkins*.
- Burke, L. M., Castell, L. M., Casa, D. J., Close, G. L., Costa, R. J. S., Melin, A. K., Sygo, J., Desbrow, B., Peeling, P., Witard, O. C., Halson, S. L., Saunders, P. U., Bermon, S., Lis, D. M., Slater, G. J., & Stellingwerff, T. (2019). International association of athletics federations consensus statement 2019: Nutrition for athletics. In *International Journal of Sport Nutrition and Exercise Metabolism* (Vol. 29, Issue 2). <https://doi.org/10.1123/ijsnem.2019-0065>
- Coalter, F. (2013). Sport for development: What game are we playing? In *Sport for Development: What game are we playing?* <https://doi.org/10.4324/9780203861257>
- Creswell, J. W. (2014). Research Design: Qualitative, Quantitative and Mixed Methods Approaches (4th ed.). Thousand Oaks, CA: Sage. In *Universitas Nusantara PGRI Kediri* (Vol. 01).
- Custer, D. (2014). Autoethnography as a Transformative Research Method. *The Qualitative Report*. <https://doi.org/10.46743/2160-3715/2014.1011>

- Deci, E. L., & Ryan, R. M. (1985). Intrinsic Motivation and Self-Determination in Human Behavior. In *Intrinsic Motivation and Self-Determination in Human Behavior*. <https://doi.org/10.1007/978-1-4899-2271-7>
- Doherty, R., Madigan, S. M., Nevill, A., Warrington, G., & Ellis, J. G. (2021). The sleep and recovery practices of athletes. *Nutrients*, *13*(4). <https://doi.org/10.3390/nu13041330>
- Ellis, C., Adams, T. E., & Bochner, A. P. (2011). Autoethnography: An overview. In *Historical Social Research* (Vol. 36, Issue 4).
- Fletcher, D., & Sarkar, M. (2012). A grounded theory of psychological resilience in Olympic champions. *Psychology of Sport and Exercise*, *13*(5). <https://doi.org/10.1016/j.psychsport.2012.04.007>
- Gould, D., Dieffenbach, K., & Moffett, A. (2002). Psychological characteristics and their development in Olympic champions. *Journal of Applied Sport Psychology*, *14*(3). <https://doi.org/10.1080/10413200290103482>
- Green, M., & Houlihan, B. (2005). Elite sport development: Policy learning and political priorities. In *Elite Sport Development: Policy Learning and Political Priorities*. <https://doi.org/10.4324/9780203022245>
- Hodge, K., Lonsdale, C., & Ng, J. Y. Y. (2008). Burnout in elite rugby: Relationships with basic psychological needs fulfilment. *Journal of Sports Sciences*, *26*(8). <https://doi.org/10.1080/02640410701784525>
- James, L. J., Funnell, M. P., James, R. M., & Mears, S. A. (2019). Does Hypohydration Really Impair Endurance Performance? Methodological Considerations for Interpreting Hydration Research. In *Sports Medicine* (Vol. 49). <https://doi.org/10.1007/s40279-019-01188-5>
- Kvale, S., & Brinkmann, S. (2009). InterViews: Learning the craft of qualitative research interviewing, 2nd ed. In *InterViews: Learning the craft of qualitative research interviewing, 2nd ed.*
- Leite, N., Calvo, A. L., Cumming, S., Gonçalves, B., & Calleja-Gonzalez, J. (2021). Editorial: Talent Identification and Development in Sports Performance. In *Frontiers in Sports and Active Living* (Vol. 3). <https://doi.org/10.3389/fspor.2021.729167>
- Mok, K. P., Zhou, P., Hou, J., Zhong, S., Zhang, X., So, R. C. H., & Chan, K. Y. (2023). Performance of a windsurfing sail under steady condition. *Ocean Engineering*, *289*. <https://doi.org/10.1016/j.oceaneng.2023.116295>
- Mutohir, T. C., Lutan, R., Maksum, A., Kristiyanto, A., & Akbar, R. (2021). Laporan Nasional Sport Development Index Tahun 2021. *Kementerian Pemuda Dan Olahraga Republik Indonesia*, 1–126.

<https://deputi3.kemendpora.go.id/dokumen/30/laporan-nasional-sport-development-index-tahun-2021>

- Oakley, B. (2023). Windsurfing's Rapid Global Diffusion: The Evolution of a 1970s Technology-First Sport. *International Journal of the History of Sport*, 40(14). <https://doi.org/10.1080/09523367.2024.2306858>
- Pasca, I., Komaini, A., Ombak, P. S., & Pendahuluan, A. (2023). EVALUASI PROGRAM PEMBINAAN PRESTASI ATLET PERSATUAN SELANCAR OMBAK INDONESIA (PSOI). *Jurnal Ilmiah Ilmu Keolahragaan*, 7(April).
- Roose, J., de Vries, W. R., Schmikli, S. L., Backx, F. J. G., & van Doornen, L. J. P. (2009). Evaluation and opportunities in overtraining approaches. *Research Quarterly for Exercise and Sport*, 80(4). <https://doi.org/10.1080/02701367.2009.10599617>
- Sakalidis, K. E., Fadeeva, A., Hettinga, F. J., & Ling, F. C. M. (2023). The role of the social environment in inclusive sports participation-Identifying similarities and challenges in athletes with and without Intellectual Disabilities through coaches' eyes: A qualitative inquiry. *PLoS ONE*, 18(1 January). <https://doi.org/10.1371/journal.pone.0280379>
- Salcinovic, B., Drew, M., Dijkstra, P., Waddington, G., & Serpell, B. G. (2022). Factors Influencing Team Performance: What Can Support Teams in High-Performance Sport Learn from Other Industries? A Systematic Scoping Review. In *Sports Medicine - Open* (Vol. 8, Issue 1). <https://doi.org/10.1186/s40798-021-00406-7>
- Sedlaczek, P. (2009). History, Cultural Context and Terminology of Windsurfing. *Studies in Physical Culture & Tourism*, 16(1).
- Seim, J. (2024). Participant Observation, Observant Participation, and Hybrid Ethnography. *Sociological Methods and Research*, 53(1). <https://doi.org/10.1177/0049124120986209>
- Sparkes, A. C. (2000). Autoethnography and narratives of self: Reflections on criteria in action. *Sociology of Sport Journal*, 17(1). <https://doi.org/10.1123/ssj.17.1.21>
- Thomas, D. T., Erdman, K. A., & Burke, L. M. (2016). American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance. *Med Sci Sports Exerc*, 48(3).
- Vitale, K. C., Owens, R., Hopkins, S. R., & Malhotra, A. (2019). Sleep Hygiene for Optimizing Recovery in Athletes: Review and Recommendations. *International Journal of Sports Medicine*, 40(8). <https://doi.org/10.1055/a-0905-3103>

- Wall, S. S. (2016). Toward a moderate autoethnography. *International Journal of Qualitative Methods*, 15(1). <https://doi.org/10.1177/1609406916674966>
- Weinberg, R. S., & Gould, D. (2018). Foundations of sport and exercise psychology. In *Foundations of sport and exercise psychology 2nd ed.*
- Wu, W. L., Hsu, H. T., Chu, I. H., Liang, J. M., Chen, Y. T., & Wu, J. H. (2016). The study of physical requirements for windsurfing specialty. *Journal of Sports Medicine and Physical Fitness*, 56(9).
- Yin, R. K. (2018). Case study research and applications: Design and methods. In *Journal of Hospitality & Tourism Research* (Vol. 53, Issue 5). <https://doi.org/10.1177/109634809702100108>
- Zhang, L. (2023). ABDOMINAL CORE TRAINING IN WINDSURFING. *Revista Brasileira de Medicina Do Esporte*, 29. [https://doi.org/10.1590/1517-8692202329012022\\_0639](https://doi.org/10.1590/1517-8692202329012022_0639)

