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The Effect of Social Media and Sports Technology Exposure on Anxiety among late adolescent athletes

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EDITORIAL FOREWORD

Journal SEGAR (Sehat dan Bugar) is the official research journal of the Sports Science Study Program, Faculty of Sports Science and Health, Universitas Negeri Jakarta. This journal provides a forum for high quality sports science research. SEGAR Journal is the aspiration of Lecturers of the Department of Sports Science in an effort to publish the best thesis for students of the Sports Science Study Program, but in its development this journal also facilitates articles from lecturers and researchers both from within the FIKK UNJ campus and from outside. This journal is published twice a year, May and November. Each number in the journal contains 5 articles, and when switching to electronic it becomes 6 articles each numbered and 12 articles in one year.

Journal Segar Volume XIV Issue 2 contains 6 articles: 1) Interpersonal Communication of Coaches and Athletes' Achievement Motivation: A Descriptive Study of Athletes with Disabilities in Athletics; 2) Smart Reaction Trainer: Development of Technology-Based Reaction Training Tools for Futsal Players; 3) Contribution of Resistance Band and Single Leg Stand Training to Shooting Accuracy in Youth Soccer Athletes; 4) Comparison Of The Effectiveness Between Contrast Bath And Tens (Transcutaneous Electrical Nerve Stimulation) In Reducing Lactic Acid Levels Among Members Of The Binsik As.Sr Club; 5) Psychological Training Programs in Training Periodization: An Effective Strategy to Improve Athlete Performance; 6) The Effect of Social Media and Sports Technology Exposure on Anxiety among late adolescent athletes

Hopefully, Journal SEGAR can be a reference for readers and researchers in developing Sports Science.

Jakarta, 31 May 2026
Editor-in-Chief,

Dr. Heni Widyaningsih, S.E., M.SE

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