



JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117
<https://doi.org/10.33222/juara.v8i1.2749>



Mental Toughness West Java Pencak Silat Athletes

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Info Artikel

Article History:

Received 13 August 2022

Approved 25 March 2023

Published 28 March 2023

Keywords:

Mental Toughness,
Athlete, Pencak Silat

Abstract

Mental toughness controls a person's emotional aspects, which becomes essential for athletes, especially martial athletes, especially pencak silat. This research aims to know the situation of the mental toughness of martial arts athletes. The research subjects used all pencak silat athletes who were members of PPLP West Java, as many as 17 people, consisting of 9 men and eight women. The research method uses a quantitative descriptive survey approach. The research instrument uses a questionnaire about mental toughness and data analysis using a quantitative analysis approach through statistics in the form of percentages. Of 17 research subjects, three people, or 17.7% of situation mental toughness, are in a low category. Ten people, or 58.8%, have mental toughness in the medium category, and four with mental toughness in the wide variety. Female athletes own the low class; the medium type is owned by at least five men and five women, while four male athletes hold the high course. It is hoped that coaches understand the importance of the mental aspect in athletes because it will significantly affect their performance when competing.

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INTRODUCTION

Pencak silat is a branch of martial arts in Indonesia (Kartomi, 2011) and is one of the mainstay sports in international championships (Dimiyati et al., 2020). Pencak silat is a martial art skill to defend oneself, fend off attacks, and attack enemies with or

without tools (Dongoran et al., 2019). Pencak silat is now a martial arts sport that has competed in many national and international events (Ihsan et al., 2018). At the 2018 Asian Games, this sport contributed 14 gold medals and was one of the contributors to the most medals for Indonesia (BBC News, 2018). This

makes the government obliged to maintain these achievements, both in coaching athletes through training and holding various national and international events (Sundara et al., 2020).

Based on this explanation, one of the factors that can influence athlete performance is coaching athletes through a well-programmed training process (Mujika et al., 2018). In addition, coaching potential athletes through the PPLP (Student Sports Training Education Center) program is believed to be one of the vessels for supplying outstanding sports athletes in Indonesia (Tang, 2014), where later the PPLP athletes will be fostered in stages and continue to achieve achievements at the national and international levels (Rohman & Effendi, 2019). Athlete development can lead to several aspects, such as physical, mental, social, and emotional (Sethi, 2019), and all of this must be programmed appropriately.

The mentality is essential in supporting sports achievement (Pluhar et al., 2019) because it is stated that more than 80% of mental factors are the most influential when approaching an athlete's appearance (Giandra & Setyawan, 2014). Understanding the mental aspects of coaches and athletes has many benefits in the field during matches and training (Candra et al., 2023). This understanding implies that every athlete must have good mental endurance, called mental toughness (Ikhran et al., 2020). Mental toughness can also be said as emotions, behaviors, attitudes, and various sets of values that make an athlete able to deal with

pressure, obstacle, and difficulty that is being experienced (Gucciardi et al., 2008), and this is a superior personality that can determine the success of an athlete in performance, and this is very important for athletes in supporting their performance on the field (Coulter et al., 2016; Roncone et al., 2020), there is even research that states that 77.8% of sports athletes have mental toughness those who are tall tend to perform better and achieve more (Cowden, 2017).

Once the importance of the mental aspect is one of the exciting things for the author to study about mental toughness; moreover, there needs to be more information regarding this data, especially for PPLP pencak silat athletes in West Java in particular. In this regard, this study will reveal how much mental toughness West Java PPLP pencak silat athletes.

METHODS

This study uses a quantitative descriptive method with a survey approach because the author wants to know the condition of the research subjects directly without any treatment manipulation (Jack R. Fraenkel et al., 2012). The research subjects were 17 pencak silat athletes in PPLP West Java.

The research instrument in this study used a questionnaire about mental toughness, which was developed by (Yates, 2020), where the questionnaire is divided into four main component aspects, namely: 1) Thrive Though Challenge; 2) Sports Awareness; 3) Thought

Attitude; 4) Desire Success. The instrument results from the development of (Gucciardi et al., 2008). This study will divide mental toughness into three categories: low, medium, and high. There are 23 questions in this questionnaire, where all questions have been declared valid with a score of 0.306 and reliable with a score of 0.912. For data analysis techniques using a quantitative analysis approach through statistics in the form of percentages, namely the analysis

technique by dividing the total score obtained by the total score multiplied by 100.

FINDINGS AND DISCUSSION

Findings

Based on the processing and analysis of the data carried out, the test results obtained about the mental toughness of West Java PPLP athletes totaled 17 people. The following table describes the results of the data obtained from all research subjects:

Table 1. Length Weight of Sections

Variable	JK	f	Min ± Max	Mean ± SD
<i>Mental Toughness</i>	L	9	69 ± 81	75.125 ± 4.643
	P	8	55 ± 61	58.375 ± 2.134
	N	17	55 ± 81	66.765 ± 9.031

Description: L = Male; F = Female; N = Total Number of Subjects

In Table 1 above, it can be seen that overall the average value of the magnitude mental toughness West Java PPLP pencak silat athletes get a score of 66.765 with a standard deviation of 9.031 and a minimum score of 55 is obtained, while the maximum score is 81. Meanwhile, when viewed by gender, the average score of mental toughness is different; men get an average score of 75.125 with a standard deviation of 4.643 and show a minimum score of 69 and a maximum score of

81. Meanwhile, the average score for women gets a score of 58.375, with a standard deviation score of 2.134, and shows a minimum score of 55, and the maximum score is 61. That way, it is evident that the mental toughness between men and women is different.

Then to find out the categorization and interpretation of the situation, the mental toughness of West Java PPLP pencak silat athletes can be seen in Table 2 below.

Table 2. Length Weight of Sections

Formula	Interval	Gender		f	%	Category
		M	F			
X (-SD)	X 57	0	3	3	17.7%	Low
(-SD) X (+SD)	58 X 75	5	5	10	58.8%	Currently
(+SD) X	76 X	4	0	4	23.5%	Height
Total		9	8	17	100%	

Based on the data in Table 2, it can be seen that out of a total of 17 research subjects,

there were three people, or 17.7%, with mental toughness in a low category. There were ten

people, or 58.8%, with mental toughness in the medium category, and four had mental toughness in the high category. Female athletes own the low category, the medium category is owned by at least five men and five women, and four male athletes own the high category. So if you look at the range of values or intervals in Table 2 and see the average in Table 1, where the overall average value is 66.765, then the overall average mental toughness of West Java PPLP Pendak Silat athletes is in the medium category.

Discussion

The results showed that the average level of the condition mental toughness of the West Java PPLP pencak silat athletes is in the medium category, and three athletes have levels of mental toughness low. This seems to happen because of the lack of knowledge about the term mental toughness in sports (Crust, 2012), which of course, should be of great concern because this mental aspect is the most significant factor for an athlete to show his best performance and achievements (Yohanes et al., 2020). Some coaches also believe that athletes' mental toughness needs to be developed (Madrigal, 2019) because they believe that developing mental resilience will also positively affect physical activity training (Hunt et al., 2020). Other research also states that training in mental and psychological management skills significantly affects athlete performance (Candra et al., 2023); having good mental toughness will encourage adaptive responses to various pressures, situations, and an event that is interpreted both positively and negatively.

Negative (Gerber et al., 2012; Sheard et al., 2009), mentally tough athletes often win matches (Bisri et al., 2022).

Pencak silat is a type of martial art that certainly requires a strong mentality (Kuan & Roy, 2007). This is because in pencak silat, there is physical touch (body contact) directly, which can make athletes feel anxious, and this is where good mental resilience is needed ((Soltan et al., 2011). Pencak silat is an individual sport with a higher level of anxiety when compared to team sports (Yohanes et al., 2020); therefore, mental toughness in this sport is essential to overcome the pressure (Beheshti et al., 2021). If an athlete can not overcome the pressure and obstacles in a match, it can be said that his anxiety level is increasing (Nurnadhira Nazri & Norlena Salamuddin, 2019). When the athlete's anxiety level increases, it will undoubtedly hurt his performance (Raynadi et al., 2016).

There are still athletes who have a low level of mental endurance, allegedly due to the lack of maximizing mental training in athletes. Adolescent athletes tend to have emotional levels that are difficult to control and tend to have excessive anxiety when competing (Pelupessy & Dimiyati, 2019). Some studies do say that there are trainers among students who emphasize psychological or mental aspects (Maulidya & Jannah, 2021; Nissa & Soenyoto, 2021; Periyadi, 2016), even though mental aspects can also be trained in skills from the age students (Soltan et al., 2011). This is because mental toughness will not only be helpful helpful for the development of mental aspects and interest in optimizing physical activity more (Slingerland et al., 2019). Of course, this is important in

improving athletes' fitness because physical fitness is also essential for pencak silat athletes (Patah et al., 2021).

Based on this, some mental training can be carried out as reinforcement mental toughness of athletes, for example, imagery training, self-talk, progressive relaxation muscle, meditation, hypnotherapy, and goal-setting (Candra et al., 2023), and all of that can be adjusted to the demands and needs of each type of sport (Valey, 2007). Mental training in every sport has a role in improving performance and has experienced development since the 1980s (Birrer & Morgan, 2010), so some psychologists advise coaches and athletes to continue to train their mental skills (Mccarthy et al., 2010).

CONCLUSION

Mental toughness plays a role in controlling the emotional aspects that exist within the individual, such as anxiety and self-confidence. Overall state level mental toughness West Java PPLP pencak silat athletes, on average, ARE IN the medium category. However, when viewed based on gender, it can be seen THAT MENTAL toughness in female athletes there is a low level, and this certainly needs to be of more concern. The cause is likely to occur due to individual nature and character and can also be in the form of habits AS well as a lack of practice. It is hoped that coaches must be able to understand the importance of the mental aspect in athletes because it will greatly affect their performance when competing. Likewise, athletes, it is necessary to understand and have

an awareness of the importance of the mental aspect in their performance so that it is hoped that having strong mental qualities will be able to improve their achievements.

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