



### **Mental Toughness Athlete SSB SASWCO BANDUNG U-15**

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#### **Abstract**

The purpose of this study was to determine the mental toughness of U15 SSB SASWCO BANDUNG athletes. The research method used is a quantitative descriptive method with a survey research design. The research population was U -15 SSB SASWCO BANDUNG athletes, totaling 32 people, the sample used was 32 people taken based on total sampling technique. The instrument used was the Mental Toughness Questionnaire (MTQ) which was arranged based on the Likert scale. Data analysis used average and percentage testing with the help of the SPSS Version 25 application and Microsoft Excel 2016. The results showed that the mental toughness of U-15 SSB SASWCO BANDUNG athletes was very low 13%, low 25%, moderate 41%, high 16% and very High 6%. Seeing from the mental toughness of athletes participating in the PSSI competition in Bandung City, there needs to be a solution to overcome this, both from the coach or staff so that the athlete's mental toughness to continue to a higher level can be strong, especially in the coaching process so that it is included in the training program, the importance of mental training for football athlete.

*Keywords: Mental Toughness, Soccer*

#### **Introduction**

In essence, the game of football is a team game that uses a soccer ball. Football is played on a grass field by two teams facing each other with each team consisting of eleven players. The aim of this game is to get the ball into the opponent's goal as much as possible and try to defend its own goal from the opponent's attack. There is also a characteristic that characterizes this game is playing the ball using the whole body except the arms. According to Muhajir (2007), "Football is a game that is played by kicking, which has the goal of putting the ball into the opponent's goal by defending the goal so that the ball does not concede". According to Luxbacher (2008) states that a soccer match is played by two teams, each consisting of 11 people. Each team defends the goal and tries to break into the opponent's goal.

Many coaches lack knowledge about the psychological skills of players, as well as their application in the form of mental skills training (Freitas, Dias, & Fonseca, 2013). Likewise, sports coaches in Indonesia have not realized the importance of this mental aspect in the development of achievement sports. Very rarely can it even be said that there are no coaches who specifically apply mental skills training to their players. Likewise, the condition of amateur athletes aged 18 to 21 years in the city of Bandung requires a psychological role in order to achieve maximum performance when competing.



Mental toughness is defined as a personal capacity capable of creating and improving performance both subjectively and objectively even under challenges, overcoming stress, anxiety and hopelessness associated with competitive situations (Nugraha, Salman, Pratama, Al Fayed, Ikhrum, Bahrun, & Nurlifiana, 2020 ). Mental toughness is often regarded as a personality, so it is hoped that it can be applied in various aspects of social life, including in competitive situations (Hardiansyah & Masturah, 2019). Athletes who have high mental toughness are reflected in an athlete's ability to deal with the stress and anxiety that arise associated with high-pressure competitive situations (Jones, 2002).

Mental toughness facilitates a psychological edge for sports players. This helps individuals perform better than their opponents and strives to be successful under pressure (Ruparel, 2020). Working with elite athletes, using the term mental toughness to denote stress tolerance and maximum performance; explicitly, the ability to perform consistently over one's various skills and talents regardless of circumstances. Although mental toughness originates in sports psychology, it has since developed into a pervasive psychological construct related to successful performance in a variety of applied settings (educational, occupational, health, etc.) (Drinkwater, Dagnall, Denovan, & Parker, 2019).

Understanding mental toughness training is important for coaches to grow awareness that teaching mental toughness skills to their players is as important as teaching technical and physical skills to players. In addition, a small number of coaches in the daily coaching of players have already implemented mental skills training for both players as individuals and as a team, but they are not aware of it (Prof Dimiyati, 201). In athletes, mental toughness is a factor that greatly determines psychological readiness both during practice and during competition. If the athlete's psychological condition is good, then he will have the opportunity to show his best. Mental toughness is one of the most important psychological constructs that underlies sports performance. Sports mental toughness is defined as the superior mental quality of an athlete (Kalinin, Balazsi, & Pentek, 2019: 71).

Based on the background stated above, the researcher is interested in conducting research with the title "MENTAL TOUGHNESS ATHLETE SSB SASWCO BANDUNG U15"

### Methods

This research is a descriptive research with a quantitative approach. The research design used was a survey using a questionnaire distribution instrument regarding the athlete's mental toughness questionnaire (MTQ) distributing questionnaires through the Google form.

### *Population & Sample*

The research population is a very important source of data for conducting a study. (Sugiyono 2010) states that "the population is a generalized area consisting of; subjects or objects that have certain qualities and characteristics determined by the researcher to be studied and then withdrawn. population is a collection of objects or subjects that have different properties and characteristics and can be used by researchers for research purposes. The population in this study was SSB SASWCO BANDUNG U15. The sample selection technique uses total sampling technique.



### *Instrument*

The instrument used to measure mental toughness is the adapted Mental Toughness Questionnaire (MTQ) (Goldberg, 1998). The instrument was developed by a Sports Psychology expert, Sheard from York St John University, England ((LeUnes, 2011). The scale consists of 14 items with 5 components of mental toughness, namely: Confidence, Firmness, and Control.

### *Procedure*

The procedure in this study is structured as follows:

#### 1. Preparatory stage

At the preparatory stage, the thing that must be done is to consult with the academic supervisor, Prof. Dr. Komarudin, M.Pd.

- a) Observation at SSB SASWCO BANDUNG which will be used for research.
- b) Observation with trainer U15 to observe activities and site conditions at SSB SASWCO
- c) Proposing a research instrument, namely the Mental Toughness Questionnaire (MTQ).

#### 2. Research Implementation Stage

At this stage what the researchers did was give a questionnaire about mental toughness via Google form to the respondents, namely SSB SASWCO U15 athletes.

#### 3. Data Analysis Phase

At this stage all the data obtained was analyzed according to the data analysis technique used by the researcher.

#### 4. Conclusion Stage

The conclusion was obtained after knowing the results of data interpretation, which finally concluded the mental toughness of SSB SASWCO U15 BANDUNG athletes.

### *Data Analysis*

To justify the hypotheses that have been formulated, it is necessary to process and analyze data, so that the conclusions obtained can be justified. According to Sugiyono (2017) data analysis is an activity after data from all respondents or other data sources has been collected. Because this research is a quantitative study, the statistics used are descriptive and inferential statistics.

Descriptive statistics are used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations. Sugiyono (2012: 206), while inferential statistics are used to analyze sample data and the results are carried out for clear populations and the sampling technique from the population is carried out randomly. Sugiyono (2012:207).



## Result

The data obtained from filling out the MTQ questionnaire via Google form for SSB SASWCO U15 BANDUNG is intended to determine the level of mental toughness of these athletes which are categorized into five namely: (1) very high, (2) high, (3) moderate, (4) low, ( 5) very low. For more details, the data on the results of completing the MTQ questionnaire can be seen in

Table 1. Results of SSB SASWCO U15 BANDUNG mental toughness

No	Interval	Frequency	Percentage	Category
1	1 - 11	4	12%	Very Low
2	12 - 22	8	25%	Low
3	23 - 33	13	41%	Moderate
4	34 - 44	5	16%	High
5	45 - 56	2	6%	Very High
Amount		32	100	



### Discussion

Based on the results of processing and analysis of research data, the results obtained were that the percentage value of mental toughness of SSB SASWCO U15 BANDUNG athletes with the least percentage was in the Low category of 12% and the most were in the Medium category, namely 41%. In this percentage, we can see that the mental toughness of SSB SASWCO U15 BANDUNG athletes is in the medium category. Compared to previous research, Mental Strength of Football Players When Matching: Case Study on Village League Teams Karyamukti Village which discusses to determine the mental toughness of players in villages. With the average village players showing the high category.

### Conclusion

The percentage of mental toughness of SSB SASWCO U15 BANDUNG athletes is very low 12%, low 25%, moderate 41%, high 16% and very high 6%.

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