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Optimism and causal analysis in adventure motorcycling: An investigation of athletes' resilience

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ABSTRACT

Resilience in motorcycle adventure activities in each individual requires resilience to face challenges. However, this motorcycle activity has many failures and problems that usually bring up emotions. The purpose of this research was to examine the resilience of community members participating in motor adventure activities. Mixed-methods research was used, with a sequential explanatory research basic design. This study began with quantitative methods and proceeded to qualitative methods. A questionnaire was used to collect quantitative data, while an interview was used to acquire qualitative data. The accumulated interpretation of scores obtained on emotion regulation was 75% (high), impulse control 82% (very high), optimism 84% (very high), causal analysis 82% (very high), empathy 71% (high), self-efficacy 78% (high), and reaching out 87% (very high). This research is limited to the sample used and the scope of research is limited to one area or community. Future research can broaden the scope of research by exploring the factors that influence the resilience of different motorcycle adventure actors, such as psychological, social, and environmental factors. In addition, research can be focused on efforts to increase the resilience of motorcycle adventure actors, such as through training or education programs. The results of this study provide consideration, support, and contribution of ideas to stakeholders to increase the resilience of adventure motorcycle actors in facing challenges in their activities.

Keywords: Resilience; sports; community; adventure motorcycles

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INTRODUCTION

Typically, people merely engage in sports to spend their time (Sarto et al., 2020). Furthermore, some people prefer particular activities for lifestyle reasons (Breslin et al., 2019). There are several current uses for sport, one of which is recreation. Recreational sports are those played in leisure time to improve one's physical condition, maintain fitness, find delight in daily activities, and so forth (Syarif, 2022). Automotive sports, particularly motor sports, are hence leisure activities that are frequently engaged in. Motorsports are those that involve racing and non-racing competitions with a high risk of injury (Dolles et al., 2018; Finn, 2021). In general, sporting events are used to promote local and regional economic growth. This is due to the widespread recognition that sporting activities can have an economic impact by attracting tourists to an area to participate in or watch sporting events (Li & Jago, 2013). There must be activities in diverse

activities, one of which is the motor adventure activity with an event held to commemorate significant events, both individually and in groups (Menendez & Fernandez-Rio, 2017; North & Brookes, 2017).

Adventure motorsport is a challenging sport that requires a high level of resilience. Resilience is defined as an individual's ability to overcome life's obstacles, stress, and difficulties constructively and beneficially (Hendriani, 2022). Adventure motor sports necessitate strong resilience abilities due to the high risks and harsh conditions encountered, such as bad weather, rugged terrain, and lengthy distances (Pradana & Suryanto, 2020; Wulandari & Setiyorini, 2018). In adventure motorsports, resilience comprises the ability to survive in adverse situations, overcome fear, and exercise skills for overcoming hurdles (Reid & Kampman, 2020). Resilience can also assist members of the motor adventure community in overcoming everyday obstacles such as family and work issues (Saxena & Pandya, 2018).

Members of the motor adventure community also develop resilience through learning processes including failing and trying again, taking advice from others' mistakes, and learning how to deal with challenges. Members of the motorbike adventure community gain self-assurance and faith in their capacity to overcome obstacles during this learning process (Akbar & Zakiah, 2021; Kusumandari et al., 2021). This study offers a better knowledge of the value of endurance in adventure motorsports and significantly advances our knowledge of this crucial aspect of the activity. This is consistent with other research's conclusions that extreme sports require a high level of resilience (Thornley et al., 2015).

Adventure motor racing, sometimes referred to as off-road racing or motocross, is a category of motorsport in which participants compete on unpaved tracks while overcoming a variety of obstacles (Wulandari & Setiyorini, 2018). High levels of driving skills, physical stamina, and courage are necessary for this activity because of the hazardous and uneven terrain. Unexpected circumstances, such as rough terrain, severe weather, and car-related technical issues, can arise while driving (Zaidan et al., 2022). Racer resiliency must be quite high to handle this unforeseen circumstance. The capacity to rebound back from setbacks, get beyond obstacles, and adjust to unanticipated changes is known as resilience (Amelasasih, 2021; Yuhenita & Indiati, 2021).

As a motorbike adventurer, resilience is essential because this sport is fraught with danger and necessitates strong mental and physical qualities (Pradana & Suryanto, 2020). Previous research has highlighted several psychological factors that may influence the resilience of adventurous motorcyclists, such as; emotion regulation (Hanna et al., 2019), impulse control (Boudreau et al., 2022; Hanna et al., 2019), optimism, causal analysis, empathy self-efficacy, and reaching out (Arsini et al., 2022). These factors contribute to the ability of adventure motorcyclists to control their emotions, refrain from detrimental behaviors, maintain a positive outlook, analyze failures, understand others' emotions, have confidence in their abilities, and seek assistance when needed (Hidayati et al., 2022; Romero et al., 2019). Understanding and cultivating these psychological factors can enhance the resilience of motorbike adventurers in facing the challenges of their sport (Wibowo et al., 2022; Yudhistira et al., 2021).

Previous research has shown that resilience is critical for these activities. For example, found that resilience is an important factor in athlete performance when facing competition-related pressure and stress (Sarkar & Page, 2022). In addition, found that resilient athletes were better able to adapt to change and maintain their performance over time (Anshori, 2017). D'Artibale et al. (2018) found that motorcycle racers develop resilience in various ways, including by developing a strong attitude, learning from failure, maintaining physical and mental health, forming strong relationships with teammates and fellow racers, and adapting to unexpected situations (Malone et al., 2017). D'Artibale et al. (2018) pointed out that a rider's resilience is essential to overcome the obstacles encountered during adventure motorcycle racing.

However, little research has been conducted on how adventure motorbike racers can improve their endurance in the face of race day challenges (Zwolski et al., 2017). The majority of research on adventure motorsports focuses on technical and safety factors (Ospina-Mateus & Quintana Jiménez, 2019), while the development of rider endurance has received less attention (Rizka et al., 2022). Therefore, research on the endurance of adventure motorsport riders is needed to shed new light on how riders overcome racing problems and improve their endurance capacity. This research is expected to help practitioners and decision

makers in the field of adventure motorsports develop more effective training and coaching programmes to help adventure motorsports competitors improve their resilience.

METHOD

The Mix-Methods approach was employed in this study, which combined quantitative and qualitative methodologies. The sequential explanatory research strategy was adopted in this study. The sequential explanatory design aims to combine the results of quantitative research data analysis with the study of research problems by starting a research project with a quantitative ranking (series refers to quantitative or qualitative research), then collecting and analysing data before continuing with qualitative research that seeks to explain quantitative results (Creswell, 2020). The study was carried out in five districts of Karanganyar Regency: Kerjo Sub District, Mojogedang Sub District, Jenawi Sub District, Tawangmangu Sub District, and Matesih Sub District. While the participants in adventure motorbike racing activities are the study's object, the adventure motorbike racing community is its object.

The development of a questionnaire is the initial step in this research's quantitative data collection. By reading the literature, building the instrument, and performing content validity tests, the questionnaire was created (Ahsani & Rusilowati, 2022; Bolarinwa & Akeem, 2015). Furthermore, through a process of observation, taking field notes, classifying field notes, and in-depth interviews with informants, qualitative data about the resiliency of adventure motorcycle racing actors was gathered.

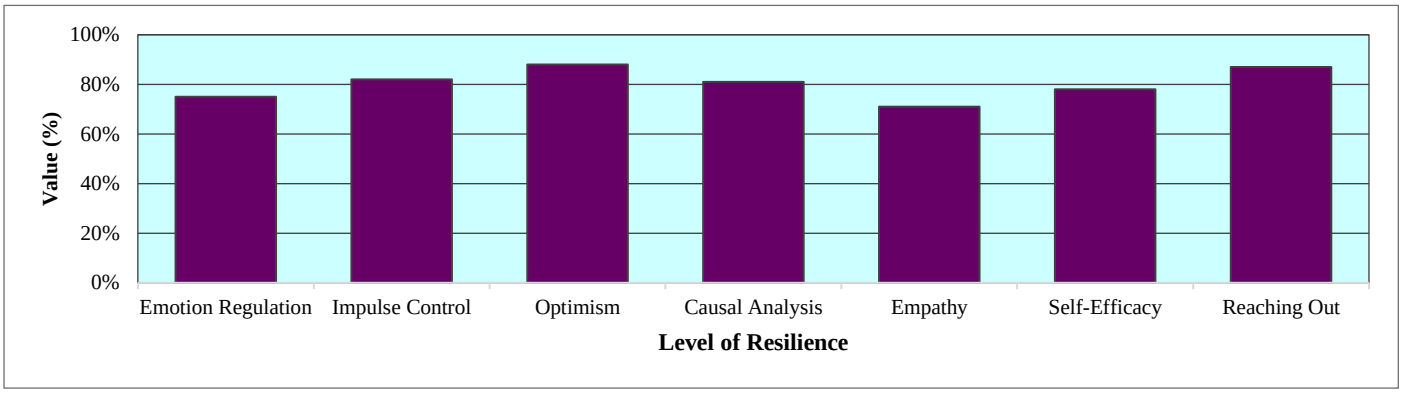
Table 1. Types and Categories of Data/Information Collected, Data Collection Techniques, Instruments and Data Sources in the Study

No	Data Types and Categories	Data Collection Techniques and Methods	Instrument	Data source
1	Resilience Level of Adventure Motor Racing Sports Actors	Questionnaire (Quantitative)	Questionnaire	Member of the Adventure Motorcycle Racing Community
2	Resilience responses of adventure motorcycle racing actors	Interview (Qualitative)	Interview Guide	Member of the Adventure Motorcycle Racing Community

Every piece of data that was gathered underwent a sequential explanatory analysis, starting with a quantitative analysis of the data using a quantitative descriptive technique, and ending with an explanation and elaboration of the quantitative findings using a qualitative data set that had been gathered using qualitative techniques.

RESULTS AND DISCUSSION

The results of this study consist of two categories, namely quantitative and qualitative results. The results of the quantitative research in this study confirmed the level of resilience of adventure motorcycle racing actors. Quantitative data shows that the accumulated interpretation of the score obtained for each aspect is as follows. Emotion regulation has a percentage level of around 75% (high), impulse control (self-control) has a percentage level of around 82% (very high), optimism has a percentage level of around 84% (very high), causal analysis has percentage level of about 82% (very high), empathy has a percentage level of around 71% (high), self-efficacy has a percentage level of 78% (high), and reaching out has a percentage level of around 87% (very high).



Graph 1. The Level Of Resilience Of Adventure Motorcycle Racing Actors

The quantitative findings must be explained and expanded upon, including the use of qualitative data from informant interviews.

1. Emotion Regulation

According to one of the informants, the Vice Chairman of the Tribal Community, Kerjo District, community members can control their emotions when they fail or have difficulty expressing their emotions privately and on motorbikes.

> *".... This motor activity is full of failures and difficulties, which frequently elicit strong emotions. When I encounter failure and am mocked (bullied) by my friends, I express my feelings by riding a motorcycle. When I am emotional, I must regulate myself by relaxing and calming down (surrender)...."*

Infoman, the Deputy Chairperson of the Jatura Community, Mojogedang District, mentioned the same thing about how he generally controls his emotions.

> *"...While performing motor activities, many failures and issues frequently result in emotions. When my motorbike is in difficulties or broken, it cannot work, and I am bullied by my pals. My regular release for emotions is riding my bike. When I am emotional, I have to be able to manage myself by being silent..."*

The informant (Head of the Glat Community, Jenawi District) also explained in detail the ways to control his emotions as follows.

> *I express my emotions through my motorcycle. When I am emotional, I have to keep myself under control by observing people who can and calm myself down so we can be calm and focused before attempting to climb the hill...".*

2. Impulse Control

By keeping their distance, community members can restrain themselves and avoid becoming involved and causing conflict. The informant mentioned this (Leader of the Ltc Community in Tawangmangu Sub District).

> *"... The challenge I frequently experience is regulating myself from factors that hinder focus, such as fatigue. The most important thing to do to retain focus is to obtain enough rest. Also, when there is a problem, the best strategy to avoid becoming involved or causing more significant difficulties is to stay quiet, keep your distance, and avoid anything that might trigger..."*

Another informant (Matt Community Member in Matesih District) stated the following.

> *"...The obstacle that is frequently encountered while regulating myself from things that disrupt my focus is a fatigued body. As a result, appropriate rest should be obtained before participating in motorcycle activities..."*

3. Optimism

Members of the community have an optimistic perspective, so they attempt new things and never give up. This is according to the following sources.

> *"...Sometimes issues develop while regulating myself from tasks that need focus, notably physical exhaustion. It is preferable if we receive enough rest before participating in motorcycle activities. I will feel more confident or hopeful when the motorbike is in good condition..."*
> *"...I am confident and optimistic when engaging in motorised activities to reach the destination or pathways, but a load of thoughts is frequently one of the difficulties that I feel that to maintain thinking positively, we need to be more confident and able to get rid of the burden on the mind..."*
> *"...I feel more confident or optimistic when my body is healthy and my motorbike is in good condition. When there is a problem, thoughts might become one of the difficulties that I experience. As a result, to maintain thinking positively, I need to be more confident in my ability to overcome that mental difficulty..."*

4. Causal Analysis

Members of the community can think positively and analyse challenges calmly. The following sources confirmed this.

> *"...To have a positive attitude while participating in motorcycling activities, we must avoid making the wrong acquaintances in the community. This is because it may have an indirect effect on the minds of community members, as it did on myself..."*
> *"...I have great faith, dare to attempt, and never give up. When I'm on the track and the motorbike's performance is fantastic, I attempt to maintain calm and think positively..."*

5. Empathy

When others are having troubles, members of the community can sympathise with them. This is demonstrated by the statements made by the following informants.

> *"...I am a person who cares when friends fail, I am receptive to assisting and offering encouragement since we are a community and we must remain strong when friends fail or have challenges."*
> *"...When a friend has a failure or trouble due to an unqualified motorcycle, I empathise and feel it. Therefore I will assist and encourage since I do not discriminate for the members to be strong..."*
> *"...When the community requires assistance, we aim to create a motor adventure activity to raise funds with a social service event. I understand and feel it since we are brothers in the community and should help each other.."*

6. Self-Efficacy

Community members might have self-efficacy since fulfilling objectives in motor activities is a responsibility that must be done, thus they do not give up easily. This is according to the following sources.

> *"...During motorcycling activities, especially in track situations that impair self-confidence, I still have good self-confidence, therefore I will keep trying until I can conquer the track with other community members since I have strong solidarity.."*

"...When the motorbike performance is good, I have confidence in undertaking motorbike activities, and I never give up; I will keep trying until I can master the track..."

7. Reaching Out

Community members have reached out, which is more beneficial to many people and allows them to stay in contact with various communities. It is stated by the following sources.

"...The benefits that I experience include health, stress relief, and reducing the burden of thought, while also establishing friendships and winning lots and rewards when engaging in motor adventure activities..."
"...The benefits that I perceive are generally related to health, enjoyment, and stress relief, as well as developing relationships with other members and gaining experience..."
"...The advantages that I feel include joy, health, and mental refreshment, as well as developing personal relationships and assisting individuals in need..."

Many studies have found that resilience is key to the success and well-being of adventure motorbike riders. The study's findings indicate that psychological elements including emotion management, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out might help adventure motorcyclists become more resilient. In the study conducted by (Galli & Gonzalez, 2015), it was discovered that emotional regulation and impulsive control contribute to athlete resilience. Also, optimism was discovered as a key element influencing resilience in adventure motorsports (Barton & Sutcliffe, 2023).

Another study, done by Caro and Popovac (2021) found that athletes with stronger causal analytical abilities and self-efficacy tend to be more resilient when faced with problems and difficulties when driving. Furthermore, the capacity to establish empathy and seek assistance from others has been demonstrated to aid enhance resilience in sports practitioners (Fonti et al., 2023). Moreover, Guillén and Laborde (2014) found that mental toughness training can assist athletes to strengthen their resilience. The capacity to be resilient is, obviously, intertwined with each individual's everyday life, such as in motorbike adventure activities. As a result, resilience qualities are critical for humans to acquire when confronted with life's adversities (Setiawan & Ahmad, 2018). Some people are born with the capacity to be resilient (Shepherd et al., 2020). Resilience is particularly crucial in motor adventure activities since extreme sports have numerous challenges and hurdles in every field, and people must be able to persevere (Zhou et al., 2020).

Based on these data, it is possible to infer that resilience is a critical factor for adventure motorsports players to survive in their sport and confront the obstacles and hazards that exist. As a result, effective training and coaching are essential for adventure motorists to enhance psychological factors such as emotional regulation, impulse control, optimism, cause analysis, empathy, self-efficacy, and reaching out. As a result, they will be more resilient when faced with difficult conditions in their sports.

CONCLUSION

The findings of this study indicated that motor adventure sports players who are members of the motor adventure community have a high level of resilience in facing various challenges and obstacles when carrying out motor adventure activities. This research was limited to the sample used and the scope of research was limited to one area or community. Future research can broaden the scope of research by exploring the factors that influence the resilience of different motorcycle adventure actors, such as psychological, social, and environmental factors. In addition, research can be focused on efforts to increase the resilience of motorcycle adventure actors, such as through training or education programs. The results of this study provide consideration, support and contribution of ideas to stakeholders to increase the resilience of adventure motorcycle actors in facing challenges in their activities.

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CONFLICT OF INTEREST

All authors state that they have no conflicts of interest.

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