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# Psychological characteristics of athletes at Pusat Pendidikan dan Latihan Pelajar (PPLP) in Bengkulu

Yahya Eko Nopiyanto\*<sup>1</sup>, Septian Raibowo<sup>2</sup>, Gilang Ugo Prabowo

Universitas Bengkulu, Indonesia

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## ABSTRACT

The study of athletes' psychological characteristics in the education and students training center (PPLP) Bengkulu needs to be conducted as an effort to fix athletes' training and achievement in PPLP Bengkulu. This study aims to determine the psychological difference between male and female athletes in Pusat Pendidikan dan Latihan Pelajar (PPLP) of Bengkulu. The type of this research is quantitative with a comparative design. This research subjects are 26 athletes, namely six athletic athletes, four weight lifting athletes, eight wrestling athletes, four karate athlete, and four boxing athletes. The data collection technique is conducted with the psychological skills inventory for sports that adopted from Maloney, Gabriel & Perkins, (1987). The validity of the instrument is 0,21–0,35 and the reliability is 0,890. Data are analyzed using a t-test with a significant level of 0.05. Based on the results of data analysis, it can be seen that male athletes have a mean of 133.52 while female athletes have a mean value of 142.72 and a significant value of 0,60>0.05. From the results of this research, it is concluded that there are no differences in male and female athletes' psychological characteristics in Pusat Pendidikan dan Latihan Pelajar (PPLP) of Bengkulu. The next researcher is expected to use more samples and add other research variables such as training of psychological skills and athlete's personalities.

**Keywords:** Characteristics; psychological; athletes; PPLP



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**Corresponding author:** Yahya Eko Nopiyanto, Physical Education Health and Recreation, Universitas Bengkulu, Bengkulu, Bengkulu, Indonesia

Email: yahyaekonopiyanto@unib.ac.id

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## INTRODUCTION

PPLP Bengkulu Province is a forum for fostering talented athletes at school age to achieve the best achievements in the field of sports. However, the achievements of PPLP Bengkulu athletes are fluctuating, mean that there has been no continuous improvement in performance. Based on data from the Ministry of Youth and Sports, it is known that there has been a decrease in the number of athletes in several sports including pencak silat, swimming, wrestling, and karate (Kemenpora, 2014). This decline must be followed up immediately, because the reduced number of talented athletes in Bengkulu will also reduce the chances of getting medals at national and international competitions.

Not only has the number of athletes decreased, but also the ratio of the number of male and female athletes in the PPLP Bengkulu is not balanced. There are 19 male athletes and 7 female athletes currently training. It would be very good if the number of quality athletes who train at PPLP Bengkulu continues to increase every year. Some concrete steps that need to be considered in order to overcome this problem

include increasing the frequency of inter-student championships to find talented athletes, improving athlete coaching programs, and improving athlete's psychological skills training program. An athlete who has good psychological characteristics will show an attitude that will not give up, is persistent in trying, and keeps trying to get out of difficult situations with the main goal of winning the competition. However, it is unfortunate that based on the results of interviews and observations made by researchers, it is known that the trainers at PPLP Bengkulu have not provided a specific mental training program to improve the psychological skills of their athletes (Riyanto, Yarmani, & Sugiyanto, 2020). This problem needs to be evaluated or studied further as an effort to improve the existing program in the PPLP Bengkulu Province (Raibowo & Nopiyanto, 2020).

Indeed, there are many factors that influence athletes' performance in PPLP Bengkulu, one of which is gender. The performance of an athlete in the sport of achievement is also influenced by gender (Thibault, Guillaume, Berthelot, El Helou, Schaal, Quinquis, 2010). This means that the placement of athletes in certain more specific sports will provide optimal performance. Several studies that have been conducted discuss and discuss the importance of gender in a sport, and this continues to be a matter of debate among researchers. For example, research conducted by Nopiyanto dan Alimuddin (2020) which examines the psychological characteristics of Indonesian Sea Games athletes in terms of gender in team sports, it is known that there are significant differences between male and female athletes. Other research also states that male athletes have higher motivation than female athletes (Deaner, Balish, & Lombardo, 2016). Research conducted by Uçan dan Çağlayan (2012) differentiated the self-esteem of male and female athletes in swimming, gymnastics, rowing, archery, and athletics. Of the 49 male athletes and 52 female athletes in the study, it is found that there is no significant difference in self-esteem.

The results of research on athletic athletes in PPLP Papua stated that athletic athletes have high motivation, commitment, and hard work. Meanwhile, the control aspects of anxiety and concentration are in the medium category. It is further stated that psychological aspects such as self-confidence, mental preparation are in the medium category (Sutoro, Guntoro, & Putra, 2020). Meanwhile, research on PPLP athletes in the Provinces of Central Java and Yogyakarta shows that athletes in the sport of football have the best self-confidence and motivation and mental preparation compared to other sports. Martial arts athletes from taekwondo have good control of anxiety and concentration, but have low motivation. Volleyball athletes have the highest team attention compared to other sports. Meanwhile, athletic athletes have the lowest level of team attention compared to athletes in other sports (Hastuti, 2014). Similar results of research have also been conducted by Dongoran dan Kolalo (2020) on Papuan PON athletes who state that the psychological characteristics of Papuan athletes are in the good category. The results of these studies have been conducted outside Bengkulu Province. However, until now there has been no research that specifically examines the psychological characteristics of male and female athletes who train at PPLP Bengkulu. The psychological characteristics referred to are motivation, self-confidence, anxiety control, the importance of the team, mental preparation and concentration as special characteristics inherently in achieving athletes (Nopiyanto & Dimiyati, 2018). This research needs to be done as an effort to improve the development and achievement of athletes in PPLP Bengkulu. The purpose of this study is to determine the differences in the psychological characteristics of male and female athletes in PPLP Bengkulu Province.

## METHODS

This type of research is quantitative with comparative design, which is a study that compares the psychological characteristics of male and female athletes in PPLP Bengkulu and looks for the causes of these differences (Gay, Mills, & Airasian, 2011). This research is conducted at PPLP Bengkulu Province on 6-15 July 2020. The subjects of this study are all athletes who participate in training at PPLP Bengkulu Province, totaling 26 athletes. The number of male athletes is 19 athletes, namely 8 wrestling athletes, 6 athletic athletes, 4 karate athletes, 4 boxing athletes, 4 weight lifters. While the number of female athletes is 7 athletes, namely 2 athletic athletes, 2 karate athletes, 2 boxing athletes, 1 weight lifters.

The research procedure is carried out in steps, namely: (1) validating the questionnaire to the experts (expert judgment), (2) looking for the validity and reliability of the instrument, (3) coordinating with the

research team to test the instrument in the field, (4) coordinating with PPLP Bengkulu athletes and coaches to collect research data, (5) collecting research data using a questionnaire, (6) conducting research data analysis, (7) compiling reports and research articles.

The data collection techniques and instruments use the questionnaire "The Psychological Skills Inventory for Sports" which is adopted from Mahoney, Gabriel, dan Perkins (1987) which consist of 38 statements, namely 8 statements from the motivation aspect, 7 statements from the self-confidence aspect, 7 statements from the aspect of motivation anxiety control, 4 statements from the aspect of mental preparation, 4 statements from the aspect of the importance of the team and 6 statements from the aspect of concentration. The validity of this instrument is 0.21-0.35 and the reliability is 0.890. The data analysis technique in this study uses the t-test difference. The data collection procedure is carried out by distributing questionnaires to all research subjects in PPLP Bengkulu Province. After obtaining the data, the researcher classifies the data based on each psychological aspect, followed by analyzing the data to answer the research hypothesis.

## RESULT AND DISCUSSION

The psychological characteristics referred in this study are the special characteristics of the psychological aspects inherently in the PPLP Bengkulu athletes which consist of motivation, self-confidence, anxiety control, mental preparation, the importance of the team and concentration. To determine the differences in psychological characteristics between male and female athletes, the data in this study must be analyzed using the t-test difference. The requirements that must be fulfilled before carrying out the t-test are the normality and the homogeneity tests to ensure the normality of the data and the data comes from a homogeneous group. The following shows the results of the data normality test using the Kolmogorov-Smirnov and the homogeneity of the data using Levene's Test.

Table 1. Result of Data Normality

Data	N	Mean	SD	Sig.	Note
Male Athletes	19	133,526	11,734	0,20	Normal
Female Athletes	7	142,714	5,407	0,35	Normal
Male and Female Athletes	26	136	10,894	0,34	Normal

The data normality test for male athletes uses a significant level of 0.05. If the sig value is greater than 0.05, the data is declared normal. From table 1 it can be seen that the sig value of 0.20 means that it is greater than 0.05. Thus, it can be stated that the data for male athletes are normally distributed. Furthermore, it can be seen that the results of the normality test on female athletes are known to have a sig value of 0.352, which means that it is greater than 0.05. Thus, it can be stated that the data for female athletes are normally distributed. Meanwhile, the normality test for male and female athletes is known to have a sig value of 0.34, which is greater than 0.05. Thus, it can be stated that the data for male and female athletes are normally distributed.

Table 2. Result of Data Homogeneous

Levene statistic	df 1	df2	Sig
4,55	1	24	0,44

The homogeneity test of the data uses a significant level of 0.05. If the sig value is greater than 0.05, the data is declared homogeneous. Based on table 2 it can be seen that the sig value 0.44 means that it is greater than 0.05. Thus, it can be stated that the data in this study comes from a homogeneous group.

Table 3. Result of T-test

Levene's Test						
F	sig	t	Df	Sig.2tailed	Mean Difference	Std Error Difference
3,905	0,60	1,711	24	11,11036	1,3600	2,17892

Based on table 3, it can be seen that the value of t count is 1.711 and sig is 0.60. This means that the sig value is greater than 0.05 so that Ho is accepted. So that there is no significant difference between the psychological characteristics of male and female athletes in the PPLP Bengkulu Province.

The purpose of this study is to determine the differences in the psychological characteristics of male and female athletes in PPLP Bengkulu Province. With this research, it is hoped that the coach will be able to place his athletes based on the right sport. This study involves 19 male athletes (8 wrestlers, 6 athletic athletes, 4 karate athletes, 4 boxing athletes, 4 weight lifters) and 7 female athletes (2 athletic athletes, 2 karate athletes, 2 boxing athletes, 1 lifters iron). The subjects in this study can be divided into athletes from body contact and non-body contact sports. Based on the results of the study, it is known that athletes from body contact sports have a higher score than athletes in non-body contact sports and male athletes have higher scores than female athletes. However, collectively there is no difference between male and female athletes from body contact and non-body contact sports (Sukadiyanto, 2006). There is no difference in psychological characteristics because the subjects in this study are still adolescents and are students. As the results of previous studies state that adolescent athletes do not have sufficient ability to deal with stress triggers (Donaldson, Prinstein, Danovsky, & Spirito, 2000).

Theoretically, male athletes have the same goals as female athletes in achieving achievement (Deaner, Carter, Joyner, & Hunter, 2014). Because there is a clear goal in participating in sports, it will guide athletes to develop their psychological skills to support success in the sports they participate in. Male and female athletes in the PPLP Bengkulu Province have the same goal to get their best performance. This causes a similarity between the psychological characteristics of male and female athletes in the PPLP Bengkulu Province. The female athletes who are the subjects in this study come from athletics, karate, boxing and weight lifting. In athletics, athletes are required to concentrate, especially at the start. In karate and boxing, self-confidence and anxiety control are needed when competing, while in the sport of weight lifting, great motivation is needed to be able to lift weight at its best level. The similarity in the psychological aspects required in the sport that is followed by male and female athletes causes a similarity in psychological characteristics between male and female athletes in PPLP Bengkulu Province.

Nowadays, female athletes are able to position themselves according to their feminine character (Harsuki & Elias, 2003). So that female athletes prefer to pursue sports that do not use a lot of muscle strength, while male athletes prefer sports that are hard and use a lot of muscle strength such as fighting martial arts, football, basketball and others. Practically women have made extraordinary strides to be able to participate in sports. The awareness that gender is a barrier to men's and women's involvement in sports is becoming more and more fading in the 21st century. Currently, there has been a change and paradigm development in society that does not consider it taboo anymore for women to pursue sports. Because this is the right placement that is able to make female athletes excel in sports.

The results of another study show that male and female athletes aged 13 years exhibit the same psychological skills in sports and be able therefore be treated as a homogeneous group and undergo the same mental skills training program (Kruger & Pienaar, 2014). From the 360 male athletes and 360 female athletes who are members of individual sports, namely single table tennis, single badminton and athletics and team sports, namely volleyball, basketball, handball, it is known that there is no significant psychological difference between male and female athletes. in terms of anxiety and self-confidence (Hussain, Zaman, & Idris, 2014). Female athletes are more likely to experience irritability and depression (Wahyudi & Fajarwati, 2020). Other studies that have been conducted have also shown that elite athletes in team sports have high psychological characteristics (Nopiyanto, Dimyati, & Dongoran, 2019). Likewise, athletes at the national level have high psychological characteristics (Dongoran & Kalalo, 2020).

Research conducted by Uçan dan Çağlayan (2012) differentiate the self-esteem of male and female athletes swimming, gymnastics, rowing, archery and athletics. From the 49 male athletes and 52 female athletes in the study, it is found that there is no significant difference in self-esteem. While other studies also found no statistically significant differences in age and experience based on (Larumbe, Joaquin, Lluch, Agea, & Delcampo, 2019). Other studies also state that there are no differences in the psychological characteristics of male and female athletes in terms of gender in the martial arts and fighting sports.

(Dongoran & Kalalo, 2020). Furthermore, it is known that there is no difference between the motivational aspects of pencak silat and boxing athletes (Dongoran, Nopiyanto, Saputro, & Nugroho, 2019). Similar research also states that there is no significant difference between the psychological characteristics of male and female athletes in terms of individual sports (Nopiyanto & Dimiyati, 2018).

Differences in psychological characteristics are also determined by the spatial abilities possessed by athletes, namely the ability to imagine, present visual stimuli that come from outside. This ability is needed by athletes to present any instructions given by the coach during mental training or competition. Based on the results of the study, it is known that there is no difference in spatial ability between male and female athletes in KONI West Java (Putri, Lubis, Ong, 2017). Athletes who were the subjects in the study were fencing, athletics, wrestling, judo, kempo, weight lifting, archery, rock climbing, martial arts, gymnastics, taekwondo and boxing aged 19-27 years. However, other research states that there is a significant difference in spatial ability between low-risk sports such as (running, athletics, gymnastics) and high-risk sports (parachuting, scuba diving, skiing, and mountain climbing), while doing activities. moderate risk sports (football, basketball and handball) were not significant (Thomas, 2012).

The research was conducted by Nopiyanto dan Alimuddin (2020) which examines the psychological characteristics of Indonesian Sea Games athletes in terms of gender in team sports, it is known that there are significant differences between male and female athletes. This difference is because the athletes sampled in the study are professional athletes who have international achievements, have skills training programs that are carried out continuously and have high self-confidence. As stated Donaldson et al., (2000) that the increasing age an athlete will have a better ability to overcome difficulties, have better stress management, have better achievement motivation than athletes who are still teenagers who are still students at school. Based on the findings in this study, it can be seen that there is no difference in psychological characteristics between male and female athletes in PPLP Bengkulu due to several factors, including the age of athletes who are still adolescents between 14-17 years, the majority of competing experiences at regional level or regions, there is the same orientation between male and female athletes.

In adolescence between 14-17 years, every athlete will continue to experience significant changes including physical, psychological and emotional development (Nazori, Juriana & Dewanti, 2017). At this age, in general, an athlete will experience many obstacles in the process of training and competition. Thus, the coaches have a dominant role in helping the athletes to get through each of these changes well. In addition, coaches are also required to provide solutions to problems faced by athletes, especially psychological and emotional problems. At this young age, the PPLP Bengkulu athletes also is lack of experience competing nationally. If there is he more experience competing so the psychological skill level of the athletes will be better. Based on the research results, it can be seen that there is a relationship between athletes' competing experience with the ability to manage emotion (Ariyanto, 2016). The experience of competing athletes will also affect mental toughness, the higher the mental toughness of an athlete, the lower the level of competition anxiety (Raynaldi, Rachman, & Akbar, 2017).

## CONCLUSION

The results of this study can be concluded that there is no significant difference in psychological characteristics between male and female athletes in PPLP Bengkulu Province. The drawback of this study is that it uses a small number of samples, so it is suggested that further researchers are expected to use a larger number of samples and add other research variables such as psychological skills training and athlete's personality. It is recommended that athletes continue to improve their psychological skills and PPLP Bengkulu Province coaches are expected to provide continuous psychological skills training to athletes who train at PPLP Bengkulu.

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