

MENTAL ROLE IN ACHIEVEMENT OF KONI'S PELATDA ATHLETES ACEH PROVINCE IN 2022

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Abstract

Mental has such an important role in the process of fostering athlete achievement. The purpose of this study was to find out the mentality of the Aceh Province KONI Foster Training Pelatda athletes in the face of PON XXI 2024 Aceh-North Sumatra. Athletes who are mentally tough are athletes who are able to stabilize their emotions in every performance then they can be ascertained stay on top of the game, and will never allow himself to be complacent. This research is a quantitative type . The sample in this study were the KONI Fostered Pelatda athletes Aceh Province, sampling using purposive sampling technique, amounting to 12 athlete. Data collection techniques using questionnaires and interviews. Research result as follows: of the 12 athletes of the Aceh Province KONI Foster Training Plate, 9 of them have mentally tough or mental level to compete they are at a high level with the percentage is 75% and 3 of them are in a state of moderate mental level the percentage is 25%, which means they have guts and level very good self-confidence both during training and competition. those results shows how the mental picture of the Aceh Province KONI Foster Pelatda athlete facing PON XXI 2024 Aceh-North Sumatra.

Keywords: Role; mentally; Achievements, Pelatda Athletes; KONI; Aceh Province.

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INTRODUCTION

Sport is a series of regular and planned physical movements maintain one's quality of life. According to Ruseski, (2014), that: "By exercising or doing regular physical activity can reduce risk of chronic disease, reduce stress and depression, increase well-being emotional state, energy level, self-confidence and satisfaction with social activities.

Sports psychology is an applied science used in sports and one of the determining factors in sports achievement. According to Gunarsa, (2008), that: "Sports psychology is psychology applied in the field of sports, including

the influential factors directly on athletes and factors outside athletes who can affect the athlete's performance. There are two factors influencing the psychology of athletes in sports, the first is the originating factor from within the athlete himself (internal), like an athlete who is afraid when facing an opponent, and not confident in their abilities. Next factor are factors that come from outside the athlete (external), such as the athlete feels distracted when spectators are noisy and other instances when athletes are ostracized by his teammates who make him not excited to compete.

Mental is one of the factors that influence athletes to win the match. Athletes who diligently train their minds can compete consistently. This means that athletes who have mental good will be able to control himself when competing with opponents who just as strong. Athletes who have a good mentality can be sure they will remain are at the top of their game, never letting themselves settle, by properly training their minds. When competing mentally and stable emotions he will exceed his greatest expectations. Good mentality will bring athletes to the highest peak. Trying to organize thoughts in order don't lose on any game. Thoughts will improve performance athlete. What a coach and athlete needs to prepare is how preparing mentally when competing, building a victorious soul at the time competing, organizing thoughts while competing, overcoming various distraction unthinkable before. This is related to the mentality of competing the most influential elements in athletes, such as: personality, concentration, emotion and motivation.

Athletes assisted by KONI Aceh are athletes who are fostered who are centered in Regional Training (Pelatda) in the long term for preparation PON XXI in 2024 in Aceh and North Sumatra Provinces. Athlete goals focused on Pelatda is so that athletes can take part in training regularly maximum, because the athlete in question can be controlled and always supervised properly starting from a pattern of food, exercise, and rest. Hope KONI Aceh with athletes focused on Pelatda is to be able to win medals at PON XXI in 2024 in Aceh and North Sumatra Provinces. Achievement results 3 The

previous PON in Indonesia, namely the XVIII Riau PON in 2012, Aceh won 3 gold, 5 silver and 18 bronze medals Aceh ranked 25th out of 33 Provinces, then increased in PON XIX in West Java in 2016 Aceh won 8 gold, 7 silver and 9 bronze medals, at the West Java PON Aceh occupied ranked 17th out of 34 Provinces. At PON XX in Papua in 2021 Aceh's achievements increased again, Aceh won 11 gold medals 2 from the exhibition branch, 7 silver 2 from the exhibition branch, and 11 bronze medals 1 from the exhibition branch and Aceh ranking up to 12 out of 34 Provinces.

Based on observations made by researchers, 25 sports which became a centralized category and won a medal at PON XX in Papua, namely: fencing, weightlifting, athletics, bodybuilding, hapkido, judo, kurash, kempo, muaythai, archery, aerosport, pencak silat, rollerblading, and degree fighting. Furthermore, sports that did not get medals, namely: wushu, shooting, karate, taekwondo, boxing, soft tennis, squash, woodball, wrestling, and dance sports. There are 24 branches participating in the XX Papua PON, for the petanque branch was not contested and Aceh became the overall champion at Pre-PON petanque in Jakarta in 2019.

From the achievements that have been achieved by Acehnese athletes at the XX Papua PON, yes judging by the quality of the Acehnese athletes, the lack of championships or *try ins* and *try outs* attended by athletes, inadequate facilities, and reality others on the field the coach does not pay attention to the psychological state of the athlete the emphasis is only on the physical and technical while the psychological state of the athlete is ignored. Another problem is that the Pelatda KONI athletes in Aceh Province do not have a program special mental training that is well prepared from Pengrov, KONI and the coach Alone. Then, the most important thing that must be owned by an athlete is a professional psychiatrist or psychologist who can provide an overview personality that must be owned and instilled in athletes, so athletes have a good personality, then give the athlete's way concentrating on the game, how to control emotions, and how to grow and develop the motivation of athletes, and

other problems that often arise in athletes with the hope that Aceh athletes can perform well without any disturbance.

METHOD

This research includes mixed methods research. Retrieval technique the sample in this study is using purposive sampling. According to Sugiyono, (2017), Says that: "purposive sampling is a technique determination of the sample with certain considerations. Given the time constraints and available costs so in this study researchers took representatives from Pelatda athletes who won National Championships. The number of samples in this study totaling 12 athletes. The instruments used in this research are in the form of interviews and questionnaires by filling out a Likert scale questionnaire.

RESULT AND DISCUSSION

Questionnaire Results

The main target in this research is the athletes of the KONI Fostered Pelatda Aceh Province, because mentality is one of the supports for outstanding athletes. For the results of the athlete's questionnaire can seen in the following raw data recapitulation:

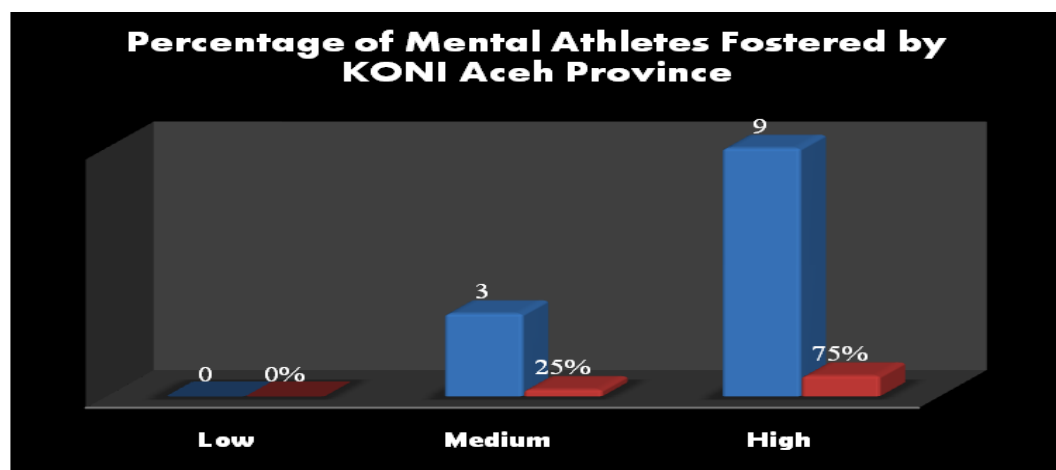


Figure 1. Percentage Graph

Of the 12 athletes from the Aceh Province KONI Foster Training Plate, 9 of them have a tough mentality with a large percentage of 75% and 3 of them are in a state of moderate mental level with a total percentage of 25%.

Interview result

The Personality of the Aceh Province KONI Fostered Pelatda Athletes

Personality describes a person's behavior in behaving. Likewise, athletes have different characteristics or character this is where the role of the trainer is needed to be able to understand each of the characteristics owned by the athletes. By knowing someone's personality it will can predict the behavior that person will display in face a certain situation, (Suherlan & Budhiyono, 2013).

In accordance with the results of the Pelatda athlete's research, they admitted that they were comfortable being in the Pelatda environment because he got a new family for him, even one of them confessed that playing team made him more confident to be able to make himself more motivated by the presence of friends playing, and will improve his mentality when competing but in between they also have a personality that is more comfortable when playing alone because he considered that his friend could have made a mistake inside match. This is in accordance with the theory of (Freudenstein et al., 2019). "Friends' environment has an influence on development personality. Situation, affecting the impact of heredity and environment on personality". In addition, athletes from the Aceh Provincial KONI Fostered Pelatda could not influenced by the opponent when competing. Provincial KONI Fostered Pelatda Athletes Aceh has courage when facing opponents even though they are Pelatnas athletes even though, because they think that Pelatnas athletes and themselves are both experience the same training process also with a different place.

Concentration of Aceh Provincial KONI Fostered Pelatda Athletes

Concentration is a factor that determines the success of a performance of athletes during competition, one of the factors that cause the disruption of the athlete's concentration on the field is a factor that comes from within him, factors that come from outside and others such as food that consumed which causes digestive disorders of athletes during competition. According to Setyobroto, (2021),, that: "Concentration is a state where Athletes show that they have awareness that is fixed on a particular object which is not easily shaken". Insomnia or difficulty sleeping is often experienced by athletes when

approaching competition, which results in a decrease in the athlete's performance on the field so that experience defeat. Among the Aceh Provincial KONI Fostered Pelatda athletes who have insomnia at night that makes them anxious facing the match and arriving at the day the match takes place makes they get distracted and lose concentration caused by lack of rest. This is in accordance with the theory of (Priya et al., 2017) which states that: "Poor quality sleep also causes a decrease in cognitive function, psychomotor slowing, impaired concentration, increased stress and emotion. Sleep can affect health and quality of life. Sleep quality low is an indicator of many medical ailments and there is a strong association between physical, psychological and sleep health (Yilmaz et al., 2017). Studies about sleep quality includes measuring the quantitative components of that sleep measures sleep duration and measures the qualitative component that measures its subjectivity to sleep depth and feeling refreshed after waking up (Lohitashwa et al., 2015). This can be interpreted that the quality of sleep effect on the level of concentration. External factors that can interfere athletes during matches, and statements from athletes from the KONI Fostered Pelatda athletes Aceh province in fact they are often distracted when there is musical accompaniment on the field when competing, even the sound of the audience can making them lose their concentration when competing, especially in sports which requires a high level of concentration.

The Emotions of Aceh Provincial KONI Fostered Pelatda Athletes

Athlete's emotions can appear when getting a victory or defeat, and can also appear when he will encounter a match. Like the emergence of feelings of nervousness, worry even worried. According to Hude, (2006), that: "Emotion as a psycho symptom physiological effects that affect perception, attitudes, and behavior, as well as action in a certain form of expression.

From the results of research that has been carried out on Koni's Foster Pelatda athletes Aceh Province, the athlete admitted that he was sad when he experienced it defeat but never disappointed in any performance he put in because

it is a form of their hard work so far and defeat make it a lesson and evaluation material for him to go to ahead, and the coach also said there are still many opportunities ahead. Emotion is any condition in a person accompanied by an affective color (certain feelings experienced when faced with a situation specific) both at a weak level and at a broad level (Yusuf, 2011).

The feelings that often arise for Pelatda athletes when ahead of the game is the emergence of feelings of worry and nervousness, will but this can still be overcome by the athlete, from this Pelatda coach admits that due to flying hours, athletes sometimes feel afraid and nervous when facing his opponents during a match. Matter anything else that happens during matches such as the opponent's points are superior, then the athletes of the Aceh Provincial KONI Fostered Pelatda remain enthusiastic and have faith firm can definitely pursue that point with optimism. (Goleman, 2001) states that when emotions have overcome concentration or ability think a person, all the information or experience he has will become paralyzed or not functioning properly. In this case, information or The experience possessed by an athlete is obtained from the training that has been done carried out as a preparation for a certain period of time before attending match.

The motivation of the Aceh KONI Fostered Pelatda Athletes

The Aceh Pelatda athletes admit that they are people who discipline at practice and rarely receive sanctions from coaches and there are mistakes one of them came half an hour early during practice so he could Repeat the movements given by the coach. Can't It is undeniable that there are also athletes who are sometimes late for practice caused by class or work schedules. If there are athletes who it was too late the trainers of the Aceh Pelatda gave sanctions that could be useful for the muscles of the athlete's body such as *push ups* and the athlete does not mind against it. According to Irianto, (2004), that: "Motivation is something that moves or encourages a person or group to do something or not doing anything. Individual behavior in the first sport influenced by intrinsic motivation, which comes from within individual or in the athlete. The Aceh Pelatda athlete admits that he happy and added enthusiasm to compete because

of the support that has been provided given by someone close to me. Equipment is a factor that can affecting the athlete's appearance, a direct statement from the Foster Pelatda athlete KONI Aceh Province, they are not insecure about equipment at all compete that they have can be said that their equipment very sufficient. According to Weinberg, (2023) reveals that 80-90% of sports achievements are determined by psychological aspects, especially motivation.

Discussion

Based on the research results obtained through questionnaires and questionnaires by distributing questionnaires to respondents, results have been found and can be explained as follows:

Of the 12 athletes from the Aceh Province KONI Foster Training Plate, 9 of them have the mental toughness or level of fighting mentality they are at high level with a large percentage of 75% and 3 of them are within a state of moderate mental level with a total percentage of 25%, that is meaning they have courage and a very high level of self-confidence great for both practice and competition.

Based on the results of research that has been done, obtain results that there is no specific program to train the mentality of athletes, either from Pengrov, KONI, and Coach. So far, what the Coach has done for Boosting athlete morale is a common mental gift like provide motivation during practice and competition. For special programs written as mental preparation for try in, try out, and no competition yet until now during the Pelatda. Mental should be the center the number one concern that must always be paid attention to by Pengprov, KONI Aceh, and Coaches in fostering the achievements of Pelatda athletes, which will be faced in the future by PON and Aceh itself will be the host. So far mentally Athletes are always ignored and ignored by any party who is emphasized just practice every day without regard to the psychological state of athletes. From these results indicate that the mental role is needed for athletes of the Aceh Provincial KONI Fostered Pelatda in supporting their achievements. Exercise mental has an important role because without a good mental then

performance in emotional stability and increased motivation will be less controlled in the face of competition. According to the stated theory that: "Mental includes a set of beliefs, attitudes, perceptions, and values that leads to empowering the function of thinking as a controller of action and body response (Schuler et al., 2023).

CONCLUSION

Based on the results of the percentage chart above, it can be explained that: (1) the mentally tough category was won by 9 athletes including 1 fencing athlete, 2 weight lifter, 1 muaythai, 1 martial arts, 1 soft tennis, 1 surfing, 1 fight degrees and 1 woodball with a total percentage of 75% seen from the results and the athlete's experience is very reasonable 9th athlete has a very mental level tough in competing, one of which is influenced by the flying hours factor very high and no stranger to competing at the National level and support facilities where several sports branches already have a permanent training ground, and (2) the mental category is being achieved by 3 athletes with a percentage of 25%. Obtained by track and field athletes, rowing, and taekwondo one of the factors caused by athletes who are still junior and not as much experience as the 9th athlete who get the high mental category.

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