

INTERPERSONAL COMMUNICATION OF BENGKULU ATHLETES TO COACHES TOWARDS PON PAPUA 2021

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Abstract

This study aims to describe the interpersonal communication built by Bengkulu athletes to their coaches in the preparation period for PON Papua 2021. Quantitative descriptive research methods were used in this study. The study population was 83 Bengkulu athletes who were prepared to participate in PON Papua 2021. Sampling in this study was a total sampling so that all athletes became a sample of 83 athletes. The data collection technique used a questionnaire, and the instrument used was the coach-athlete relationship questionnaire. The research instrument consists of three aspects, namely: closeness, orientation, and complementarity. The validity of the instrument used was 0.463-0.721 and the reliability was 0.92. The research data were processed using the mean ideal and standard deviation ideal. The results of the study stated that the interpersonal communication between Bengkulu athletes and their coaches had a score of 41.40-46.00 in the very good category, so it was concluded that the interpersonal communication of Bengkulu athletes to the coach towards Pon Papua 2021 was in the very good category.

Keywords: *Communication; Interpersonal; Athletes; Bengkulu*

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INTRODUCTION

PON or commonly referred to as national sports week is a national level sports event that is a place to show achievements for all athletes from various provinces in Indonesia and is held every four years. Based on historical records, PON I was held on September 12, 1948, in Solo. In 2020, the XX PON is planned to be held in Papua. All provinces in Indonesia including Bengkulu Province have prepared themselves to participate in the XX Papua PON. The preparations include improving training facilities and infrastructure for athletes, following the

pre-PON selection, scheduling training camps for athletes, and several sports that have conducted training camps. However, due to the Covid-19 pandemic, the XX Papua PON was postponed in 2021. With the Covid-19 pandemic, the Indonesian government issued a decision and advised all citizens to carry out all activities at home such as worship from home, work from home), and training from home (WHO, 2020).

The postponement of PON XX Papua has a significant impact on various aspects for Bengkulu athletes and coaches (Susanto, 2020). All schedules and preparations made are forced to readjust to the current situation. The completely limited situation also affects the changes in the communication patterns that are built between athletes and their coaches. During a pandemic, of course, communication cannot be built conventionally and face-to-face, and most athletes experience problems communicating with their trainers (Sya'diah & Jatmiko, 2021). Even though it is known that good communication between athletes and coaches is needed in every training process because it will have a psychological impact on athletes such as motivation (Karisman, Meirizal & Affandi, 2018). The achievement motivation of athletes will increase if the coach can build good interpersonal communication relationships (Fanandi et al., 2013). In addition, the expected impact of good communication is increasing athlete motivation, easy-to-understand instructions, and providing solutions to athlete's problems (Saputro, 2013).

Poor communication between athletes and their coaches during training during the Covid-19 pandemic will certainly hinder the training process in preparation for PON Papua 2021 (Kardiyanto, 2020). The role of the coach is so big for Bengkulu athletes in undergoing training during the Covid-19 pandemic and it is hoped that the coach will be able to build good communication to increase the motivation and confidence of athletes in facing PON XX Papua 2021. As it is known that motivation and self-confidence are psychological skills that determine the success of an athlete to become a champion (Nopiyanto et al.,

2021).

The results of various literature studies describe that communication between both coaches and athletes have a significant relationship positive with athletes' motivation when training and competing (Faisal et al., 2018). Not only able to increase motivation but also decrease levels of athlete anxiety before competing (Setiani & Sakti, 2014). Interpersonal communication between athletes and coaches has important implications for maximizing achievement sport and psychology between players and coaches (Nicholls et al., 2016).. The communication that athletes usually make to their coaches before the Covid-19 pandemic is usually done in person and face-to-face. However, with the Covid-19 pandemic, communication must be done online through an intermediary social media application. The results of previous research stated that the communication built by coaches and athletes using virtual communication via WhatsApp was proven effective during the training process during the Covid-19 pandemic (Kartiko & Rahmawati, 2020). Online communication is also a good solution for athletes and coaches in carrying out training from home (Santosa & Imron, 2020).

Previous researchers have made various findings regarding the interpersonal communication between athletes and their coaches using different samples and instruments and research locations outside Bengkulu Province. However, research that specifically addresses the communication of PON Bengkulu athletes during the Covid-19 pandemic has not been carried out. So that the researcher is interested in further examining the interpersonal communication of Bengkulu athletes to their coaches by using the instrument "The Coach-Athlete Relationship Questionnaire (CART-Q). This research needs to be done to gather information about the communication between PON Bengkulu athletes and coaches during the Covid-19 pandemic. This research is a concrete step to improve the training program for Bengkulu athletes so that they can undergo proper training during the Covid-19 pandemic.

METHOD

This research is a quantitative descriptive with a survey approach that aims to collect data simultaneously regarding the communication between Bengkulu athletes and coaches during training the Covid-19 pandemic. The time of research was carried out in September 2020 and the place of research was in Bengkulu City. The population in this study were 83 athletes from Bengkulu consisting of 17 sports, namely: athletics, badminton, billiards, Kempo, Muaythai, football, tennis, karate, silat, wrestling, swimming, rock climbing, diving, boxing, volleyball, weightlifting, and bodybuilding. Total sampling was used to determine the sample size so that the sample in this study amounted to 83 athletes. The data collection technique used a questionnaire and the instruments used in this study was "*The Coach-Athlete Relationship Questionnaire (CART-Q)*" adopted from (Jowett & Ntoumanis in Avci et al., 2018). The validity of this instrument was 0.463-0.721 while the reliability was 0.92. The data that had been collected were analyzed using the mean ideal and standard deviation ideal. Based on the ideal mean value and ideal standard deviation, a category table is then compiled to determine the interpersonal communication of Bengkulu athletes to the coach towards PON Papua 2021. According to (Wagiran, 2015) determine the category can use the formula in table 1.

$$Mi = \frac{(ST + SR)}{2}$$

$$SDi = \frac{(ST - SR)}{6}$$

Table 1. Category Determination Formula

No	Interval	Category
1	> (Mi + 1,8 SD) s.d. (Mi + 3 SD)	Very Good
2	> (Mi + 0,6) s.d. (Mi + 1,8 SD)	Good
3	> (Mi - 0,6 SD) s.d. (Mi + 0,6 SD)	Moderate
4	> (Mi - 1,8 SD) s.d. (Mi - 0,6 SD)	Less
5	(Mi - 3 SD) s.d. (Mi - 1,8 SD)	Very Poor

RESULT AND DISCUSSION

The results of this study consisted of three aspects, namely: (1) closeness is the ability of athletes to build personal communication closeness to their coaches,

(2) orientation is the ability of athletes to communicating in building goals with the coach, (3) complementarity is the ability of athletes to communicate to complement each other. These three aspects are very important components to determine the level of communication between athletes and their coaches. The results of this study are presented through tables and histograms. Interpersonal communication for athletes in terms of closeness can be seen in table 2.

Table 2. Communication in terms of closeness

No	Category	Interval	Frequency	Percentage (%)
1	Very Good	12,59-14,00	58	69,87
2	Good	11,32-12,58	2	2,40
3	Moderate	9,70-11,31	15	18,07
4	Less	8,43-9,69	4	4,81
5	Very Poor	7,02-8,42	4	4,81
Total			83	100

Based on table 2, it can be seen that the interpersonal communication of Bengkulu athletes in terms of closeness is 4 or 4.81% of athletes have very poor closeness, 4 or 4.81% have less closeness, 15 or 18.07% have moderate closeness., 2 or 2.40% have good closeness, 58 or 69.87% have very good closeness. To be clearer in seeing the interpersonal communication results of Bengkulu athletes in terms of proximity, it is presented in the form of a histogram below.

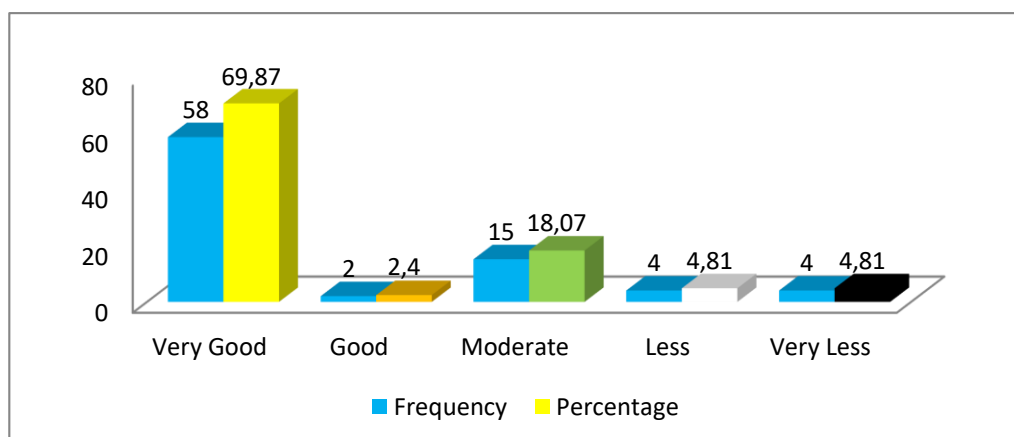


Figure 1. Communication in terms of Closeness

Figure 1 shows that in general, the communication between athletes and coaches during the preparation period for PON Papua 2021 in terms of closeness is in the very good category with 69.87%. To make it easier to see the results of athletes' interpersonal communication in terms of orientation aspects, it can be seen in table 3.

Table 3. Communication in terms of co-orientation

No	Category	Interval	Frequency	Percentage (%)
1	Very Good	29,39-34,98	58	69,87
2	Good	24,27-29,38	2	2,40
3	Moderate	17,75-24,26	18	21,68
4	Less	12,63-17,74	4	4,81
5	Very Poor	7,02-12,62	1	1,20
	Total		83	100

Seen from Table 3 it can be seen that the interpersonal communication of Bengkulu athletes in terms of the aspect of co-orientation is that 1 or 1.20% of the athletes have a very poor orientation, 4 or 4.81% have less of orientation, 18 or 21.68% have moderate orientation, 2 or 2.40% have a good orientation, 58 or 69.87% have a very good orientation. To be clearer in seeing the results of interpersonal communication of Bengkulu athletes in terms of co-orientation aspects, it is presented in Figure 2 below.

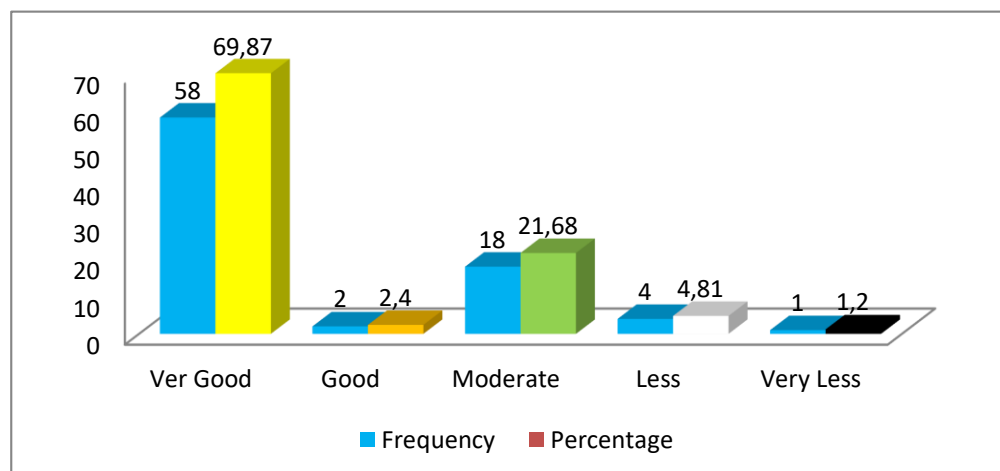


Figure 2. Communication in terms of Orientation



Based on figure 2 it can be seen that the interpersonal communication of Bengkulu athletes in terms of the aspect of shared orientation is generally in the very good category with a percentage of 69.87% or as many as 58 athletes. The last aspect of which is part of this research is the complementary aspect. The results of research on this aspect are presented in table 4.

Table 4. Communication in terms of complementarity

No	Category	Interval	Frequency	Percentage (%)
1	Very Good	16,3-18	26	31,32
2	Good	14,5-16,2	5	6,02
3	Moderate	12,7-14,4	41	49,39
4	Less	10,9-12,6	8	9,63
5	Very Poor	9-10,8	3	3,61
Total			83	100

Based on table 4 it can be seen that interpersonal communication of Bengkulu athletes in terms of complementarity is 3 or 3.61% of athletes have a very poor category, 8 or 9.63% in the less category, 41 or 49.39% of athletes in the moderate category, 5 or 6, 02% in the good category, 26 or 31.32% of the athletes in the very good category. To be clearer in seeing the results of interpersonal communication of Bengkulu athletes in terms of complementarity aspects, it is presented in figure 3 below.

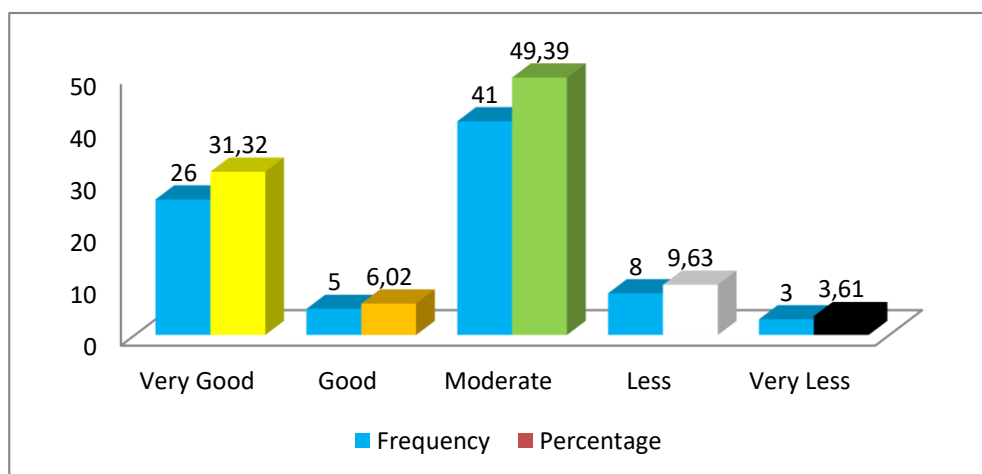


Figure 3. Communication in terms of Complementarity

Based on Figure 3 it can be seen that the interpersonal communication of

Bengkulu athletes in terms of complementarity is generally in the sufficient category with a percentage of 49.39% or as many as 41 athletes.

DISCUSSION

Aspects of closeness

The aspect of closeness is the ability of athletes to build personal communication closeness to their coaches. A close relationship between athletes and their coaches will contribute to increasing athlete motivation and provide comfort during training and competition. Motivation is an impulse or will that arises in a person or group towards a desired goal (Wanto, 2018; Nopiyanto, 2021). Not only does it increase motivation to compete for athletes, but the closeness of athletes to their coaches is also able to reduce anxiety during training and competitions (Pertiwi & Aulia, 2021). An athlete is part of a team consisting of peers, coaches, and a team of coaches. For that, we need to pay attention to communication between athletes and coaches (Triananda et al., 2021). If the athlete feels comfortable and close with the coach it will create a pleasant atmosphere. The closeness of the relationship between athletes and their coaches in communicating will be seen from the variety of messages as well as non-verbal responses that do like physical contact when communicating.

Bengkulu athletes who are undergoing training in preparation for competing in PON Papua 2021 are athletes at a national level so they can communicate well with their coaches. As it is known that the communication built by athletes to their coaches is an aspect that is positively related to athlete's performance (Charles & Nurjanah, 2016). This shows that poor communication between athletes and coaches will interfere with the process of delivering and receiving messages between athletes and coaches so that in the end the training program does not run effectively (Karisman et al., 2018). In another sense, it can be stated that a good communication process will be able to improve the quality of a training program being carried out by Bengkulu athletes and coaches. In addition to building closeness with the coach, Bengkulu athletes also communicate to

build a mutual orientation and complement each other to get maximum achievement in PON Papua 2021.

Aspects of Orientation

Orientation referred to in this study is the ability of athletes to communicate in building common goals. The joint orientation determined by the athlete and the coach will help both of them set clear goals during training and competition (Nurkholis, 2017). The athlete's relationship with his coach can be linked to both sports and performance make it easier to set achievement goals (Lochbaum & Smith, 2015). Having a clear orientation will also help athletes overcome psychological disorders that affect athlete's performance, including athletic anxiety, motivation, concentration (Nicholls et al., 2016). It is well known that psychological aspects are an important factor in determining athletic performance (Nopiyanto et al., 2021; Jakfar, 2018). Based on the results of the study it is also stated that there is a positive relationship between mutual orientation with motivation and self-confidence (Rahayu, 2015; Pratama 2013; Sugiarto 2021; Wiguna & Setyani, 2021). The ability of Bengkulu athletes in determining orientation along with their coaches is in a very good category. This is a good sign in carrying out preparations for PON Papua 2021.

Aspects of Complementary

Athletes and coaches must be able to complement each other to build good interpersonal communication. Interpersonal communication is very effective in conveying messages during training and competing from athletes to coaches and from coaches to athletes (Sholihah 2021). One of the most important aspects of communication between athletes and coaches is their presence awareness of complementary deficiencies between athletes and coaches. Athletes will show a negative reaction if the coach applies pressure before the competition is implemented, but on the contrary, will show a positive reaction if the coach can provide motivation and self-confidence to athletes. It shows that the coach is a source of anxiety for the athlete but also a motivator for athletes (Sabila & Jannah, 2017). Good athletes and coaches will always work together interpersonal

communication involving feelings and sympathy as a form of closeness and complement each other. Bengkulu athletes and coaches need complementary aspects in preparation for PON Papua 2021 as a form of relationship reciprocal or mutually beneficial to each other. The two of them will cover each other shortcomings, share experiences and information, not just those relating to sports that are being pursued, but can also share information about beliefs, life choices, life goals, and the philosophy of life that is believed.

CONCLUSION

The postponement of PON Papua 2020 to 2021 does not reduce the level of interpersonal communication of athletes to their coaches. However, this study still has limitations, namely that it is not known about the coach's interpersonal communication to the athletes. So it is suggested that further researchers can examine the interpersonal communication of PON Bengkulu coaches to their athletes.

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