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THE CONTRIBUTION OF SPIRITUAL INTELLIGENCE TO THE SELF-CONTROL AND RESPECT VALUE OF ADOLESCENT FOOTBALL ATHLETES

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Abstract

This study aims to determine the relationship between spiritual intelligence, self-control and respect values. The research method used in this study is the Causal research (Expost-Facto) method. In this study, the sampling technique used non-probability sampling, namely by purposive sampling. The sample in this study was 33 people. The results showed that there was a significant contribution between spiritual intelligence and self-control with a correlation coefficient of 0.520** with a significance value of $0.002 < 0.05$, there was significant contribution between spiritual intelligence with a respect value with a correlation coefficient of 0.461** with a significance value of $0.007 < 0.05$, and there is a significant relationship between spiritual intelligence and self-control value. Significance (Sig) of the respect variable is 0.049. Because of the value of Sig. $0.049 < \text{probability of } 0.05$, also from the calculation of t_{count} of 2.052 above compared to t_{table} ($df = 31$) which is 2.034 significantly 5%, so $t_{count} > t_{table}$.

Keywords: Spiritual Intelligence; Self Control; Respect; Football

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INTRODUCTION

Sports is one of the activities that attract humans to develop their potential, both sports knowledge, affective, social, and psychomotor. Through sports activities, humans can cultivate their bodies to be healthier. According to the World Health Organization (WHO), health is a state of complete health both physically, mentally and socially and not only a state of being free from illness, disease or disability that allows everyone to live a productive life socially and economically. Olahraga can also help human personal growth and development and understand life values in accordance with the development of sports that are of interest to them.



Sports are divided into several parts according to their goals, one of which is the sport of achievement. According to (Kemenpora, 2005) achievement sports are sports that develop the physical, spiritual, and social potential of athletes to achieve high performance (achievements) at the regional, regional, national, and international levels and thus will be able to raise the dignity, dignity and honor of individuals, families, communities, and nations . Achievement sports according to Law Number 3 of 2005 concerning the National Sports System are sports that foster and develop sportsmen in a planned, tiered, and sustainable manner through competitions to achieve achievements at the regional, national, and international levels in order to improve the dignity and dignity of the nation with the support of sports science and technology. The development of science and technology, the more competition among coaches, coaches and athletes, both nationally and internationally. One of the sports in Indonesia that is very popular and makes the nation proud is the sport of football.

(Sucipto, 2000) states that Football is a team game, each team consists of eleven players, and one of them is a goalkeeper. Football is one of the world-famous sports. This sport attracts the interest of sharing age groups, various social levels, and genders, as evidenced by the emergence of football clubs/football schools in the regions and in urban areas that aim to create national and even international outstanding athletes. The achievements of athletes are the benchmark for the achievement of the main goal for all sports practitioners, one of which is the club coach. Club coaches optimize various aspects for the achievement of outstanding athletes.

Recently, there has been a lot of discussion about the decline in moral attitudes among teenagers which is marked by many events such as brawls, bullying, immoral seizures and many more. The decline in moral attitudes is due to internal factors and external factors. As for the internal factors influenced by lazy athletes training, athletes often fight perarutan and others. External factors are partly influenced by the development of information technology, so some athletes often



access misinformation such as seeing violent news scenes about bullying brawls and so on. This is reinforced by the results of research (Krahé, 2014) "The more often people see the scene of violence, it can worsen their moral behavior so that they tend to become impatient, aggressive and give up children easily". According to him, the more often people see adegan violence, it can worsen their moral behavior so that it can tend to be a child who is less patient, aggressive and easy to rah.

Emotional turmoil can disrupt psychophysiological balances such as trembling, abdominal pain, muscle spasms, and so on. With the disruption of physiological balance, concentration will be disturbed, so that athletes cannot perform optimally in every match they play. Often an athlete experiences psychological and physiological disorders both from external and internal before and at the last moments of the game. So great is the psychological disorder that players are unable to complete the match properly. Moreover, if the opponent can suppress and the audience is not on his side, then it is conceivable that the athlete will not be able to play well. The concentration will be great, the prepared strategy cannot be implemented, even the athlete does not know what to do.

The phenomenon of psychological disturbances during matches or at the time of occurrence of critical times corresponds to the expression (Hagger & Chatzisarantis, 2008) that "the set of negative affective states associate with an inability to cope with stress placed on an individual by environmental demands, is often the culprit." Each athlete has different psychological disorders when faced with various situations according to self-control and how to overcome them, (Komarudin, 2014) states the same thing that "When the athlete is aware and focused on the tasks he has to do, the athlete must have good control to cope with various situations."

Based on the case data above, it is very risky for the morale of future generations of the nation, especially with regard to athletes who have to fall up and down on the field. This is due to the unsuccessful lack of cultivation and



understanding of the importance of self-control and the value of respect, causing athletes to do deviant things that are not in accordance with moral values.

Good self control will be created through good self-control coaching and training over a long period of time, because character shaping takes a long time for a process of habituation to occur. (Yoga, 2012) states "Whereas we all know that character education takes a long time." Therefore, to create outstanding athletes who have good self-control in dealing with various threats and psychological disorders, it is necessary to instill aspects of self-control from an early age, this is the attraction of researchers to research.

There are several football clubs that seriously nurture athletes, but still find psychological disorders of athletes in training channeled through negative things, one example that occurs in football is the removal of 2 U-19 national team players projected for the Asian Cup and U-21 World Cup 2021 due to indiscipline, such as going out at night, fighting jotos during training and went to the discotheque. Psychological symptoms of the competition will occur in players, both in training and in matches, players are vying to become champions. If athletes do not have good self-control, then many athletes will get out of control and lead to bad behavior, especially in adolescence.

At the age of 11-20 years or adolescence, (Hana, 2014) states that "Psychosocial development includes the search for identity, the ability to think abstractly, and its development of the scientific use of reason, the immaturity of thinking in some behaviors and habits." So that the players at that age experience emotional or severe psychological symptoms. In this case, self-control of the individual is required. According to (Baumeister & Alquist, 2009) revealed that "Individuals who are able to control themselves well can have an impact on physical health, psychological well-being, longevity, work achievement, relationship satisfaction, and some other desired outcomes." Because self-control is one of the emotional intelligences that athletes must have, (Manuel Sofia & Cruz, 2015) also states that "Self-control is one of the most important structures of human personality



and has been linked to a wide variety of benefits for the individual." or bias is interpreted as self-control is one of the most important structures of the human personality and its relation to a wide variety of benefits for the individual himself. Self control is needed to overcome psychological or emotional symptoms of type exercises and matches, (Denson et al., 2012) states that self-control can help a person to behave according to personal or social standards that can avoid aggression. The higher a person's self-control, the lower his aggressiveness. Conversely, the lower the self-control, the higher the aggressiveness.

In addition to the value of self-control which is very very important in the athlete's spirit when outside the field or on the field, there are other values that can also affect the performance of athletes in their daily lives, namely in the value of respect. Respect is a very important attitude in everyday life. respect is very closely related in social life / society. Menurut (Dalmeri, 2014) "There are so many brawls between students because the individual has no respect for others anymore." The essence of respect is to show how the individual's attitude is seriously and reverently towards others and the respect of oneself becomes one of the values that represents the main basis of universally applicable morality.

An attitude of respect can be achieved if there is a compatibility between behavior and positive values. Reinforced by research (Sung, 2001) which states that " that the value of respect is realized by expression, behavior that is in the form of serving others". such expressions will include vocal sounds (that is, speech, vocation), physical movements (that is, serving, guiding), body movements (that is, recognizing, polite postures), appearance (that is, appropriate dressing, care), and so on . According to the above opinion, the importance of the value of respect in everyday life in addition to the expressions and behaviors that need to be at our level is also encouraged to always respect others." respect is an individual's evaluation of position in a group, this concept refers to an individual's evaluation of his acceptance of himself in a group (Blader & Tyler, 2009) thus respecting others, acting well, manners so as to make him feel safe side by side with himself.



There are several references that state that to build character or emotional intelligence, an important foundation is needed, namely the foundation of spiritual intelligence or spiritual intelligence. As the statement (Entner, 2015) "that religion can promote self-control. " In addition to religion's socialpower, however, religion is a psychological force that can influ-ence the outcomes of individual human lives" or can be interpreted in addition to social forces, spiritual is a psychological force that can influence the outcomes of individual human life. Another reference that reveals that the spiritual is the foundation for achieving good self-control is the study of the literature carried out. (Qoriah, 2013) suggests that "The relationship between sport, spirituality, and religion is a subject of academic and societal interest that deserves to be taken into account to address and provide solutions to these problems of children and adolescents." One of the recommendations of the study states that subsequent research should lead to a discussion of spiritual intelligence which is the basis of all intelligence that a person has. In addition, it also states that "Spiritual intelligence (SQ), is a scientifically current finding, first initiated by Danar Zohar and Inn Marshall, from Harvard University and Oxford University respectively through comprehensive research." Related to self-control and the value of respect in athletes, based on the spiritual intelligence possessed by athletes can support the optimization of self-control ability respect values in training and performance matches. This is in line with the phrase (Zohar and Marshall, 2001) that "Spiritual intelligence is the foundation necessary to function IQ and EQ effectively. Spiritual intelligence is the highest intelligence of man." It is also agreed with the statement of Covey, S. (2004) in (Petruta-Maria, 2021) that "Spiritual intelligence is the central and most fundamental of all the intellegences, because it becomes the source of guidance for the other."

More than that in a study (Konopack & McAuley, 2012) entitled Efficacy-
meniated effects of spirituality and physical activity on quality of life: A path
analysis. The Journal of Health and Quality of Life Outcomes states that
"Spirituality may exert an influence on health and well-being" or can be interpreted



as spiritual can affect health and support the formation of a good person. In addition, in the study (Elyasi et al., 2012) "relationship between spiritual intelligence and mental health among athletes and non-athletes" states that spiritual intelligence supports the creation of mental health, people who have good spiritual intelligence will have good mental intelligence as well, in line with the expression (Cotton et al., 2006) in their research Region/Spirituality and adolescent health outcomes: a review suggests that spiritual or religious is the main foundation for achieving mental health for adolescents.

On this basis, researchers think it is very necessary to know how spiritual intelligence contributes to the self-control and respect value of adolescent athletes as well as the relationship of self-control with the value of respect in football adolescent athletes at the Persib Academy. Because previously it has never been studied and also football youth athletes at the Persib Academy are routine in participating in activities / multievent football in their teens.

METHOD

In conducting a study, researchers should make steps that will be taken during the research process. This aims to support the success of research, starting from revealing the problems to be studied, to the process of collecting and analyzing data. The research method used in this study is a quantitative approach with the Ex post Facto method.

The design in this study is to use causal research design (correlation research) because researchers want to see a relationship between spiritual intelligence, self-control and respect values. The design in this study uses correlation design, which is the type of research that determines the presence or absence of a relationship between two or more variables (Fraenkel, 2012).

The sample in this study was a youth football athlete from Persib Galunggung Taikmalaya Academy, using a sampling technique using non-probability sampling, namely by purposive sampling. The test sample in the data



source of this study consisted of middle adolescents aged 15-18 yearsn as many as 33 people.

The instruments used in this study were in the form of questionnaires, namely the Spiritual Intelligence Self Report Inventory (SISRI 24) which consisted of 24 statement items, then the Self Control Scale (SCS) which consisted of 36 equalization items and the Respect scale instrument which consisted of 45 question items. The instruments used have been adopted and have been translated from English to Indonesian and from Indonesian to English and then discussed with expert judgments.

Spiritual Intelligence Self Report Inventory (SISRI) 24 items, having a Cronbach Alpha value of each individual sub-sakla and a total Cronbach Alpha value. The total Alpha Cronbach value is 0.92 and the Cronbach Alpha value of each individual sub-scale is Critical Existential Thinking of 0.78 correlations between items of 0.34; Personal Meaning Production of 0.78 with an average correlation between items of 0.42; Transcendental Awarness of 0.87 with an average correlation between items of 0.49; Conscious State Expansion of 0.91 with an average correlation between items of 0.69. The question items are all favorable.

Then the Self Control Scale (SCS) questionnaire there are 36 statement items, testing the validity of this instrument has been studied by June P. Tangney et al in a study entitled "High Cell-Control Predicts Good Adjustment, Less Pathology, Better Grades, and Interpersonal Success". This SCS rating scale is used in clinical assessments on self-control. (Tangney et al., 2004) "the Brief SCS was highly reliable (alpha .83 and .85 in Studies 1 and 2, respectively). Thus, the scale appears to have adequate internal reliability". (Tangney et al., 2004) describe the reliability of the SCS, namely: "As shown in Table 1, internal consistency estimates of reliability were high. Alphas for the Total Self-Control Scale were .89 in both Studies 1 and 2".

For the Respect scale, the validity of this instrument has been researched by (Mulyana, 2012) in a study entitled "Character Building through Pencak Silat

Development: An Experimental Study on Junior High School students in Bandung". The way it is taken is to correlate each item with the total score of all instruments. The validity of items showing a correlation number of 0.30 and above can be used as question items. It is as stated by (Azwar, 2003) that "as a criterion for selection of grains based on the correlation of total grains, it is usually used the rix limit ≥ 0.30 . All grains that reach the correlation coefficient min = 0.30 their differentiation power are considered satisfactory." From a number of question items analyzed, based on internal correlation tests, namely by correlating the score of each item with the total score. The results obtained from the respect scale which has a correlation number above 0.30 totaled 45 questions.

DISCUSSION

After classifying the assessment categories, the data were then processed using the SPSS v 25 for windows program to determine a simple correlation coefficient for spiritual intelligence to self-control and spiritual intelligence to respect, and a simple regression for the value of self-control and respect relationships.

Pearson product moment correlation has a distance between -1 to +1. If the coefficient is -1 then the two variables studied have a negative perfect linear relationship. If the correlation coefficient is +1 then the two variables studied have a positive perfect linear relationship. If the coefficient shows the number 0, there is no relationship between the two variables studied (Sarwono, 2012: 129). The two-star sign (**) means a significant correlation up to a significance figure of 0.001. The results of the analysis are as follows:

Table 1. Results of the correlation of Spiritual Intelligence to self-control

| | | Correlations | |
|------------------------|-----------------|------------------------|--------------|
| | | Spiritual Intelligence | Self Control |
| Spiritual Intelligence | Pearson | 1 | .520** |
| | relation | | |
| | Sig. (2-tailed) | | .002 |
| | N | 33 | 33 |

| | | | |
|--------------|---------------------|--------|----|
| Self Control | Pearson Correlation | .520** | 1 |
| | Sig. (2-tailed) | .002 | |
| | N | 33 | 33 |

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the table above, you can see the correlation coefficient of Pearson product moment Self Control. 520**. This means that the correlation or relationship between the variables spiritual intelligence and self control is 0.544 or very strong because it is close to the number 1.

The table above states that the relationship of the Spiritual Intelligence variable to Self Control is significant because the significance figure is 0.002 < 0.01. The correlation direction can be seen from the number of correlation coefficients the result is positive or negative. In accordance with the results of the analysis, the correlation coefficient of The Control Cell is positive, which is 0.520, so the correlation between the two variables is unidirectional. This means that if it is Spiritual Intelligence then Self Control is also high. The two-star sign (**) means a significant correlation up to a significance figure of 0.001. In general, the correlation or relationship between Spiritual Intelligence and Self Control carried out by students is strong, significant and unidirectional.

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Table 2. Results of the correlation of Spiritual Intelligence to respect

| | | Correlations | |
|------------------------|---------------------|------------------------|---------|
| | | Spiritual Intelligence | Respect |
| Spiritual Intelligence | Pearson Correlation | 1 | .461** |
| | Sig. (2-tailed) | | .007 |
| | N | 33 | 33 |
| Respect | Pearson Correlation | .461** | 1 |
| | Sig. (2-tailed) | .007 | |
| | N | 33 | 33 |

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the table above, you can see the Pearson product moment Respect correlation coefficient. 461**. This means that the correlation or relationship

between the variables Spiritual Intelligence and Respect is 0.461 or 0.461 oru is quite strong.

The table above states that the relationship of the Spiritual Intelligence variable to Respect is significant because the significance figure is $0.007 < 0.01$. The correlation direction can be seen from the number of correlation coefficients the result is positive or negative. In accordance with the results of the analysis, the Respect correlation coefficient is positive, which is 0.461, so the correlation between the two variables is unidirectional. This means that if it is Spiritual Intelligence then Respect is also high. The two-star sign (**) means a significant correlation up to a significance figure of 0.001. In general, the correlation or relationship between Spiritual Intelligence and Respect carried out by students is quite strong, significant and unidirectional.

Simple Linear Regression Test

Simple Linear Regression Analysis is used to determine the direction linearly between the Self Control Variable and Respect.

Table 3. Regression Test Output (Model Summary)

| Type | Model Summary ^b | | | |
|------|----------------------------|----------|-------------------|----------------------------|
| | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .346 ^a | .120 | .091 | 1.415 |

a. Predictors: (Constant), Respect
b. Dependent Variable: Self Control

The table explains the magnitude of the correlation/relationship value (R) which is 0.346 and explains the magnitude of the percentage of the influence of the free variable on the bound variable called the coefficient of determination which is the result of the squaring of R. From this output, a coefficient of determination (R²) of 0.120 is obtained, which contains the understanding that the influence of Self Control on the value of Respect is 12.0%, while the remaining 88.0% is influenced by other variables.

Table 4. Regression Test Output (ANOVA)

| Type | | Sum of Squares | Df | Mean Square | F | Sig. |
|------|------------|----------------|----|-------------|-------|-------------------|
| 1 | Regression | 8.439 | 1 | 8.439 | 4.212 | .049 ^b |
| | Residual | 62.107 | 31 | 2.003 | | |
| | Total | 70.545 | 32 | | | |

a. Dependent Variable: Self Control

b. Predictors: (Constant), Respect

The signification test table above is used to determine the degree of signification or linearity of regression. Criteria can be determined based on the signification value (Sig) test, provided that if the Sig value < 0.05. Based on the table above, the Sig value is obtained. = 0.049, means Sig.< of the significant criterion (0.05). Thus the regression equation model based on the research data is significant, or the regression equation model meets the criteria.

Table 5. Regression Test Output (Coefficient)

| Type | | Coefficients ^a | | | t | Sig. |
|------|------------|-----------------------------|------------|--------------------------|-------|------|
| | | Unstandardized Coefficients | | Standardized Coefficient | | |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 45.760 | 15.578 | | 2.937 | .006 |
| | Respect | .393 | .192 | .346 | 2.052 | .049 |

a. Dependent Variable: Self Control

In the table, Constant (a) is 45.760, while the value of Respect (b) is 0.393, so the regression equation can be written:

$$Y = a + bX = 45.760 + 0.393 X$$

Based on the equation above, it is known that the constant value is 46.153 mathematically, the value of this constant states that at the time of Self Control 0, respect has a value of 46.153.

Furthermore, the positive value (0.393) contained in the regression coefficient of the free variable (Self Control) illustrates that the direction of the relationship between the free variable (Self Control) and the bound variable



(Respect) is unidirectional, where each increase in one unit of the Self Control variable will cause an increase in Respect of 0.393.

Furthermore, the pnetization of criterion bis the value of t_{table} for a significant degree of 5% $db = 31$ ($db = N - 2$ for $N = 33$) which is 2.034. The calculation results were obtained using IBM SPSS 25.0 for windows, which was 2,052. Decision making If t_{count} greater than $t_{of\ the\ table}$ then H_1 is accepted and H_0 is rejected. From the calculation results t_{count} of 2.052 above compared to t_{table} ($db = 31$) which is 2.034 significant level 5%, so $t_{count} > t_{table}$ then H_1 is accepted and H_0 is rejected. This means that there is a relationship between self-control and the value of respect atlet of youth football at the Persib Academy.

CONCLUSION

Based on the results of research and hypothesis conclusion drawing tests, it can be concluded based on the formulation of the problem and the hypothesis proposed is **First**, Based on the correlation coefficient of 0.520** with a significance value of $0.002 < 0.05$, then H_0 is rejected and H_1 is accepted, which means that there is a contribution of Spiritual intelligence to the self-control of football athletes at the Persib Academy. **Second**, Based on the correlation coefficient of 0.461** with a significance value of $0.007 < 0.05$, then H_0 is rejected and H_1 is accepted, which means that there is a contribution of Spiritual intelligence to the respect of football athletes in the Persib Academy. **Thirdly**, Based on the spss output table v. 25 for windows "Coefficients" it is known that the significance value (Sig) of the respect variable is 0.050. Because of the value of Sig. $0.049 < 0.05$ then it can be concluded that H_1 is accepted. This means that there is a significant influence between Self Control and the value of respect for youth football athletes in the Persib Academy. From the calculation results t_{count} of 2.052 above compared to t_{table} ($db = 31$) which is 2.034 significant level 5%, so $t_{count} > t_{table}$ then H_1 is accepted and H_0 is rejected. From the results of the study, it is explained that there is a significant relationship between Self Control and the value of respect for adolescent football athletes in the Persib Academy. The



recommendations for further research are by expanding variables and focusing on factors based on gender, educational background, economic class.

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