

The Effect of Self-Confidence on Mental Toughness of Adolescent Pencak Silat Athletes

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Abstract

Self-confidence is one of the variables that impact the development of mental toughness. This study aimed to determine the relationship between mental toughness and self-confidence in adolescent pencak silat athletes. The quantitative description method was used in this study. This study used a purposive sampling technique for the sample. The study population amounted to one hundred and fifty athletes, with a sample of fifty teenage athletes who were members of the martial arts clubs Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri. The data acquisition method carried out during this period consisted of questionnaires and observations. The instruments used in this study were Pratama's self-confidence scale and Sella's mental toughness scale. The data analysis method used simple regression with SPSS. The findings of this study indicate that the self-confidence of adolescent pencak silat athletes is in the "low" category by 14% (7 athletes), "medium" by 72% (36 athletes), and "high" by 14% (7 athletes). At the same time, the mental toughness of adolescent pencak silat athletes is in the "low" category by 20% (10 athletes), "medium" by 64% (32 athletes), and "high" by 16% (8 athletes). The findings of the linear regression analysis show an F value of 70.919 with a significance level of 0.000 < 0.05. This indicates that the mental toughness variable (Y) is influenced by the self-confidence variable (X) in adolescent pencak silat athletes. Based on data analysis, the R-squared value is 0.596 if it is presented to 59.6%, which indicates that self-confidence affects the mental toughness of adolescent martial arts athletes. This study shows that self-confidence plays a vital role in the mental strength of adolescent martial arts athletes. Future research is recommended to expand the scope of research to include other aspects that impact athletes' mental toughness. The practical implication is the importance of targeted mental training to increase self-confidence and manage stress in adolescent martial arts athletes.

Keywords: self confidence, mental toughness, adolescent, pencak silat

INTRODUCTION

Pencak Silat, one of Indonesia's oldest martial arts, displays the importance of proper movement aesthetics. An ancient heritage and long-established martial art, Pencak Silat has been around for a long time. Pencak Silat is a physical practice and represents the values, norms, traditions, and rules that differ across cultures. Each culture has values, norms, traditions, and regulations that create different environments and paradigms between individuals (Sujari, Shomad, & Santoso, 2018). In line with the development of the world of sports, Pencak Silat has been transformed into an achievement sport often competed in various national and international competitions. Achieving success in Pencak Silat requires more than just speculation. It requires rigorous training in the form of an appropriate training regimen. The emphasis of training should be on honing the essential components critical to the sport of Pencak silat. To optimize athlete performance, it is imperative to consider the many determinants that influence achieving optimal results, including but not limited to physical, technical, and psychological aspects

(Sholichah & W, 2020). Because psychological character is an intrinsic quality of an athlete and can affect his success in competition, psychological factors play an essential role in efforts to improve athlete performance (Nopiyant et al., 2020). However, it can be underlined that each athlete has different psychological characteristics, so the coach must pay attention to their psychological factors to maximise their performance (Putri, Marheni, Syahrastani, & Pranoto, 2022).

Sports coaching to develop athletes' skills through continuous and tiered competition balanced with physical and psychological preparation is the basis for achieving optimal performance in sports (Wijaya, 2022). The primary key to athlete achievement is the coach. This is explained by Darisman and Suharti (2019), who states that a coach has professional abilities and, in a relatively short period, helps find athletes' potential into actual abilities. Therefore, it is necessary to pay attention to the coach or someone who is very instrumental in the psychological knowledge of athletes in the training process, not only the physical aspects (Muhammad & Nasruddin, 2022). To obtain optimal performance, it is necessary to pay special attention to the technical, physical, and psychological aspects of athlete training.

In addition, mental health is essential for pencak silat athletes because a healthy psychological state will support athletes in dealing with the pressures and challenges of competition optimally and help maintain motivation to achieve the best performance. Mental health includes a state in which individuals do not feel guilty, have a realistic self-assessment, can accept their weaknesses or limitations, and can overcome challenges in the athlete's life (Kuswoyo et al., 2017). Riyadi et al. (2019) state that mental is managing one's emotional and intellectual responses. By paying attention to and developing psychological aspects and mental health, athletes can significantly improve their performance and be more effective in facing challenges in the world of sports. In general, psychological elements influence efforts to improve athlete performance. The influence of psychological factors on an athlete's performance in competition is huge and cannot be separated (Nopiyant et al., 2020). According to Darisman and Muhyi (2020), there are two psychological aspects of athlete performance. The initial element relates to psychological components that support success, including solid ambition, abundant self-confidence, and developed character. In contrast, the second psychological factor consists of barriers to success, including anxiety, tension, emotional disturbance, fear, doubt, and low self-esteem.

Improving athlete performance self-confidence is one of the main factors that play a significant role in achieving peak performance as an athlete, as well as helping to maintain their best abilities so that athletes can continue to perform with optimal performance. Belief in one's talents apart from others is the essence of self-confidence (Firmansyah et al., 2018). Many things can increase an athlete's self-confidence, said Atiq et al. (2017). These include improving athletes' abilities, showing achievements to opponents as a means of showing abilities, adequate mental and physical readiness, social assistance, coach guidance, and condition monitoring. Muhktarsyaf et al. (2022) stated that the steps to build self-confidence in an athlete are 1) positive thinking, 2) simulation to gain competitive experience, either during training or during try-out/try-in, 3) self-talk, 4) motivation, 5) clear goals, 6) the existence of a mental training program. Self-confidence is essential for athletes because it impacts their performance during competitive events.

Self-confidence consists of four components (Jang et al., 2018): tenacity, which includes courage, mental toughness, and physical agility; calmness which describes the ability to remain calm and in control in the face of difficult situations or crises in a match; hovering which refers to the sense of anxiety and pressure that may be experienced during a game; optimal physical readiness, underscoring the importance of maintaining good physical condition through regular training, maintaining a healthy weight, and adequately preparing the body for competitive activities. Self-confidence allows athletes to feel calm and at ease, remain unaffected by enemy intimidation, and maintain a positive outlook. Athletes with strong self-confidence and a strong drive to succeed always maintain a positive outlook and hold positive beliefs in their abilities and capabilities. Self-confidence combines a relatively stable personality trait and a temporary psychological state (Kent, 2006).

Difficulties in training and championships must be able to be faced by athletes. A strong mentality supported by a healthy soul can create a rational and moral personality and overcome excessive anxiety and fear of losing (Pangastuti, 2022). A study conducted by Lochbaum et al. in 2022 showed that athletes with a high level of self-confidence tend to be better able to cope with pressure and challenges in competition. They tend to remain calm and maintain a positive outlook on their abilities despite facing intimidation or pressure from opponents. In addition, they are also more likely to recover from unexpected defeats or other challenging situations. This study provides concrete evidence that self-confidence is essential in influencing athletes' mental performance, helping them face and overcome various obstacles in their sporting careers (Lochbaum M. et al., 2022). This study aims to reinforce that idea by showing that self-confidence and strong mental toughness can help overcome obstacles in practice and competition on the field. Therefore, this study is expected to provide more comprehensive information regarding the psychological factors contributing to an athlete's success in various competitive settings.

When facing challenges, athletes must be mentally strong to maintain confidence. Mental toughness enables them to consistently feel relaxed, calm, and motivated. This is due to their ability to develop skills that don't drain positive energy, helping them overcome difficulties, handle pressure, and manage mistakes during competition (Algani., et atl., 2018). Mental toughness also boosts athletes' morale during competition and predicts their success in education, the workplace, or sports (Kumar, 2017). According to Gucciardi et al. (2008), athletes can persevere in the face of adversity because of their mental toughness, which is a combination of beliefs, actions, and feelings. It seeks to increase motivation and concentration to consistently achieve goals. Mental toughness can be explained by high inner strength, where a person refuses to be affected by pressure but is still able to concentrate in the face of stressful situations. It's a factor that influences an athlete's ability to display optimal abilities in the field (Nugraha, 2020). Therefore, pencak silat athletes need strong mental toughness to maintain confidence and survive obstacles and pressures. The goal of mental toughness is to increase an athlete's concentration and motivation to consistently achieve goals while maintaining a high level of inner strength even in difficult situations.

As defined by Maheswari (Aguss & Yuliandra, 2021), mental toughness is a positive frame of mind that enables people to face and overcome various difficulties and obstacles in achieving their goals. This suggests that mental toughness is a positive attitude that individuals have in addition to being a psychological quality, such as the ability to face and overcome various obstacles and challenges that may arise in achieving the desired goals. Mental toughness allows a person to remain stable and empowered in the face of difficult situations and maintain focus and determination in the face of any obstacles. With such a strong mindset, an individual can not only survive. However, overcome all obstacles to develop, grow and achieve the desired end goal.

Sheard, Golby, and Wersch (2009) state that the following elements influence athletes' mental toughness: Confidence, which is an athlete's belief in his or her ability to achieve goals and compete confidently; Constancy, which reflects the athlete's determination and personal responsibility as well as his or her willingness to persevere and stay focused during training and competition; Control, which is the athlete's ability to control himself or herself, especially in managing emotions when facing unpleasant or adverse situations.

Self-confidence is one of the variables that impact the development of mental toughness. Athletes who want to develop extraordinary mental strength must have high self-confidence. Self-confidence is a psychological condition that allows a person to take an action with complete certainty. An athlete with confidence will consider himself capable of achieving peak performance without excessive worry (Rizqiyah, 2020). Mental toughness and self-confidence are essential components in improving the achievements of martial arts athletes. However, researchers also highlight that sometimes, in the field, psychological aspects such as self-confidence and mental toughness are often ignored in the

training program of pencak silat athletes, so they can hinder their ability to maximize the athlete's maximum performance in competition. Experts are interested in investigating the importance of self-confidence in the mental strength of adolescent pencak silat athletes in light of current issues and phenomena. Improving athlete performance self-confidence is one of the main factors that play a significant role in achieving peak performance as an athlete, as well as helping to maintain their best abilities so that athletes can continue to perform with optimal performance. Belief in one's talents apart from others is the essence of self-confidence (Firmansyah et al., 2018). Many things can increase an athlete's self-confidence, said Atiq et al. (2017). These include improving athletes' abilities, showing achievements to opponents as a means of showing abilities, adequate mental and physical readiness, social assistance, coach guidance, and condition monitoring. Muhktarsyaf et al. (2022) stated that the steps to build self-confidence in an athlete are 1) positive thinking, 2) simulation to gain competitive experience, either during training or during try-out/try-in, 3) self-talk, 4) motivation, 5) clear goals, 6) the existence of a mental training program. Self-confidence is essential for athletes because it impacts their performance during competitive events.

METHOD

This study used a quantitative description approach. Comparative design was applied as the research methodology. The purpose of this comparative design is to compare two different sample groups. The population of this study was 150 athletes from the Pencak Silat colleges of Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri. The research sample consisted of 50 adolescent athletes from three colleges: Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri pencak silat. This study used a purposive sampling technique with the criteria of adolescent athletes aged 10-18 years, still actively practising pencak silat, and athletes from the Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri pencak silat to obtain the sample. This requires the selection of samples based on the specific criteria desired to ensure the correct number of samples to analyze.

The data collection methods include observation and the distribution of questionnaires to athletes of the martial arts colleges Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri. Data were collected through observations made by researchers. This study used field observations to learn more about the self-confidence of martial arts athletes. A closed questionnaire was used for this research. Closed questionnaires contain questions or statements with existing answer choices, so respondents only need to choose from the available options. In data collection techniques, a scale is also used as the basis for making instruments, namely the self-confidence scale and the mental toughness scale. These scales are significant as they provide a standardized way to measure and compare the self-confidence and mental toughness of martial arts athletes. According to Pratama's research (Marliana, 2023), this self-confidence scale has a validity of 0.614 and a reliability of 0.870. Based on the following, the self-confidence scale consists of 31 questions: (1) The skill and physical training dimension includes attributes such as self-confidence, mastery of techniques, and good physical fitness. The cognitive efficiency dimension includes qualities such as focus, concentration, and positive thinking. Finally, the resilience dimension involves regular practice and the ability to bounce back after poor performance. The mental toughness scale itself refers to Sella's research (Harisky, 2022) using a measuring instrument developed by Sheard, et al (2009) with a Cronbach alpha reliability value of ($\alpha = 0.70$). In making question items based on the confidence dimension with a value of 0.80; the control dimension with a value of 0.74; and the consistency dimension with a value of 0.71. To respond to each question on the scale, use a modified Likert scale consisting of four possible responses: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS).

This research uses a quantitative approach by using statistical techniques to simplify the data into a more readable form. Data analysis was conducted to test self-confidence as an independent variable, with mental toughness as the dependent variable. Data processing was carried out using the

Statistical Program for Social Science (SPSS) version 25 program to perform regression on the model that had been formulated. The data normality test was conducted to verify data distribution before deciding on data analysis techniques. Normalization of research data is the first step in conducting simple regression analysis. This simple regression research is designed to find out how confident pencak silat athletes are in achieving. The purpose of the comparative design in the research methodology is to compare the self-confidence and mental toughness of martial arts athletes from different colleges. The population of this study was 150 athletes from the Pencak Silat colleges of Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri. The research sample consisted of 50 adolescent athletes from three colleges: Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri pencak silat. This study used a purposive sampling technique with the criteria of adolescent athletes aged 10-18 years, still actively practising pencak silat, and athletes from the Persaudaraan Setia Hati Terate, Merpati Putih, and Perisai Diri pencak silat to obtain the sample. This requires the selection of samples based on the specific criteria desired to ensure the correct number of samples to analyze.

RESULTS AND DISCUSSION

Results

1. Result deskriptif analysis

The descriptive analysis results aimed to determine the extent to which participants rated the self-confidence and psychological resilience of adolescent pencak silat athletes. A description of the results follows.

a. Self-confidence

N	Valid	50
	Missing	0
Mean		77.90
Median		77.50
Mode		78
Std. Deviation		7.552
Minimum		64
Maximum		99
Sum		3895

Figure 1. Deskriptif statistic of self confidence

Based on descriptive statistics of self-confidence, the data obtained validity of 50, *mean* (77.90), *median* (77.50), *mode* (78), *standard deviation* (7.552), minimum value (64), maximum value (99), and *Sum* (3895). The following information is presented in Table 1 as a standard assessment of the self-confidence of adolescent pencak silat athletes:

Table 1. Self-confidence Assessment Norms

No.	Interval	Category	F	%
1.	Low	$X < 70,34$	7	14
2.	Intermediate	$70,34 \leq X < 85,45$	36	72
3.	High	$X > 85,45$	7	14
amount	50	100%		

Based on the data presented in Table 1, the level of self-confidence of adolescent pencak silat athletes falls into three categories: "high" by 14% (7 athletes), "medium" by 72% (36 athletes), and "low" by 14% (7 athletes).

b. Mental Toughness

N	Valid	50
	Missing	0
Mean		41.20
Median		41.00
Mode		41
Std. Deviation		4.091
Minimum		33
Maximum		51
Sum		2060

Figure 2. Deskriptif statistic of Mental Toughness

Based on descriptive statistics of mental toughness, the data obtained validity of 50, *mean* (41.20), *median* (41.00), *mode* (41), *standard deviation* (4.091), minimum value (33), maximum value (51), and *Sum* (2060). The standards used to assess the mental toughness of adolescent pencak silat athletes are described below in Table 2:

Table 2. Mental Toughness Assessment Norms

No.	Interval	Category	F	%
1.	Low	$X < 37,10$	10	20
2.	Moderate	$37,10 \leq X \leq 45,29$	32	64
3.	High	$X > 45,29$	8	16
Amount	50	100%		

Based on the data presented in Table 2, 20% (10 athletes) of adolescent pencak silat athletes have "low" mental toughness, 64% (32 athletes) have "medium" mental toughness, and 16% (8 athletes) have "high" mental toughness.

2. Simple Regression Classical Assumption Test

a. Normality Test

This study used the Kolmogorov-Smirnov test to ensure average data. Each group's data normality test findings were statistically analyzed using SPSS version 20.0 for Windows. A significance threshold of 5%, or 0.05, was set. The following is the data display:

		Unstandardized Residual
N		50
Normal <u>Parameters^{a,b}</u>	Mean	.0000000
	Std. Deviation	2.59898696
Most Extreme Differences	Absolute	.093
	Positive	.093
	Negative	-.048
Test Statistic		.093
Asymp. Sig. (2-tailed)		.200 ^{c,d}

Figure 3. Kolmogorov-Smirnov Normality Test Results

Based on the statistical analysis of the normality test conducted with the Kolmogorov-Smirnov test and presented in the table, the significance value of the Self-Confidence (X), Mental Toughness (Y), and Peak Performance (Y) variables is 0.200, > 0.05. Therefore, it can be concluded that the residual values follow a normal distribution.

Discussion

The data obtained can be effectively organized into three distinct groups based on self-confidence levels: high, medium, and low. The low group, with a score below 70.34, the medium group, with a score of 70.34 to 85.45, and the high group, with a score above 85.45. Similarly, the mental toughness variable is also divided into three categories: low, with a value below 37.10, moderate, with a value of 37.10 to 45.29, and high, with a value above 45.29.

The study's findings reveal that the majority of the 50 adolescent pencak silat athletes surveyed demonstrated a moderate level of self-confidence, with an average score ranging from 70.34 to 85.45. However, it's important to note that some athletes exhibited both high and low levels of self-confidence. In terms of mental toughness, most athletes had mean scores ranging from 37.10 to 45.29, placing them in the moderate category. These findings suggest that mental fragility is a common issue among adolescent pencak silat athletes, highlighting the need for further research and potential interventions. Athletes who lack confidence in their abilities before competing often experience anxiety. Tension, a disorder of fear, can be effectively managed and adapted to through self-confidence. This mental state allows athletes to have confidence, competence, and a positive perception of themselves, without conducting comparative analysis with other individuals. Mirhan and Jufus (2016) emphasize that, besides good skills, an athlete's success depends on positive characteristics such as self-confidence. When a person has confidence in himself and his talents, he is more likely to take actions that will bring him closer to his dreams.

Amaliyah and Khoirunnisa (2018) explain the steps to increase athlete confidence, especially when competing, including: 1) Looking back at previous successful efforts as a reminder that they can be replicated. 2) Recalling moments of success that have been achieved before as a source of motivation. 3) Believe in one's skills. 4) The ability to evaluate oneself may be negatively affected if one dwells on past mistakes. Supriyanto (2019) explains that the main asset an athlete must have in the competition and training process is confidence in his abilities. As stated by Shared (Yanti & Jannah, 2017), Self-confidence is one of the components of mental toughness that drives success. Collaboration between athletes in developing mental toughness is critical to their success in competitions and sporting events. Wilson et al. (2019) argue that an athlete's mental toughness is critical to achieving the goal of victory

in a competition. Especially in the sport of pencak silat, which is violent, where players compete against each other (Amani, 2019: 3).

This study validates the findings of previous research, some of which suggest that adult athletes can develop mental strength through training designed to increase confidence in both physical and mental abilities. This aligns with research on self-confidence, which emphasizes the importance of this aspect in shaping the personality of pencak silat athletes who aim to maximize their potential. Self-confidence is one of the factors that can significantly contribute to increasing the mental strength of martial arts athletes (Jannah et al., 2018). In line with research by Prawitama and Aulia (2020), mental training is vital in increasing self-confidence in athletes. This is supported by Rachmawati's research (Darisman et al., 2020), which explains that self-confidence is one aspect of personality that functions as a way to increase mental toughness. Middleton (Sholichah et al., 2020) states that self-efficacy is one factor that influences mental toughness. Self-efficacy is a condition in which a person's self-confidence can be obtained, changed, increased, or decreased through the verbal persuasion of others. Other research shows that self-confidence is related to achievement motivation, meaning that the more confident an athlete is, the more motivated to achieve, and vice versa.

As they entered adolescence, the martial arts athletes who participated in this study generally demonstrated positive attitudes and behaviours. Although still in the adolescent age group, the self-confidence variable shows a moderate level of mental toughness, which is not quite optimal but, on average, entirely satisfactory. This attitude needs to be maintained or even improved. These results align with the researcher's initial hypothesis that self-confidence contributes to the mental development of adolescent athletes, especially in the sport of Pencak silat.

CONCLUSION

The conclusion from the test results and analysis shows that self-confidence plays a significant role in the mental toughness of adolescent pencak silat athletes. The findings of this study suggest that developing self-confidence is a critical factor in helping adolescent pencak silat athletes improve performance and handle stress and competition. Therefore, coaches should provide athletes with mental training to increase self-confidence, which is applied in the training process. Future research must examine additional factors that may influence mental toughness, such as social support systems, relaxation techniques or adaptive thinking styles. In addition, the research topic needs to be broadened for the results to generalize more broadly. The results of the study imply that sports coaches and mentors, especially pencak silat, should pay more attention to the mental state of athletes. Coaches and sports mentors can take concrete steps to increase athletes' self-confidence and help them handle the stress of competition more effectively. This is expected to impact athletes' sporting success and overall psychological well-being positively.

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