

## Psychological Characteristics Of Indonesian And South Korean Athletes In The Asian Games

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### Abstract

*This research aims to determine: (1) the characteristics of the psychological skills of Indonesian athletes, (2) the characteristics of the psychological skills of South Korean athletes. The type of research used in this research is quantitative descriptive research, using a survey method with a retrospective causal-comparative research design. The population in this study were Indonesian athletes taking part in the 19th Asian Games in 2023 in China, totaling 100 athletes, consisting of 50 Indonesian athletes and 50 South Korean athletes, with an average age of male athletes of 25 years and an average age of female athletes of 20 years. The instrument used in this research is The Psychological Skills Inventory for Sport (PSIS). The data analysis technique uses parametric inferential statistics, with a significance level of 0.05. The results of the research show that: the psychological skill characteristics of South Korean athletes are better with a high average score which has a standard deviation of 19.42, while the psychological skill characteristics of Indonesian athletes are achieved with a medium average score which has a standard deviation of 13.25. The psychological characteristics of South Korean athletes are better than the psychological characteristics of Indonesian athletes. To make it better, it is hoped that further research will be carried out on the psychological characteristics of each sport.*

**Keywords:** Characteristics of Psychological Skills, Indonesian athletes, South Korean athletes

## Karakteristik Psikologi Atlet Indonesia Dan Korea Selatan Di Asian Games

### Abstrak

Penelitian ini bertujuan untuk mengetahui: (1) karakteristik keterampilan psikologis atlet Indonesia, (2) karakteristik keterampilan psikologis atlet Korea Selatan. Jenis penelitian yang digunakan dalam penelitian ini adalah penelitian deskriptif kuantitatif, menggunakan metode survei dengan desain penelitian a retrospective causal-comparative. Populasi dalam penelitian ini adalah atlet Indonesia yang mengikuti gelaran Asian Games ke-19 tahun 2023 di Cina yang berjumlah 100 atlet, terdiri dari 50 atlet Indonesia dan 50 atlet Korea Selatan, dengan rerata usia atlet putra 25 tahun dan rerata usia atlet putri 20 tahun. Intrumen yang digunakan pada penelitian ini adalah *The Psychological Skills Inventory for Sport (PSIS)*. Teknik analisis data menggunakan statistik inferensial parametrik, dengan taraf signifikansi 0,05. Hasil penelitian menunjukkan bahwa: karakteristik keterampilan psikologis atlet korea Selatan lebih baik dengan capaian nilai rata-rata tinggi yang memiliki standar deviasi 19,42 sedangkan untuk karakteristik keterampilan psikologis atlet Indonesia berada pada capaian nilai rata-rata sedang yang memiliki standar deviasi 13,25. karakteristik psikologi atlet korea selatan lebih baik dari pada karakteristik psikologi atlet indonesia. agar lebih baik, diharapkan selanjutnya untuk meneliti lanjutan terhadap karakteristik psikologi pada setiap cabang olahraga.

**Kata Kunci:** Karakteristik Keterampilan Psikologis, atlet Indonesia, atlet Korea Selatan

## INTRODUCTION

Performance sports are practiced as part of an effort to encourage and develop athletes in a planned, structured and sustainable manner through various competitions aimed at achieving performance with support of sports science and technology. Sports achievements are symbols of prestige that can be achieved quickly in a variety of ways (Komaruddin, 2015). Widoharadhono (2017) states that "an elite athlete is a rare combination of talent, hard work and good mentality." increase the ability of athletes to be guided and trained to achieve optimal performance to enhance the honor and dignity of the nation. Successful sports are not just about maintaining fitness or occupying free time, but also include structured and planned training patterns aimed at achieving success in the sport in which they participate. From the above definition, it can be understood that elite sports emphasize the achievement of winning a match or competition, which will then be emphasized on achieving the highest performance by one person or another. group in a particular sport. Of course, everything can be managed by developing professionally organized sports aimed at achieving the highest performance in sports competing in national or international tournaments to enhance honor and dignity of the nation. There are many sports that may be present at national or international events, including high-level sports that are commonly found at various national or international events. Many factors influence training and athletic performance. Evaluation of all elements of training and those that have not achieved optimal results must be carried out comprehensively, transparently and objectively. This review will generate important research to review and improve the development of Indonesian and Korean athletes. Observation results (Eloff, 2013) for former athletes revealed that "the training carried out focused only on physical training, technical training and tactical training. It requires many different aspects, starting from physical factors, technique, strategy, endurance, cooperation to psychological factors. (Serrano, Shahidian, Sampaio, & Leite, 2013). Players' success and failure in sports activities are largely determined by a combination of their physical abilities and psychological factors (Kubiak, 2012).

There are seven main theories of sports science, including sports psychology. Sports psychology is one of seven theoretical fields that form the body of sports science. Within the United States Olympic Committee, the development of athletic performance has applied many scientific disciplines, including sports psychology (Rabh, 2016). points out that in addition to physical and technical training, psychological training also requires players to prepare for a long time. based on (Weinberg & Gould 2011) "sport and exercise psychology is the scientific study of people and their behaviors in sport and exercise activities and the practical application of that knowledge". So, just like physical skills, psychological skills such as sustaining and focusing attention, regulating arousal levels, enhancing confidence, and maintaining an athlete's motivation must also be trained systematically.

In various sporting events, the psychological characteristics of athletes are key factors that need to be known and taken into account to achieve optimal performance. (Morris dan Summers, 2000). "Among the psychological characteristic of elite athletes are, commitment, internal motivation, learning capability, control, competitiveness, self confidence, adaptability and mental toughness" (Eklund & Tenenbaum, 2014). Various studies show the relationship and influence of psychological training programs in improving athletes' psychological skills for optimal performance. Likewise, athletic trainers have not yet recognized the importance of this mental aspect in coaching athletic performance. This index is reflected both at the practical level and at the political level. It is very rare, it can even be said that no coach specifically

applies mental training to his athletes (Ahsan, Prasad & Naicker 2013). Based on the above literature analysis, it is very interesting to further study the relationship between the psychological characteristics of Indonesian athletes and Korean athletes.

In Sports Psyche research, intellectual abilities are seen as capacities that control contemplations, sentiments, and direct (Davidson & Edward, 2014). There were many aides who had no information about the attributes of the player's mental limits, as well as its application as intellectual abilities arranging Simao, Claudia, 2013 ). The control of the mentor in working with the improvement of players to get a development or arranging related with intellectual abilities is fundamental for the player's psychological strength ( Gurciardi, Gordon, Dimmock, 2009). The impact of psychological circumstances on players is basically overall around as colossal as specific and fundamental limits (Taylor, Wilson, 2005). (Weinburg & Gould (2011) communicated that like physical and explicit preparation, visionary basis for players moreover should be ready for an expansive period of time. Intellectual abilities arranging facilitatively impacts the show part of each and every situation in athletes (Jooste, Steyn & Van Den Berg, 2014).

Athletes isn't just about who runs the speediest, who is the most grounded, and who is the most serious. Physical, imperative, explicit, and men-tal limits should see athletes with each other an unfeeling level (Hagan, Pollmann, & Schack, 2017). Predictable execution in athletes match-ups isn't just impacted by central examples of physical and fundamental places yet likewise intellectual abilities which are composed into arranging and challenge plans also (Olmedilla, Torres, Gaercia, Ducoing & Ortega, 2018). The qualities of intellectual abilities of a player can impact the way he/she plays which is unequivocally connected with fair play perspectives and besides the bet of injury that could happen (Junge, Dvorak, 2000). World class athletes got high scores in intellectual abilities, for example, being more ready to control fear and valiance which are more huge than limits that could hurt them. First rate players have better affiliation and body sha-pe, speed, consistent quality, skipping ability, artfulness, inspiration and tension control, as well as specific limits wandered from athletes at lower levels (Reilly, Williams, Nevil & Franks, 2000).

The revelations associated with the range of characteristics of mental capacities considering position perspective are at this point confined (Hagan, Pollman, & Schack, 2017). Considering the composing study as referred to above, it is extremely entrancing to focus on extra the association between the psychological capacities of most excellent athletes at whatever point considering the position perspective. Hence, the request was arranged whether there are contrasts in the characteristics of the psychological capacities of athletes to the extent that situation To uncover the characteristics of mental capacities, the instrument embraced by Mahoney et al., (1987) was utilized, in particular " The Psychological Skills Inventory for Sport (PSIS)". This instrument was coordinated taking into account potential mental viewpoints which furthermore influence the show, to be explicit motivation, trust, anxiety control, mental plan, bunch thought, and concentration. This instrument was once used to check portions of the psychological capacities of Olympic players, notwithstanding the way that it collected potential gains and disadvantages during in its new development (Rozaan, Tenenbaum, 2007).

## **METHOD**

The type of research used in this study is a quantitative descriptive study, using a survey method with a research design of retrospective cause-and-effect comparison design. (Gay dan Airasian, 2012). Also known as post-factual research, this is research aimed at determining the causes or reasons for group behavior among individuals. Use questionnaires “The Psychological Skills Inventory for Sports (PSIS)”. This tool was used to determine the psychological skill characteristics of Indonesian volleyball players. The questionnaire reveals six characteristic aspects of psychological skills with 38 questions with details on different aspects as follows: (1) Motivation with 8 questions, (2) self-confidence with 8 questions ask, (3) control anxiety with 8 questions. , (4) ) mental preparation with 6 questions, (5) the importance of the team with 7 questions, (6) concentration with 7 questions.

This sport psychology instrument, with a corrected item-total correlation value of  $r > 0.30$ , ranges from 0.21 to 0.35. With a significant value ( $P < 0.05$ ), it can be concluded that the tool is valid and suitable for its use. This study is a demographic study. The subjects of this study included Indonesian athletes and Korean athletes who participated in the 19th Asian Games in 2023 in China. All subjects in the population in this study were 100 athletes.

Data analysis techniques in this study use Statistical Products and Services Solutions (SPSS) software version 23.0. The steps the author uses to analyze data are as follows: (1) Group data based on variables. (2) Present data of research variables. (3) Develop criteria to classify players' psychological skill characteristics. (4) Perform data analysis. The author has developed criteria based on the ideal mean and standard deviation to determine the psychological skill characteristics of Indonesian and Korean athletes.

The instrument of this study used The Psychological Skills Inventory for Sport (PSIS) scale, which was taken on from Mahoney et al. (1987). This instrument contains 44 things that uncover 6 pieces of mental capacities, as follows: (1) Motivation (8 things); (2) Self-Confidence (8 things); (3) Anxiety Control (8 things); (4) Mental Preparation (6 things); (5) the significance of the group (7 things); and (6) Concentration (7 things). Before it was applied on Asian Games, the going with advances have been facilitated: (1) the instrument was made a comprehension of by english specialists into Indonesian; (2) the disentangled instrument were evaluated by 3 prepared experts; and (3) the instrument were had a go at 76 players who have close to credits with the examination respondents and not the part centered around steadiness and vility of the results of the test on mental expertise instruments are kept in tabel 1.

Table 1. The Validity and Reliability Result Instrument

Psychological Skills	The Number of Items	Coefficient of Validity (Aiken's V)	The coefficient of Reliability (Cron- bach's Alpha)
Motivation	8	0.67	0.79
Self-Confidence	8	0.63	0.77
Anxiety Control	8	0.77	0.91
Mental Preparation	6	0.83	0.92
Team emphasis	7	0.66	0.80
Concentration	7	0.73	0.85

Table 1. shows that the psychological capacity instruments are real and trustworthy. The instruments of the delayed consequences of the test were used for research.

This examination was driven beginning from the consent to information gathering from 2023 Asian Games. The information was gathered utilizing an outline. Before the players wrapped up the instruments they have gotten a short clarification related with the clarification and significance of wrapping up the reviews which ought to be driven genuinely as per the mental state of the player. After the information have been collected, the going with stage was figuring out the information concerning the characteristics of the mental limits. The information were examined by the sensible quantifiable framework, autonomous model t-test utilizing SPSS variety 20 programming and cross strategy methodologies. The principles recipe for mental capacities was shown in Table 2.

Table 2. The rules recipe for mental abilities was displayed

Interval	Category	Explanation
$(Mi + 1,8SD) - (Mi + 3SD)$	Very High	Mi = Ideal Mean
$(Mi 0,6) - (Mi + 1,8SD)$	High	Sdi = Ideal Standard De- viation
$(M-0,6SD) - (Mi + 0,6SD)$	Medium	ST = The high-est score
$(Mi- 1,8SD) - (Mi - 0,6SD)$	Low	SR = The low-est score
$(Mi-3SD) - (Mi-1,8SD)$	Very Low	

## RESULTS AND DISCUSSION

### 1. 1. Statistical analysis describing the psychological skill characteristics of Korean athletes

The data analysis in this article uses the help of SPSS software version 23.0 to generate descriptive statistical data. is created as follows:

Tabel 3. Results of statistical analysis describing the psychological skills characteristics of Korean athletes

Statistics	Characteristics of Psychological Skills of South Korean athletes
N	50.00
Mean	145,82
Median	145.60
Varians	332.14
Std. Deviasi	19,42
Minimum	124.00
Maximum	193.00
Sum	2051.00
Range	83,00
Int. Range	72,50

Based on Table 9, the analysis results describing the psychological skill characteristics of Korean athletes show that the sample size is 50, with a mean value of 145.82, a median value of 145, and a median value of 145.82. 60, the minimum value is 124.00 and the maximum value is 145.82. value 193.00, the variance is 332.14, the population total of 2051.00 is 83.00, and the standard deviation is 19.42.

Then determine the analysis results describing each aspect of the psychological skill characteristics of Korean athletes participating in the 2023 Asian Games in China, shown in the figure below:

### 2. Characteristics of Psychological Skills of Korea Selatan Players

The mental qualities of Korea Selatan Players at the XIX th Asian Games 202 are displayed in Table 4.

Table 4. mental qualities of Korea Selatan Players at the XIX th Asian Games 2023

Aspects	Average score (scale 1-5)	Score	Explanation
Motivation	4.64	36.50	Very High
Self-Confidence	3.89	29.41	High
Anxiety Control	3.65	24,86	High
Mental Prepara- tion	3.55	21,64	High
The Importance of the Team	3.45	13,71	High
Concentration	3.37	19,70	High
Total score		145,82	High

Characteristics of intellectual abilities of south Korea Athletes had a commonplace of 145,82 and standard deviation of 19,42. The ordinary score of intellectual abilities attributes of male volleyball players was 145,82 and was named the high request.

The inspiration got the most raised score and was named a particularly high plan. The other five mental focuses fall into the rich. Table 3 likewise shows that fixation got the most irrelevant score wandered from the other mental perspectives with a common score of 3.37, trailed by 'the importance of the social event' point of view with a conventional score of 3.45.

## 2. Statistical analysis characterizing the psychological skills of Indonesian athletes

The data analysis in this article uses the help of SPSS software version 23.0 to generate descriptive statistical data. Then, from the descriptive statistical analysis of the psychological skill characteristics of Indonesian athletes participating in the 2023 Asian Games in China, the results are as follows:

Tabel 5. Results of Descriptive Statistical Analysis of Skill Characteristics of Indonesian Athletes

Statistics	Characteristics of Psychological Skills of Indonesian Athletes
N	50.00
Mean	129,92
Median	129,50
Varians	231,071

Std. Deviasi	13,25
Minimum	115,00
Maximum	148,00
Sum	1897,00
Range	65,00
Int. Range	55,50

Based on Table 9, the analysis results describing the psychological skills characteristics of Indonesian athletes show that the sample size is 50, with a mean value of 129.92, median of 129.50, minimum value is 115.00, maximum value is deviation 148.00. stands at 231,071, the total amount is 1897.00 with a range value of 65.00 and a standard deviation of 13.25. Kemudiann menentukan hasil dari analisis deskriptif dari masing-masing aspek karakteristik keterampilan psikologis dari atlet indonesia yang berpartisipasi pada Asian Games XIX tahun 2023 di Cina. Yang ditampilkan pada gambar dibawah ini:

## 2. Characteristics of Psychological Skills of Indonesian athletes

The mental qualities of Indonesian athletes at the XIX th Asian Games 2023 are displayed in Table 6

Table 6. mental qualities of Indonesian athletes the XIX th Asian Games 2023

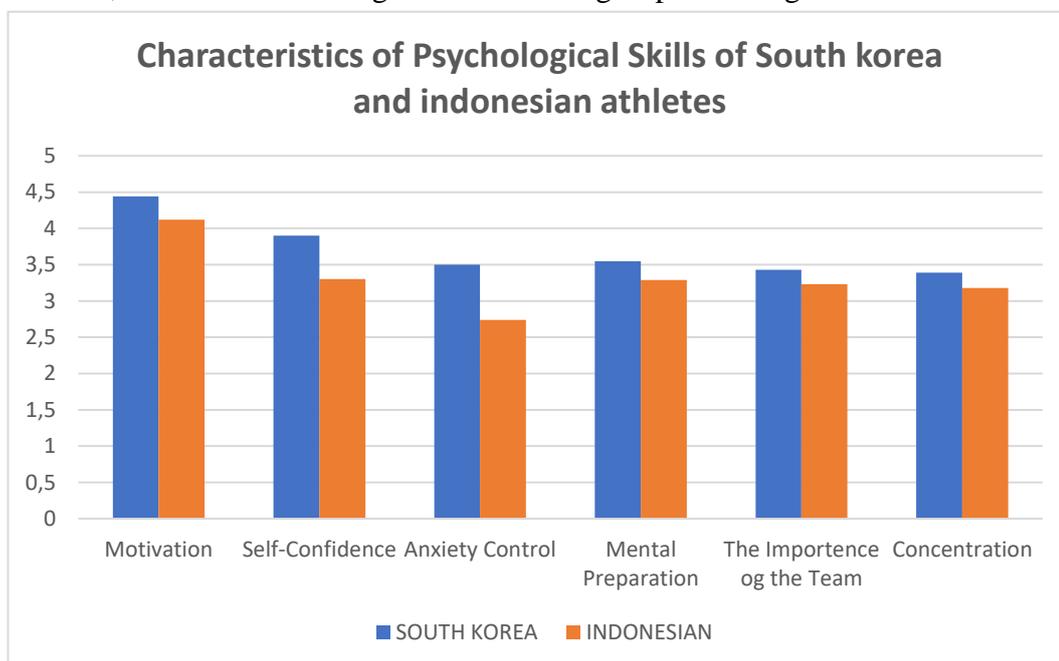
Aspects	Average score (scale 1-5)	Score	Explanation
Motivation	4.22	33,93	High
Self-Confidence	3.30	24,07	Medium
Anxiety Control	2,74	19,21	Medium
Mental Prepara- tion	3,39	20,71	Medium
The Importance of the Team	3.23	12,93	Medium
Concentration	3.18	19,07	Medium
Total score		129,92	Medium

The qualities of intellectual abilities of Indonesian athletes had an ordinary of 129,92 and standard deviation of 13,25. The normal score of intellectual abilities qualities of Indonesian athletes was 129.50 and was named a Medium gathering.

The inspiration got the most basic score and was named a particularly opulent. The other five mental focuses fall into the high request. Table 4 moreover shows that fixation got the most immaterial score separated according to the next mental perspectives with an ordinary score of 3.18, follo-marry by 'the importance of the social event' point of view with a generally common score of 3.23.

Generally, the qualities of mental abilities of south Korean athletes and

Indonesian athletes Public Group accomplished a low score, regarding the mental abilities, for focus and the significance of the group. This ought to Critical.



Gambar 1. Characteristics of Psychological Skills of Indonesian athletes

be of particular concern to the coaching team to maintain the consistency of the player's psychological skills. Concentration and importance of the team are important factors in achieving the target. Psychological skills training is needed to improve concentration and the importance of the team. It was found that psychological skills training plans, which consisted of relaxation, imagery, and self-talk, led to an increase in consistency in each psychological skill variable, especially for athletes, the findings suggest that psychological skills training has a facilitative effect on the aspect of performance.

The importance of the team and concentration aspects got the lowest scores both in the case of Korean athletes and Indonesian athletes. It is to Gucciardi, (2009). This team that there is a conflict in a team that will affect the aspects of concentration and the importance of the team (Papanikolaou Zissis, 2014). In the aspect of the importance of the team, they were very disappointed when their team members gave a negative performance. It indicates that there was anger inside them. That can affect their performance. Traditional coaches argued that anger during the game or match will increase the adrenal hormone which increases the performance of a player or athlete. That makes the energy released in vain. There were experimental studies showing that uncontrolled anger increased players' susceptibility to injury and poor performance during matches. Negative emotions such as anxiety, disappointment, and anger would interfere with the concentration and cognitive aspects. Those factors make the concentration of the player decrease, thus resulting in poor performance when playing in the field (Jalali-Ghomi, 2012).

This loss of concentration has a negative impact on the team's performance.

Concentration is a very important aspect of a match. The importance of concentration was emphasized in literature in which some researchers argued that athletes who focus on concentration and avoid negative emotional disturbances would excel in a match. The importance of concentration, in terms of psychological skills, is one of the main factors in gaining success, as (Gould, Dieffenbach & Moffett : 2010) stated that concentration skill is an important prerequisite for success in sports and concentration is the factor that distinguishes between successful and unsuccessful athletes.

The aspect of mental preparation in the score achievements of male and female athletes requires a mental exercise or training. There was an evidence that an athlete needs mental training, imagery as an element of psychological skills in sports, and mental training tools that can be beneficial to the success of an athlete, especially in strengthening physical performance during competitions as (Razon & Tenenbaum, 2007). Mahoney, Ntoumanis, Gucciardi, Mallett & Stebbings (2015) explained that soccer is one of the sports which related to psychological factors and mental training, then described that mental training before, during, and after the competition is very beneficial. The study showed that coaches do not know what kind of mental training which can help athletes to improve performance during competition and training.

The low level of self-confidence will decrease motivation. The research conducted by Najah & Rejeb (2016) stated that a high level of trust will increase motivation, increase focus points and prevent the effects of anxiety in a game. The most influential reason for the performance in athletes is motivation. Without motivation, the performance of all athletes will decline because of the various pressures and problems outside. Generally, athletes are always demanded success and fear of failure, when players are lack of self-confidence, then these players might also lack motivation (Jooste et al, 2014).

## **CONCLUSIONS**

The results of the research show that: The psychological skill characteristics of South Korean athletes are better with a high average score, while the psychological skill characteristics of Indonesian athletes are achieved with a medium average score. *Although the outcomes in this study is a dangerous outcome (zero yields) to Indonesian Athletes, it ought not be considered as a wellspring of frustration, yet a wellspring of data which should be facilitated into genuine information.* To make it better, it is hoped that further research will be carried out on the psychological characteristics of each sport.

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