Psychological skills of Malang State University athletes who participate in POMPROV 2022

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ABSTRACT
Achievement sports are a form of activity that requires a psychological aspect. The psychological aspect of athletes at the State University of Malang is the key to victory in winning the overall champion of POMPROV 2022. ACSI-28 (Athletic coping stress Inventory-28) is a psychological benchmark in sports achievement, namely (1) coping with advertising; (2) peaking under pressure; (3) goal setting/mental preparation (4) concentration; (5) free from worry; (6) confidence and achievement motivation; and (7) coachability. This research was conducted to find out the psychological skills of State University of Malang athletes who took part in POMPROV 2022 using ACSI-28. Athletes who filled out the ACSI-28 questionnaire were 45 people through google forms. Analysis of ACSI-28 calculation data or psychological aspects of State University of Malang athletes who took part in POMPROV 2022 is still in the medium and high categories. This research was conducted to find out how big the psychological aspects of State University of Malang athletes who participated in POMPROV 2022 and as a study of coaches in measuring the psychology needed by athletes.

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Introduction
In Indonesia, science and technology in achieving good performance in the field of sports are very much realized. The achievements that have been achieved by athletes in Indonesia require research studies related to the psychological aspects of athletes. Psychological aspects is a very important aspect that all athletes have in improving or achieving in an achievement. In the field of sports, anxiety is an emotional level that affects the success of athletes (Retnoningsasy, 2015). According to Sholakhudin, Roesdiyanto, & Rahayuni (2021), psychological and behavioral aspects can include the types of achievement, actualization, enthusiasm, self-confidence, emotional, intelligence, cooperation, curiosity, responsibility, ambition to win and so on.

ACSI-28 (athletic coping stress inventory) is a form of exercise measuring tool in knowing the psychological aspects of exercising (Smith et al., 1995). ACSI-28 itself has 28 forms, where the filling can be done with a time range of 1-5 minutes. ACSI-28 covers very broad psychological aspects including overcoming obstacles, acting when stuck, goal or mental, concentration, not worrying, confident and highly motivated, and ready to practice. ACSI-28 is translated into many languages, including Greek (Goudas et al., 1998), Brazil (Miranda et al., 2018), Czech (Vičár et al., 2020). The process of adapting and translating ACSI-28 into Indonesian was carried out by Rahayuni, Yunus, & Fadil (2015). ACSI-28 has been analyzed psychometrically and has been translated into Indonesian (Rahayuni et al., 2015). The advantage of the ACSI-28 measuring instrument can be done by how competent the psychological aspects of athletes are and as a form of athlete’s contribution to knowing psychology in the form of research. Athletes from the State University of Malang can measure their mental psychological abilities with ACSI-28 as a tool to determine the athlete’s superior and weak points in psychology.
State University of Malang is a higher education institution that accommodates students who excel in academic and non-academic fields. In several sports fields, many athletes from the State University of Malang have won the most medals. Malang State University students have achieved a lot, it can be measured by coming out as the overall champion of POMPROV East Java 2022 which will be held in Malang City. The achievement that has been achieved by the State University of Malang is due to the psychological aspect of competent athletes. Thus, there is an interest in knowing how basic Malang State University athletes are in their psychological aspects. POMPROV (Provincial Student Sports Week) is a competition held as a form of selection of outstanding athletes who are representatives of universities at the provincial level.

**Method**

**Research Design**

This research is a quantitative descriptive research that uses the form of a survey method. Quantitative descriptive research is research using observations conducted with interview techniques or distributing questionnaires related to the condition of the subject to be studied (Abdullah, 2015). The survey method was carried out to determine the shape of the population and sample characters (Fadli et al. 2019).

**Participants**

The population of this study was intended for athletes from the State University of Malang who took part in POMPROV 2022. The sample was carried out using a total sampling technique. Total sampling is a form of total sample technique with an equal population. The sample taken in this study were athletes from the State University of Malang who took part in POMPROV 2022.

**Instrument**

The instrument used was to use the ACSI-28 questionnaire distribution in Indonesian from the results of adaptation by Rahayuni et al. (2015). The instrument steps for the ACSI-28 questionnaire are:

<table>
<thead>
<tr>
<th>Table 1. ACSI-28 scoring steps by(Rahayuni et al.) 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a google form with questions</td>
</tr>
<tr>
<td>Dissemination of google forms via via whatsapp</td>
</tr>
<tr>
<td>Filling out questionnaires by athletes along with data</td>
</tr>
<tr>
<td>ACSI-28 . questionnaire assessment</td>
</tr>
<tr>
<td>ACSI-28 . data processing</td>
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<tr>
<td>Making ACSI-28 result diagram</td>
</tr>
<tr>
<td>Presentation of ACSI-28 research in the form of articles</td>
</tr>
</tbody>
</table>

The distribution of the google forms was carried out after obtaining permission from the East Java BAPOMI and the General Chair of the Malang State University Contingent, Google forms will be distributed via WhatsApp between 31 June to 13 July 2022. The total respondents who filled out the questionnaire were 45 athletes on July 13, 2022. The ACSI-28 questionnaire consisted of 28 questions containing 8 psychological aspects. The presentation of the diagram is done after the athlete fills out the ACSI-28 questionnaire which has been processed using Microsoft Excel and presented using a pie chart.
Results and Discussion

The results of the Interpretation Questionnaire from ACSI-28 from 8 psychological aspects are mostly at medium and high levels. Psychological aspects of overcoming obstacles (peaking under pressure) need to be increased again because many interpretations are still at a low level.

The ACSI-28 questionnaire was filled out by 45 athletes from the State University of Malang who took part in POMPROV 2022, with 31 males and 14 females. The average age for filling out the questionnaire was between the ages of 19 and 21. In filling out the questionnaire, there were no difficulties for athletes from the State University of Malang who took part in POMPROV 2022. Filling out the ACSI-28 questionnaire Sending the questionnaire via WhatsApp, but for the distribution it is still not effective. The calculation of the data is done using Microsoft Excel and the work is done manually (Rahayuni et al.).

Table 2. ACSI-28 psychological data processing results

<table>
<thead>
<tr>
<th>Interpretation</th>
<th>Score</th>
<th>Copy</th>
<th>Peak</th>
<th>Goal</th>
<th>Con</th>
<th>Free</th>
<th>Confch</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very low</td>
<td>0-2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>11</td>
</tr>
<tr>
<td>Low</td>
<td>3-5</td>
<td>2</td>
<td>7</td>
<td>0</td>
<td>3</td>
<td>20</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Currently</td>
<td>6-9</td>
<td>22</td>
<td>26</td>
<td>27</td>
<td>27</td>
<td>14</td>
<td>17</td>
<td>15</td>
</tr>
<tr>
<td>Tall</td>
<td>10-11</td>
<td>13</td>
<td>8</td>
<td>12</td>
<td>10</td>
<td>0</td>
<td>19</td>
<td>16</td>
</tr>
<tr>
<td>Very high</td>
<td>12</td>
<td>8</td>
<td>4</td>
<td>6</td>
<td>5</td>
<td>0</td>
<td>9</td>
<td>12</td>
</tr>
</tbody>
</table>

The sports athletes who filled out the ACSI-28 questionnaire about the psychological skills of the State University of Malang athletes participating in POMPROV 2022 were pencak silat, volleyball, basketball, athletics, fighting degrees, sepak takraw, soccer, taekwondo, futsal, and pentaque. In achieving the psychological aspect is a key to success supported by scientific knowledge about sports science. Psychological tests are the fulcrum for all athletes in Indonesia, the attractiveness of an athlete with psychological potential is very well studied for athletes who experience problems in their achievement events. This potential can be measured by ACSI-28 as a very easy psychological assessment for athletes at the State University of Malang in knowing their psychology.

Measuring psychological mental ability with ACSI-28 as a form to determine the athlete’s superior and weak points in his psychology and channel for a study. The specific discussion of psychological aspects is as follows:

1. Coping with adversity

   Remain calm even in difficult times and be able to control yourself, have good thoughts and do positive things even though things are going bad, adapt yourself in the right way and quickly even if you accept the bad reality. From the results of a questionnaire survey on psychological barriers for athletes at the State University of Malang who took part in POMPROV 2022, 4% were at low levels, 49% were at medium levels, 29% were high, while 18% were very high. The results in terms coping with adversity of athletes are more at the moderate level and need to be improved again by applying
exercises in the form of have fun, so that the pressure experienced is accustomed to experiencing a decrease and can control themselves.

![Coping With Adversity](image1)

Figure 2. The Percentage of Athletes of the State University of Malang Questionnaire to Coping with Adversity

2. Peaking Under Pressure

Peaking under pressure, challenged with pressure, doing your best even under pressure, even more challenged with tough pressure. From the results of a questionnaire survey on psychology to act under pressure for athletes from the State University of Malang who took part in POMPROV 2022, 15% were at a low level, 58% at a medium level, 18% at a high level, while 9% at a very high level. The results in terms of peaking under pressure, athletes are more at a lower level and athletes improve even more by solving problems, so that when experiencing problems athletes are better prepared to face another challenge.

![Peaking Under Pressure](image2)

Figure 3. The Percentage of Athletes from State University of Malang for Peaking Under Pressure

3. Goal setting/mental preparation

Determine exercises to achieve specific goals to carry out, carry out exercises to form mentality, and have the ability to play during matches. From the results of a questionnaire survey on psychology for mental preparation for athletes at the State University of Malang who took part in POMPROV 2022, 60% were at moderate level, 27% high, while 13% was very high. The results in terms of goal setting or mental preparation of athletes are more at the moderate level and need to be improved again by mentally training them to be ready for training or competitions. This mental exercise can be done with discipline by giving sanctions when something goes wrong.
4. Concentration

The mind is directed at one point, not easily influenced by the surrounding conditions, although in a state of urgency it always leads to the goal chosen with focus. From the results of a questionnaire survey on psychology for concentration for athletes from the State University of Malang who took part in POMPROV 2022, 7% were at a low level, 60% at a moderate level, 22% at a high level, and 11% at a very high level. The results in terms of concentration of athletes are more at the moderate level and need to be improved again by establishing the principle of goals in achievement. Forming an athlete's concentration can be done from a positive environment so that it continues to lead to the goals to be achieved.

5. Free from worry

Do not fall into things that are feared so that failure occurs, are not easily influenced by surrounding conditions so as to cause worries that arise from other people's words, always overcome quickly when worries arise over a tragedy. From the results of a questionnaire survey on psychological concerns for athletes from the State University of Malang who took part in POMPROV 2022, 25% were at a very low level, 44% were at a low level, while 31% were still moderate. The results in terms of being free from the athlete's worries were more at the lower level. This needs to be maintained and improved even more. The appropriate exercise in the psychological aspect is to always motivate yourself and provide input from others.
6. Confidence and achievement motivation (confidence and achievement motivation)

Has high achievement motivation, is confident in what he is doing to develop his abilities, is not easily pessimistic about what has happened with failure, always has high confidence to win a match. From the results of a questionnaire survey on psychology for self-confidence for athletes at the State University of Malang who took part in POMPROV 2022, 38% were at a low level, 42% high, while 20% were very high. The results in terms of self-confidence and achievement motivation of athletes are more at high levels. These results are good results and must be maintained and improved for the better. The way to improve this psychological aspect is to get used to having a very high ambition in lifea match.

7. Coachability

Always accept learning in the form of criticism and suggestions, thirst for practice and high curiosity, have an open heart even though criticism and suggestions are done in a painful way. From the results of a questionnaire survey on psychology for coachability athletes from the State University of Malang who took part in POMPROV 2022, 4% were at a low level, 33% at a medium level, 36% at a high level, while 27% at a very high level. The results in terms of coachability athletes are more at high levels. These results are good results and must be maintained and improved for the better. The way to improve the psychological aspect is to always give lessons about the importance of a sense of humility and self-sufficiency.
Figure 8. The Percentage of Athletes at State University of Malang for coachability

Discussion
The discussion of this study psychological aspects must be measurable because it is the most important aspect for an athlete and coach in achieving achievements. The benefit of understanding the psychological sport of the athlete can measure and evaluate himself about improvement and regression (Rooney, Jackson, & Heron, 2021). Because the athlete's improvement and self-deterioration can be a problem for the coach to give good direction so that the improvement can be maintained and the setback can be transformed into an excellent improvement. When training or competing the psychological aspects of sports can be improved when the athlete experiences setbacks while training such as being lazy and not enthusiastic during training because before facing a match an athlete needs very maximum training so that at the time of the race the athlete follows with totality without any fear (Hu, 2020). According to researchers, this study is very effective in knowing the psychological aspects of Malang State University athletes who take part in POMPROV 2022 using ACSI-28 and can be used as a reference for coaches in knowing the psychological aspects of each athlete.

Conclusions
From the results of this study, it can be seen that there are still many skills in the psychological aspects of athletes from the State University of Malang who take part in POMPROV 2022 in the medium and high categories. This result is a fairly good percentage and needs to be improved to be better in various competitions both at the provincial and national levels. This research was conducted to find out how big the psychological aspects of Malang State University athletes who take part in POMPROV 2022 and as a study for coaches in measuring the psychological needs of athletes.

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