

Mindfulness Meditation Intervention: A Way to Reduce Stress in Junior Volleyball Athletes

By Qori Nur Hijah



Mindfulness Meditation Intervention: A Way to Reduce Stress in Junior Volleyball Athletes

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Received: 02 April 2025, Approved: 02 April May, Published: 30 June 2025

Abstract

Studi purpose. In volleyball games, athletes often experience stress, which many internal and external factors can cause. This causes athletes to feel chaotic and unable to perform at their best. So, they often experience defeat in matches. This study aims to examine the effects of mindfulness meditation training on reducing stress in junior volleyball athletes.

Materials and methods. The method used in this research is a pretest, posttest experimental method with a quantitative approach involving 14 Bandung Regency volleyball athletes. The instrument used in this study is a stress questionnaire. This study used an instrument in the form of a Depression Anxiety Stress Scales for Youth (DASS-Y) questionnaire, which is a tool to measure stress in children and adolescents. The treatment given is mindfulness meditation, which is done for four weeks. There are three sessions in one week, each lasting 15-25 minutes. The data obtained was then processed using SPSS 25. Data processing begins with descriptive statistics to summarize the data, followed by normality tests to ensure the data distribution was appropriate. Finally, we conducted hypothesis testing using a paired t-test to determine the effectiveness of mindfulness meditation training in reducing stress levels before and after the program.

Results. The results showed that mindfulness meditation training significantly reduced the stress level of junior volleyball athletes, as evidenced by a decrease in the average stress score from 18.21 to 14.07 after treatment, with a difference of 5.20%. It can be concluded that mindfulness meditation intervention is one of the most effective psychological exercises to reduce stress in junior volleyball athletes.

Conclusions. This study concludes that mindfulness meditation intervention is a way that influences reducing stress in junior volleyball athletes. This study suggests that more attention should be paid to the psychological condition of athletes and provide mental exercises such as mindfulness meditation when there are athletes who have indications of stress.

Keywords: Mindfulness Meditation, Stress, Volleyball, Junior Athletes

DOI: <https://doi.org/10.52188/ijpe.v3i1>

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Introduction

During training or matches, coaches must pay attention²¹ to the psychological condition of athletes because this is an important aspect (Musyarofah et al., 2024; Schinke et al., 2017). In the world of sports, especially among novice athletes, stress is a common psychological factor (Di Fronso et al., 2022; Irwanto & Romas, 2019). Stress is²⁴ physical and emotional response to pressure or challenges faced and can affect a person's mental and physical health (Jumantara et al., 2025; Leuwol et al., 2023). Stress occurs when a person experiences a threatening or dangerous event (Cohen et al., 2019; S et al., 2023). Given that volleyball is a competitive sport, various demands from within and from outside the environment often make athletes experience high pressure (Riskina, 2024). Coaches with high standards, supportive parents, and teammates who compete with one another are some of the sources of this pressure (Kroshus et al., 2015; M et al., 2023). High amounts of anxiousness may result from this circumstance, which may eventually impair their on-field performance. This phenomenon frequently results from a mix of the pressures of fierce competition and inexperience with emotion management, which can be particularly difficult for young athletes who are still developing (Anggara & Laksmiwati, 2022).

Junior athletes who are in the learning and adjustment phase may not fully understand how to deal with pressure from various directions, which can negatively impact their performance and overall mental and physical health (Hanafi & Prastyana, 2020). Pressure The high levels of stress experienced by junior volleyball athletes can interfere with their concentration, motivation, and physical health. Unrealistic expectations, competition uncertainty, and an inability to cope with pressure are the main causes of stress in athletes (Costa et al., 2024). In order to help athletes concentrate on enhancing their abilities and performance, it is critical to determine efficient stress management techniques.

Mindfulness meditation has been demonstrated to assist people improve their awareness and presence, which lowers anxiety and improves focus (Huberty et al., 2019). This makes it a promising technique for stress reduction. Numerous studies have shown that mindfulness meditation is an effective method for helping athletes reduce their stress levels. People can manage stress and enhance their mental health by using this technique, which calls for an attack to be more situation-specific (Bukhori et al., 2023). This technique can assist people in managing stress and enhancing their mental health by requiring an assault to be more situation-specific. Several studies have examined the positive effects of mindfulness intervention in improving mental and emotional calmness and athlete performance. Mindfulness meditation intervention can help athletes increase self-awareness, manage emotions, and improve focus, all of which contribute to reduced stress levels (Aouani et al., 2024; Pratama & Utami, 2024).

Although there is research supporting the benefits of mindfulness, there is little previous research that specifically examines the application of this technique to junior volleyball athletes. Most of the existing research focuses on other sports, so further exploration is needed regarding the effectiveness of this method for junior volleyball athletes who are still in the psychological and physical⁵ development stage (Kim & Kim, 2021). In addition, previous research emphasizes the benefits of mindfulness in the context of performance and general well-being, but there is little research on its specific impact on stress reduction among junior volleyball athletes (Röthlin, 2016; Scott-hamilton et al., 2016).

This issue is very important to study, considering the negative impacts that can be caused by unmanaged stress. If left untreated, stress can lead to decreased performance, injury, and more serious mental health problems (Lestari et al., 2022). Therefore, exploring this method is very important to help junior athletes manage stress better (Simbolon et al., 2024). This study aims to determine the effect of mindfulness meditation training as a way to reduce mental stress in junior volleyball athletes. More efficient strategies to assist athletes in managing the pressure they encounter can be discovered by looking at how this training is used. This research will not

only offer fresh perspectives on the advantages of mindfulness meditation. It will, however, also offer helpful suggestions on how athletes and coaches can incorporate this method into their training regimens. It is, therefore, intended that junior volleyball players will be more equipped to handle the demands of competition, better handle stress, and eventually excel in their sport.

Materials and methods

Study participants

The research involved 14 junior volleyball athletes from Bandung Regency, aged 15 to 18 years, selected through a purposive sampling technique to ensure they were actively engaged in volleyball training and competitions. Inclusion criteria required participants to have at least one year of experience in volleyball, be part of a competitive team, and commit to the mindfulness training for the study's duration. Conversely, individuals with a history of severe psychological disorders, those currently undergoing psychological treatment, or those with physical injuries that could hinder participation were excluded from the study.

Study organization

The experimental method was used in this study with one group pre-test and post-test design. In this research treatment, there are important points that are the main focus and are divided into 5 stages. First, individuals are asked to observe the experiences around them, including feelings and emotions, and to be aware of both internal and external experiences. Furthermore, the ability to explain the experiences felt is an important aspect, where individuals are expected to be able to express what they experience clearly. In addition, acting with awareness is key, where individuals are trained to maintain their attention on various experiences felt in order to stay focused on the present moment. The ability to not judge inner experiences is also emphasized so that individuals can accept the thoughts and feelings that arise without judging. Finally, individuals are taught not to react to inner experiences, which allows them to get rid of negative emotions experienced without lingering in them. By implementing all these points, the study aims to increase participants' awareness and emotional management through mindfulness meditation intervention (Sundari, 2023). This treatment was carried out for 4 weeks and there were 3 sessions in one week with a total of 15-25 minutes per session (Yuliana et al., 2022). To ensure that other factors affecting stress were controlled, we kept participants on similar training schedules and limited their exposure to competitive activities during the research.

Research Instruments

The Depression Anxiety Stress Scales for Youth questionnaire, which measures depression specifically in children and adolescents, was the tool utilized in this investigation. The Depression Anxiety Stress Scale (DASS 42) questionnaire was modified to create the Depression Anxiety Stress Scale for Youth (DASS Y) (NovoPsych, 2018). This questionnaire has been developed and has gone through a validity process through Confirmatory Factor Analysis (CFA); this study shows that the three-factor model of the DASS-Y, consisting of 21 items, shows a good and consistent fit among groups of children and adolescents. The Cronbach's alpha value for the DASS-Y scale is .89 for Depression, .84 for Anxiety, and .84 for Stress, which reflects high internal consistency (Szabo & Lovibond, 2022).

Statistical analysis

The data obtained were processed and analyzed using SPSS Version 25 by conducting statistical descriptions, normality tests, hypothesis tests, and percentage results.

Results¹²

The results of data processing and analysis that have been carried out by the author³ in this study are displayed in the form of a Table. The descriptive statistical data displayed in Table 1.

Table 1. Descriptive Statistics

Test	N	Min.	Max.	Sum	Average	Std. Deviation
Pre	14	7	33	255	18.21	8.050
Post	14	5	27	197	14.07	6.844

Based on Table 1 from the data obtained in conducting the pretest and posttest. The average value before being given treatment was 18.21, and after being given treatment, the average value was 14.07 with a standard deviation before being given treatment of 8.050 and after being given treatment of 6.844. The minimum value before being given treatment was 7, and after being given treatment obtained a value of 5. Then, the maximum value before being given treatment was 33, and after being given treatment obtained a value of 27. After carrying out the data description process, this data processing was continued with a data normality test to find the hypothesis by starting with a normality test which can be seen in Table 2.

Table 2. Normality Test

Test	Statistics	df	Sig.
Pre	.949	14	.541
Post	.943	14	.458

Based on Table 2, the statistical value for the pretest is .949, with a significance value of .541, and for the posttest, it is .925²⁵ with a significance value of .458. Both of these significance values are greater than .05, so the data can be stated to be normally distributed. After ensuring that both data are normally distributed through the normality test, the next step is the hypothesis test, which can be seen in Table 3.

Table 3. Hypothesis Testing

Test	t	df	Sig. (2-tailed)
Pre-Post	11.022	13	.000

¹Based on Table 3 regarding the hypothesis test, the t²⁰ue obtained is 11.022 with a degree of freedom (df) of 13 and a significance value of .000. The significance value obtained is much smaller than the set alpha level, which is .05. This indicates that the values from the pretest and posttest following treatment differ significantly. Therefore, junior volleyball players benefit greatly from mindfulness meditation training in terms of stress reduction. Additionally, Figure 1 shows the percentage change in the stress level of junior volleyball players.

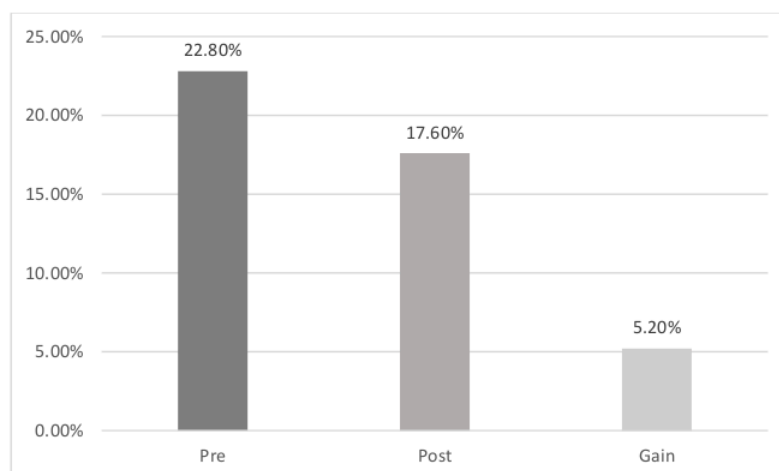


Figure 1. Stress Levels of Junior Volleyball Athletes Before and After Being Given Mindfulness Meditation Training

As illustrated in [Figure 1](#), the stress level of junior volleyball players was 22.80% prior to therapy and dropped to 17.60% during treatment. This difference of 5.20% indicates that junior volleyball players' stress levels significantly decreased following an intervention with mindfulness meditation.

Discussion

In this study, the author tested mindfulness meditation training as one of the popular techniques for managing stress ([Pitaloka, 2024](#)). Mindfulness meditation has been shown to reduce stress levels in junior volleyball athletes significantly. This decrease in stress is due to the provision of mindfulness meditation training to athletes, where in this training, athletes are asked to realize past mistakes without judging them and focus on the current situation, thus allowing athletes to have better stress management skills after doing mindfulness meditation training. The results of the study also showed that there was a decrease in stress levels by 5.20%; this proves that the application of mindfulness meditation training can be an effective way to reduce stress levels in junior volleyball athletes.

Mindfulness meditation training provides a holistic and effective approach to reducing stress in junior volleyball athletes. The resulting reduction in stress will help athletes focus more on training and competing without feeling excessively burdened so that their performance can be maximized. This is very beneficial for athletes because if athletes have good psychological aspects, they are able to control their physical and cognitive abilities even in difficult conditions ([Purnamasari & Novian, 2021](#)). To help junior athletes face sports challenges more calmly and confidently, mindfulness meditation should be part of their training program. Mindfulness meditation training can be applied in various ways in junior volleyball training programs, such as sessions conducted before training, breathing exercises after matches, or self-reflection through mindfulness meditation training. Therefore, coaches and sports psychologists should be able to help and guide athletes so that they can apply mindfulness meditation training in their routines ([Pratama & Utami, 2024](#)). With consistency and proper intervention, mindfulness meditation can be an effective way to help athletes cope with pressure and stress.

Junior volleyball athletes often experience stress in various aspects of their lives, such as when facing academic demands, coach expectations, match pressure, and even family problems. However, in the context of competitive sports, junior volleyball athletes are still required to be able to perform optimally, both in training and matches. Therefore, junior volleyball athletes must be able to overcome the stress that often occurs, so special psychological training is needed that can reduce stress levels, especially in junior volleyball athletes because the ideal stress level can increase athletes' alertness and concentration, while stress levels that are too high can interfere with cognitive abilities (Komarudin et al., 2024).

Junior volleyball athletes were able to reduce the mental stress that often occurs before and during matches by practising mindfulness meditation, which involves controlled breathing, focus, and acceptance of the present moment. Several studies have shown that practising mindfulness helps reduce stress when athletes are under competitive pressure (Nevid & Chozim, 2021). By practising mindfulness meditation, which emphasizes full concentration on the present moment, athletes can become calmer, more focused, and less overwhelmed by pressure.

Athletes who regularly do mindfulness meditation intervention tend to be better at dealing with difficult situations on the field, such as technical errors or unfavourable referee decisions (Komarudin et al., 2024). With a more stable mental condition, athletes will remain calm and maintain their game performance without being affected by negative emotions (Nisa & Jannah, 2021). This certainly has a positive impact on improving the quality of their game and self-confidence on the field, such as self-control when experiencing stress due to coach demands, the roar of the audience, and when entering crucial points so that junior volleyball athletes can show their maximum performance.

There are several limitations to this study. First, the small sample size of 14 female participants may limit the generalizability of the findings; a larger group with both male and female samples may provide more representative data. Second, the duration of the mindfulness meditation training of 4 weeks may not provide long-term effects. Longer interventions may show different results. Third, the lack of a control group limits the ability to determine whether the observed changes are solely due to the mindfulness intervention. Fourth, this study was only conducted on junior volleyball athletes, which may result in different outcomes if conducted on senior volleyball athletes in other sports. Future research could address these limitations in future studies to strengthen the validity of the findings (Loh & Chong, 2018).

Conclusions

This study shows that mindfulness meditation practice can significantly reduce stress levels in junior volleyball athletes. The results of the data analysis obtained evidence of this. Before and after the treatment, there was a decrease of 55%, which is certainly extraordinary. This decrease proves that mindfulness meditation practice is very effective in reducing stress and improving mental well-being in junior volleyball athletes. Coaches can incorporate mindfulness meditation techniques into their routine training to help athletes handle stress better, which can improve focus and emotional stability during competition and training. Thus, this practice not only improves performance but also increases calmness in doing sports as a whole and helps junior volleyball athletes stay resilient in their career journey.

Future research should explore several key areas to improve understanding of the effects of mindfulness meditation on junior and senior athletes. Firstly, studies with larger and more diverse samples, including both genders and different sports, could provide greater insight. Long-term studies could assess the long-term effects of mindfulness beyond the four-week training. Examining how mindfulness meditation practice can be part of an athlete's training routine and the role of coaches in providing this practice to them is also important to provide

greater insight into the world of coaching as this can advance the field of sports psychology with the aim of improving the mental wellbeing of athletes of all ages and genders.

Acknowledgment

We would like to thank Universitas Pendidikan Indonesia for supporting the research and publication of this article.

Conflict of interest

We declare no conflict of interest in this article.

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Cite this article as: Hijah, Qori Nur et al. (2025). Mindfulness Meditation Intervention: A Way to Reduce Stress in Junior Volleyball Athletes. *Indonesian Journal of Physical Education and Sport Science (IJPESS)*, 5(2), 234-242. doi

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