



## **Mental Strength of Football Players When Matching: Case Study on Village League Teams Karyamukti Village**

**Fajar Mohammad Ramdani<sup>1\*</sup>, Asep Angga Permadi<sup>2</sup>, Azhar Ramadhan Sonjaya<sup>3</sup>,  
Mohd Izwan Shahril<sup>4</sup>**

<sup>1,2,3</sup>Physical Education Study Program, Faculty of Islamic Education and Teacher Training,  
Universitas Garut, Indonesia

<sup>4</sup>Faculty of Sports Science and Coaching Sukan, Universitas Pendidikan Sultan Idris,  
Malaysia

\*Corresponding Author: Fajar Mohammad Ramdani, Fajar, e-mail:  
fajarmohammadramdani@gmail.com

Received: 24 February 2023, Approved: 09 March 2023, Published: 31 March 2023

### **Abstract**

**Study purpose.** This study aims to determine the level of mental toughness of players when competing, this is because one aspect of the team's success is that the players have mental toughness.

**Materials and methods.** This type of research is quantitative descriptive, the population in this study were Karyamukti Village players who participated in the match in the Zone 5 Village League competition in Garut Regency, the number of teams that followed amounted to 25 teams. The sampling technique uses probability sampling. The criteria for determining this sample include: (1) Karyamukti Village players who take part in the village league, (2) are willing to be a sample, and (3) fill out the instrument provided by the researcher in full. The instrument used is Mental Toughness proposed by (Gucciardi et al., 2009). The validity index is -0.135 - 0.729 with a reliability coefficient of 0.9156. Data analysis techniques used using Microsoft Excel applications.

**Results.** The results showed that the results obtained were: the indicator of developing through challenges with an average value of 80.8% was categorized as high, while the indicator of sports awareness with an average value of 72.0% was categorized as high, while the hard attitude indicator with an average value of 79.9% was categorized as high, and the indicator of wanting to succeed with an average value of 79.1% was categorized as high, and the overall result of the level of mental toughness of Karyamukti Village players when competing with an average result of 79.3%.

**Conclusion.** The results were categorized as high. This shows that the hypothesis proposed in this study is accepted.

**Keywords:** Mental Strength, Football, Match

---



## **Introduction**

Football is a sport that attracts a lot of people's interest and even this sport is very global (Ridwan & Prakoso, 2020; Suganda, 2021). This happens because the game of football is easy to play, this game is usually done by having friends to play with, the ball and space or field (Aras, 2021; Suganda, 2017). In order to have good technical and tactical conditions in playing soccer, players must have good physical condition and be mentally tough, therefore all techniques, tactics and physical football need to be trained and improved so that the following things can be achieved properly, and the mentality of the players will be to increase (Akbar et al., 2019; Jia et al., 2021). Basic technique is one of the basic things that is important for a player to be able to play football (Anwar et al., 2013)

One aspect of winning in playing sports that cannot be ignored is the existence of psychological factors (Permadi, 2017). Many athletes and coaches still prioritize physical and skills and pay little attention to matters involving mental factors (Mirhan, 2016; Obetko et al., 2020). Mentally in football this is very important because with a good mentality it can increase a player's confidence when competing and can improve the performance of these players that the factors that have contributed to the achievement of an athlete include physical, technical, tactical, and mental conditions, from the above factors mental factors that have a very crucial role to improve the athlete's performance (Matthews & Jordan, 2020; Otte et al., 2020; Singh et al., 2017). Mental toughness is able to respond in all situations in a relaxed, calm, and energetic manner because players who have mental toughness have been able to develop two abilities (Kayode & Tunrayo, 2022; Yi Chow, 2021). First, the ability to increase positive energy in crises and difficulties, and secondly, to think quickly so that you have the right attitude in dealing with problems, pressure, mistakes, and competition (Pratiwi & Lutfi, 2014). Therefore, mental toughness has a very important contribution for players when playing matches, this is because mental toughness can provide positive energy for players when they are in trouble, and can be calm in making decisions on the field.

The phenomenon that occurs at this time is that an athlete has many abilities, good basic technical and physical skills, but the athlete cannot win match 3 or does not excel because of low mentality, the focus and concentration of the athlete are damaged by these factors. The author's observations are based on an interview with the Karyamukti Village League Soccer School coach named Deni on Saturday 13 November 2021 at 15.30 WIB at the Mangkubumi field, that the condition of the players during matches declined unusually during practice then many players were not confident and rarely took part in training also there are still many players who are not disciplined.

## **Materials and Methods**

### ***Study participants.***

The research subjects were taken from the village players of Karya Mukti, totaling 23 people.

### ***Study organization.***

This type of research uses descriptive quantitative research. Descriptive quantitative research is research that involves theory, design, hypotheses and determination of subjects supported by data collection and data analysis before drawing conclusions. (Khoiruzzadi et al., 2018; Sugiyono, 2018). Therefore the researcher will use descriptive quantitative research because the data results are in the form of pictures and words, using a survey design method. The research subjects were selected using a probability sampling technique. The random sampling technique in selecting sample members is based on chance, so it is also called a

probability sampling technique (Fitrianti et al., 2020). (Sumantol, 2012) The sample used in this study was determined based on the characteristics of the subjects according to the position.

**Statistical Analysis**

The scale used is the Likert scale which includes a mental toughness scale. This scale consists of 4 indicators and each feature has 1 question, namely questions that are favorable and *unfavorable*. This mental toughness scale uses four answer choices, namely strongly agree (SS), agree (S), disagree (TS), strongly disagree (STS). The mental toughness research instrument used in this study was an instrument made by the researcher himself with reference to the aspects put forward by (Gucciardi et al., 2009). At the data analysis stage as a follow-up to the previously obtained data, among others, processing data using Microsoft Excel.

**Results**

**Validity test**

A valid instrument means that the measuring instrument used to obtain (measure) data is valid (Sugiyono, 2015). Based on the results of the trial data processing on the mental toughness variable using the help of the *Microsoft Excel application*, the results of the validity test are that of the 92 statement items, the remaining 61 statement items are valid. Thus, there are 31 items that are not valid in the validity test stage.

**Reliability Test**

A test is said to be reliable if it is able to measure regularly what has been measured. The reliability of a test is the degree of confidence about the constancy of a test. Reliability states the extent to which accuracy or accuracy measures what will be measured. To obtain reliability using the *Alpha Cronbach formula* (Winarno, 2014). Calculation of reliability in this study using *Microsoft Excel*. The results of the instrument reliability test are presented in the following table:

**Table 1. Alpha Cronbach**

<i>Cronbach's Alpha</i>	<i>N of Items</i>
0.956	92

Based on the results of the reliability test analysis in the table above, it shows that the *Cronbach Alpha coefficient value* is  $> 0.90$ , so the instrument is reliably included in the very reliable criteria and is suitable for use in research data collection.

**Normality test**

The normality test was carried out to find out whether the data used was normally distributed or not. In this test, *Microsoft Excel* will use the *Shapiro Wilk* normality test.

The results of the normality test on the mental toughness variable are explained in the following table:

**Table 2. Normality Test**

<b>Variable</b>	<b>P</b>	<b>A</b>	<b>Interpretation</b>
mental toughness	0.96	0.05	Normal distribution

Based on the table above the results of normality test calculations by *Shapiro Wilk calculations* using the help of the *Microsoft Excel application*, it is known that the mental toughness variable has a value (Sig.) of 0.96. It can be interpreted that the mental toughness variable is normally distributed.

### Hypothesis testing

In this study the authors propose statistical hypotheses as follows

$$H_0: \mu = 75.$$

$$H_a: \mu \neq 75$$

Next, a hypothesis test is carried out whether the proposed hypothesis test can be accepted or rejected.

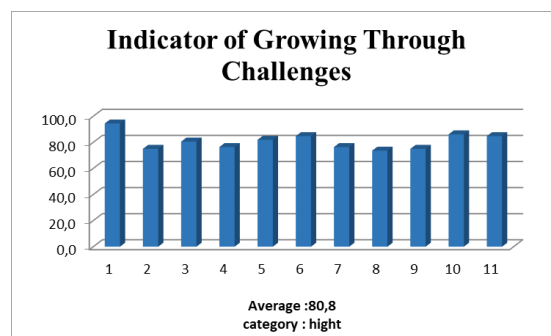
No	Nilai		
1	86		
2	80	mean	79
3	80	miu 0	75
4	75	stdev	3,415996
5	82	akar N	3,316625
6	77	thitung	4,196184
7	75		
8	75		
9	80		
10	81		
11	81		

**Figure 1.** Hypothesis Testing

Then t count is greater than t table. Then  $H_a$  is accepted and  $H_0$  is rejected.

### Data Description:

#### 1. Indicator Growing Through Challenges



**Figure 2.** Indicator Through Challenges

Based on the table of indicators developing through the challenges above, there are a total of 640, a *max value* of 68 and a *min value* of 53, and a standard deviation of 2,093. With a percentage of 80.8% in the high category.

2. Sports Awareness Indicator

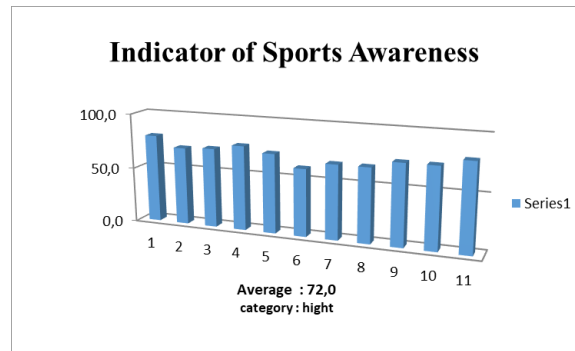


Figure 3. Sports Awareness Indicator

Based on the sports awareness indicator table above, there are a total of 507, a *max value* of 52 and a *min value* of 39, and a standard deviation of 3,962. With an average percentage of 72.0% is in the high category.

3. Stiff Attitude Indicator

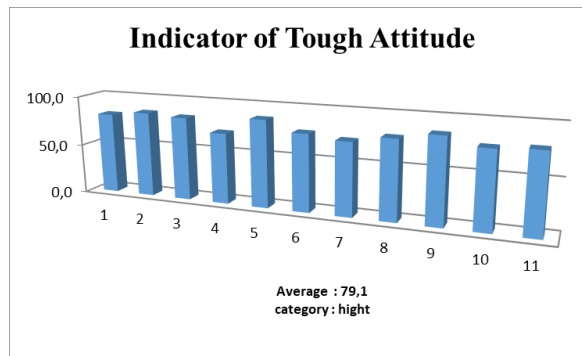


Figure 4. Hard Attitude Indicator

Based on the tough attitude indicator table above, there are a total of 422, a *max value* of 42 and a *min value* of 34. and a standard deviation of 5,859. With an average percentage of 79.-% is in the high category.

4. Indicator Want to Succeed

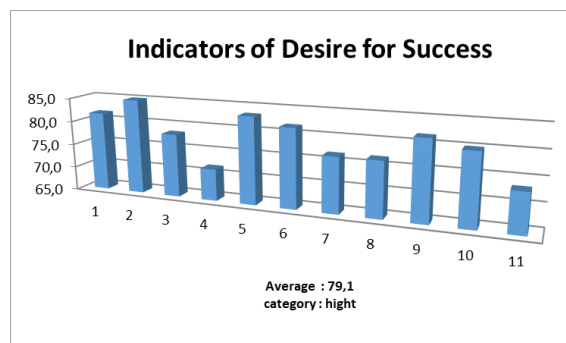


Figure 5. Indicators of Wanting to Succeed

Based on the table of indicators for success above, there are a total of 560, a *max value* of 51 and a *min value* of 43. and a standard deviation of 5,851. With an average percentage of 79.1% in the high category. The overall result of the mental toughness level of Karyamukti

Village players when competing with an average result of 79.3%, the result is categorized as high. This shows that the hypothesis proposed in this study is accepted. It can be seen that  $H_0$  is rejected and  $H_a$  is accepted with a t count of  $4.1961 > t$  table of 1.7959. This test is carried out by carrying out a t-count test, looking for the amount of t-count that will be compared with t-table. The t-count test is used to determine the quality of the regression significance whether or not there is an influence on the dependent variable. This shows that the hypothesis proposed in this study is accepted.

### **Discussion**

This study aims to determine how the level of mental toughness of Karyamukti Village soccer players when competing, this is because it plays an important role in efforts to achieve achievement or success, based on the dimensions obtained, so in this study researchers used the four dimensions proposed by (Gucciardi et al., 2009), namely: Thrive though challenge, is an attitude or self-assessment to be able to face a challenge that comes from internal and external pressures, in this dimension there are seven attributes, Sport awareness, is an attitude and value that is relevant to individual or team performance, Though attitude is a basic attitude or self-assessment to face pressures and challenges that are positive and negative, Desire Success is an attitude and value associated with achievement or success.

Through the results of data processing with statistical tests using normality tests and validity tests and reliability tests and hypothesis testing. Based on the results of the data analysis, the results show that the level of mental toughness of Karyamukti Village players when competing is categorized as high.

### **Conclusions**

Based on the data analysis above, it can be concluded that soccer players in Karyamukti Village have high mental toughness. Based on the research data according to the indicator instrument which shows that the overall results of the mental toughness level of Karyamukti Village players when competing with an average result of 79.3%, the results are categorized as high. This answers the formulation of the problem that has been formulated, namely that players have a high level of mental toughness. This also shows that the hypothesis proposed in this study is accepted.

### **Acknowledgment**

The author would like to thank all those involved in this research

### **Conflict of interest**

All authors declare that there is no conflict of interest whatsoever in this research

### **References**

- Akbar, I., Lestari, R., & Psi, S. (2019). *Ketangguhan Mental Pada Atlet Sepakbola di Surakarta*.
- Anwar, S., Pendidikan, J., Kesehatan, J., & Keolahragaan, F. I. (2013). Survei Teknik Dasar Dan Kondisi Fisik Pada Siswa Sekolah Sepak Bola (Ssb) Se Kabupaten Demak Tahun 2012. *Active - Journal of Physical Education, Sport, Health and Recreation*, 2(9), 596–604. <https://doi.org/10.15294/active.v2i9.1861>
- Aras, A. (2021). *Teknik Shooting Dalam Sepakbola*.
- Fitrianti, L., Cahyono, R., Psikologi, F., & Airlangga, U. (2020). *Buletin Riset Psikologi dan Kesehatan Mental Pengaruh Regulasi Diri terhadap Penyesuaian Diri Mahasiswa Baru*

*Selama PJJ di Masa Pandemi Covid-19*. 1(2), 1180–1189.

- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009). Evaluation of a mental toughness training program for youth-aged Australian footballers: I. A quantitative analysis. *Journal of Applied Sport Psychology*, 21(3), 307–323. <https://doi.org/10.1080/10413200903026066>
- Jia, N., Zhang, X., Wang, X., Dong, X., Zhou, Y., & Ding, M. (2021). The Effects of Diverse Exercise on Cognition and Mental Health of Children Aged 5–6 Years: A Controlled Trial. *Frontiers in Psychology*, 12(December), 1–9. <https://doi.org/10.3389/fpsyg.2021.759351>
- Kayode, F. E., & Tunrayo, A. M. (2022). Management of sports budgeting on maintenance of facilities in Kwara State Sports Council, Nigeria. *Indonesian Journal of Sport Management*, 2(1), 7–15. <https://doi.org/10.31949/IJSM.V2I1.1581>
- Khoiruzzadi, M., Barokah, M., Kamila, A., Sunan, U., & Yogyakarta, K. (2018). Upaya Guru Dalam Memaksimalkan Perkembangan Kognitif, Sosial dan Motorik Anak Usia Dini. *Scholar.Archive.Org*. <https://doi.org/10.15642/jeced.v2i1.561>
- Matthews, C. R., & Jordan, M. (2020). Drugs and supplements in amateur boxing: pugilistic amateurism and ideologies of performance. *Qualitative Research in Sport, Exercise and Health*, 12(5), 631–646. <https://doi.org/10.1080/2159676X.2019.1664623>
- Mirhan, J. (2016). Hubungan Antara Percaya Diri Dan Kerja Keras Dalam Olahraga Dan Keterampilan Hidup. *Jurnal Olahraga Prestasi*, 12(1), 115487. <https://doi.org/10.21831/jorpres.v12i1.9499>
- Obetko, M., Peráček, P., Mikulič, M., & Babic, M. (2020). Effect of selected types of warm-up on disjunctive reaction time of soccer goalkeepers. *Journal of Physical Education and Sport*, 20(4), 1903–1908. <https://doi.org/10.7752/jpes.2020.04257>
- Otte, F. W., Millar, S. K., & Klatt, S. (2020). How does the modern football goalkeeper train?—An exploration of expert goalkeeper coaches' skill training approaches. *Journal of Sports Sciences*, 38(11–12), 1465–1473. <https://doi.org/10.1080/02640414.2019.1643202>
- Permadi, A. A. (2017). Hubungan Model Pembelajaran Tendangan Penalti dengan Tingkat Kepercayaan Diri dalam Permainan Sepakbola. *Jurnal Perspektif*, 1(1), 20–27.
- Pratiwi, R., & Lutfi, I. (2014). *Ketangguhan Mental Siswa SMA Negeri Atlet Ragunan*.
- Ridwan, M., & Prakoso, B. B. (2020). Persepsi Orang Tua Terhadap Sekolah Sepakbola Mitra Surabaya. *JUARA : Jurnal Olahraga*, 5(2), 151–162. <https://doi.org/10.33222/juara.v5i2.940>
- Singh, V., Kulandaivelan, S., Prakash, S., & Punia, S. (2017). Relationship between pre-competition anxiety and performance levels in inter-university women football teams. ~ 136 ~ *International Journal of Physical Education, Sports and Health*, 4(5), 136–139. <https://doi.org/10.1016/j.psychsport>
- Suganda, M. A. (2017). Pengaruh Latihan Lingkaran Pinball Terhadap Ketepatan Passing Datar dalam Permainan Sepakbola pada Siswa Ekstrakurikuler di SMK YPS Prabumulih. *Jurnal Ilmu Keolahragaan*, 16(1), 57–61. <https://doi.org/10.24114/JIK.V16I1.6452>
- Suganda, M. A. (2021). Hubungan Kelincahan Dengan Menggiring Bola Dalam Permainan Sepak Bola. *Musamus Journal of Physical Education and Sport (MJPES) Tahun Musamus Journal of Physical Education and Sport*, 03(02), 103–115. <https://doi.org/10.35724/mjpes.v%vi%i.3553>
- Sugiyono. (2018). *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*.

Alfabeta.

Sumantol, D. (2012). Presisi Dan Akurasi Hasil Penelitian Kuantitatif Berdasarkan Pengambilan Sampel Secara Acak. *Jurnal.Unimus.Ac.Id.*

Yi Chow, J. (2021). Nonlinear Pedagogy. In *Nonlinear Pedagogy and the Athletics Skills Model*. <https://doi.org/10.4324/9781003025375-5>

**Information about the authors:**

**Fajar Mohammad Ramdani., FMR:** fajarmohammadramdani@gmail.com, <https://orcid.org/0009-0001-8207-2918>, Physical Education, Universitas Garut, Indonesia

**Asep Angga Permadi., AAP:** angga15@uniga.ac.id , <https://orcid.org/0000-0001-5714-4310>, Physical Education, Universitas Garut, Indonesia

**Azhar Ramadhana Sonjaya., ARS:** a.sonjaya.pjkr@uniga.ac.id, <https://orcid.org/0000-0003-1375-8868>, Physical Education, Universitas Garut, Indonesia

**Mohd Izwan Shahril, MS:** izwan.shahril@fsskj.upsi.edu.my, <https://orcid.org/0000-0003-4178-7308>, Faculty of Sports Science and Coaching Sukan, Universitas Pendidikan Sultan Idris, Malaysia

**Cite this article as:** AA Permadi et al . (2023). Mental Strength of Football Players When Matching: Case Study on Village League Teams Karyamukti Village. *Indonesian Journal of Physical Education and Sport Science (IJPESS)*, 3 (1), 48-55. <https://doi.org/10.52188/ijpess.v3i1.388>