

# Psychology of Sian Soor Tennis Junior Athletes in Competition

*By Ince Abdul Muhaemin M*



## Psychology of Sian Soor Tennis Junior Athletes in Competition

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### Abstract

**Studi purpose:** As an athlete who has a demand to excel when competing, anxiety in athletes becomes one of the conditions that athletes often experience which affects the athlete's performance in facing the match. One of the mental factors that trigger athletes' psychology is anxiety, self-confidence, and resilience factors. This study aimed to determine the level of anxiety, self-confidence, and resilience of Sian Soor junior athletes in the sport of tennis.

**Materials and methods:** This type of research was descriptive quantitative, which is to see a description of the psychological aspects of junior athletes Sian Soor tennis court. The research location was conducted at the Sian Soor tennis Mayor of Jayapura City Papua. The population in this study were all junior athletes Sian Soor Jayapura City Papua involving 25 people from the age group 10 to 18 years. The sample was taken based on random sampling with a total of 18 athletes. The instruments used in data collection were anxiety, self-confidence, and resilience instruments.

**Results.** Based on data analysis from 18 athletes the results that the anxiety aspect was very high (5.56%), high (22.22%), moderate (44.44%), and low (27.78%). Aspects of confidence were very high (5.56%), high (16.67%), medium (61.11%), and low (16.67%). The resilience aspect was high (16.67%), medium (66.67%), and low (16.67%).

**Conclusions.** Based on the results obtained in this study, it is concluded that Junior Sian Soor athletes in Jayapura City Papua on the dominant anxiety aspects of the moderate category, aspects of self-confidence in the moderate category, and resilience in the moderate category. therefore it is suggested to the coach to provide interventions in the form of mental training, especially to increase self-confidence and resilience, so that the degree of anxiety competing can be minimized.

**Keywords:** Anxiety, Self-Confidence, Resilience, Junior Athletes

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### Introduction

In sports, we can develop positive attitudes and knowledge related to life lessons. Another advantage of sports as a place for physical development and growth, especially at the

age of child development (Nissa & Soenyoto, 2021). Athletes need to be physically, technically, and tactically prepared in order to perform at their best. In addition, they also need to be mentally prepared because one of the mental factors itself is anxiety, which can affect an athlete's psychology. Anxiety, worry, tension, uncertainty, a lack of concentration or loss of focus, and a drop in confidence are all signs of stress and anxiety during a game. The absence of mental training for the athletes themselves is one of the reasons why athletes fail (Sari, 2017).

The highest achievement in sports is a dream for every athlete, both national and international achievements. Athletes who excel cannot be underestimated at this time. An athlete who has a good achievement has a very decent life, for example, several athletes have very high incomes such as Cristiano Ronaldo, Vince Carter, Valentino Rossi, and many others, glorious achievements are certainly not obtained easily. The need for hard work in preparing everything both physical, tactical, and mental factors. Psychic factors are often decisive in competing, especially when competing with equally strong opponents where mental roles are needed. The mental competition of an athlete is often a study by several experts (Arifin, 2017). To be able to improve performance or maximum achievement in sports not only requires physical exercise, technique, tactics, and strategy but mental training plays an important role in producing a good mental state (Sin, 2016).

Self-control is one of the components of mental toughness that can reduce the negative effects of anxiety and improve athletes' abilities despite pressure. A study conducted by (Gerber et al., 2018) in Northwestern Switzerland produced findings that young elite athletes with mental toughness were able to offset some of the negative effects of depression and high stress. Mental toughness is important for athletes to overcome all forms of negative emotions, especially when the match is in front of them (Nissa & Soenyoto, 2021). People whose aggressiveness is less controlled are more likely to commit acts of violence because they will not hesitate and hesitate to commit violence when angry. All emotional symptoms such as fear, anger, anxiety, stress, hope, pleasure, and others, can affect changes in a person's physical condition. Meanwhile, feelings or emotions can have physiological effects such as muscle tension, heart rate, breathing, and the functioning of certain hormone glands (Kiswantoro, 2016).

Self-confidence for athletes must be considered so that in achieving their achievements they will be more motivated, in athletes. Self-confidence is the main capital of a person, especially athletes to achieve achievement. Athletes who have self-confidence mean that the athlete is able, and believes in himself in achieving maximum achievement (Sin, 2017). Psychological changes during the match, namely the increasing ability of athletes to accept stress (pressure), stay concentrated, and have mental toughness so that they can overcome heavier obstacles (Ilham, 2021). Every player who is competing in an event wants to win the match, trying to show a good and effective game, winning point by point, maintaining psychological stability, and consistent of hitting techniques in the game are all needed in order to defeat the opponent being faced (Perdana et al., 2017). Concentration is the athlete's ability to focus attention and thoughts only on information that is important for the success of his performance in the match (Jannah, 2017).

The mental factor in tennis is one of the factors that should not be ignored even though the form of training is presented in a very simple and simple form for early childhood. By providing mental training from the start, it is hoped that mini-tennis players will get used to having an unyielding attitude when practicing and playing/competing. The characteristics of a tough and unyielding mental attitude will later be very useful if they become real field tennis players (professional tennis players). Jimmy Connors said that professional tennis matches are 95% determined by mental factors because physical, technical, speed, and strength are considered the same. The results of the match are largely determined by mental factors, such as concentration, confidence, and fighting spirit (Ngatman & Alim, 2018).

Every player who is competing in an event wants to win the match, trying to show a good and effective game, winning point by point, maintaining psychological stability, and consistency of stroke techniques in the game are all needed in order to defeat the opponent being faced, if the success is greater than the failure of the stroke achieved then the steps to victory in the match become very large (Perdana et al., 2017). As seen by the tendency of people to offer favorable evaluations to athletes who win matches and tend to give negative evaluations to athletes who lose, anxiety results from the dread of being judged poorly by the audience, which is a danger to the athlete's self-esteem. Extrinsic causes of anxiety include, among others, competitors, spectators, friends, administrators, competition venues, competition facilities, equipment, and demands from coaches and families. Intrinsic causes of anxiety include looking bad because of a fear of failure, having anxious personality traits, and not having competed before (Sari, 2017).

Early months of 2023 several championships in Papua Province, especially in Jayapura City, often held matches from veterans to juniors. Juniors are the generation of athletes who will later become a pride in the area and even become the pride of a country. The results of interviews with coaches and parents said that the mentality of junior athletes still needs direction so that the psychology of competing is maximized, which is the problem of the lack of Sian Soor athletes who take part in matches so that the psychology of competing is still often disrupted. The achievement achieved by a child is directly related to the extent to which parents' expectations of the achievements their children want to achieve. A child whose parents hope he becomes a great athlete will have a higher chance than a child whose parents have no expectations. Parents should support their children so that children have great confidence in training for achievement (Jatra et al., 2019).

Therefore, researchers are interested in knowing about Psychological competition in Junior athletes at Sian Soor Tennis so that it can be a reference to analyze further information and efforts to minimize Psychological competition in Junior athletes Sian Soor tennis court. Several psychological aspects can be improved through planned and systematic psychological skills training, where its implementation is highly dependent on the athlete's commitment (Kiswantoro, 2016).

## **Materials and methods**

### **Study participants.**

The participants in this study were junior athletes who competed in the tennis court championship held at the Jayapura Mayor's office, Papua. Athletes who participated in the competition amounted to 25 athletes and 18 athletes were selected as research samples, namely those aged between 10-18 years.

### **Study organization**

The method used in this study was descriptive quantitative to describe the level of anxiety, self-confidence, and resilience of junior athletes in the field tennis sport in facing competition. data collection techniques using questionnaires measuring anxiety, self-confidence, and resilience. The steps used by the author to analyze the data were as follows: 1. Classify data based on variables. 2. Presenting data from the variables studied. 3. Making criteria for the category of psychological characteristics of athletes. 4. Perform data analysis to answer the problem formulation.

### **Statistical analysis.**

Data analysis using quantitative descriptive analysis using the SPSS version 29 application. Determination of questionnaire categories using a Linkert scale based on ideal mean and ideal standard deviation using the following formula:

**3** **Table 1.** Criteria Determination Formula

No	Interval	Category
1	Above ( $Mi + 1,8SD$ ) up to ( $Mi + 3SD$ )	Very High
2	Above ( $Mi + 0,6$ ) up to ( $Mi + 1,8SD$ )	High
3	Above ( $Mi - 0,6SD$ ) up to ( $Mi + 0,6SD$ )	Medium
4	Above ( $Mi - 1,8SD$ ) up to ( $Mi - 0,6SD$ )	Low
5	( $Mi - 3SD$ ) up to ( $Mi - 1,8SD$ )	Very Low

Source: Wagiran (2015)

Remarks:

Mi: Mean ideal

SDi : Standard deviation ideal

HS : Highest score

LS : Lowest score

**Results**

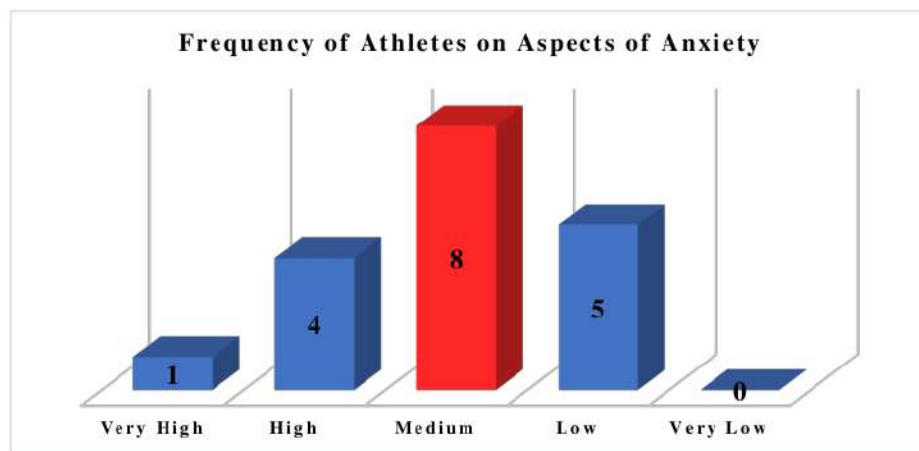
Based on the research that had been conducted by distributing questionnaires on self-confidence, anxiety, and resilience to Junior Sian Soor athletes in the sport of tennis court, the following points were obtained.

**Table 2.** Aspects of Anxiety

Psychological Aspects	Category	Frequency	Percentage (%)
Athlete anxiety	Very High	1	5.56
	High	4	22.22
	Medium	8	44.44
	Low	5	27.78
	Very Low	0	0
Total		18	100

**6**

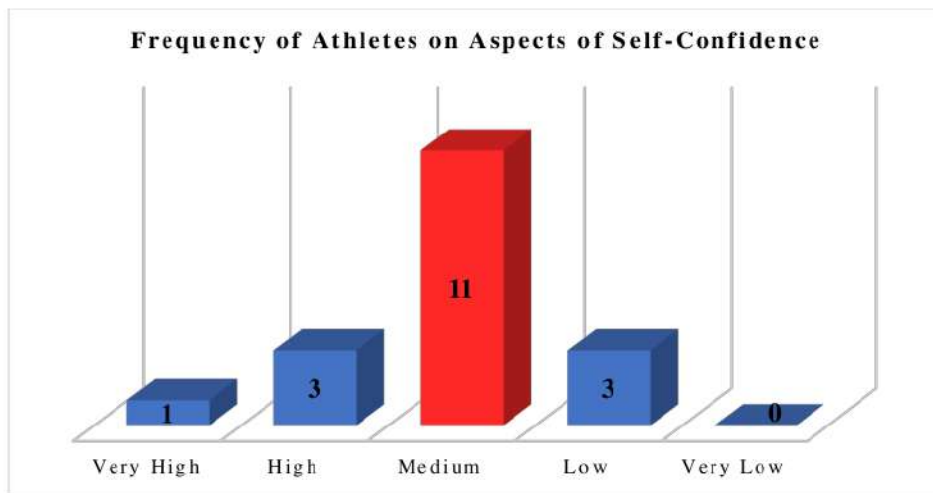
Based on data analysis, it was found that the anxiety level of junior athletes was dominant in the moderate category as much as 44.44%, low category as much as 27.78%, in the high category as much as 22.22%, very high category as much as 5.56%, and no one experienced very low category anxiety. The frequency of athletes with anxiety levels facing competition can be seen in Figure 1.

**Figure 1.** Frequency of Athletes on Aspects of Anxiety

**Table 3.** Aspects of Self-Confidence

Psychological Aspects	Category	Frequency	Percentage (%)
Athlete Self-Confidence	Very High	1	5.56
	High	3	16.67
	Medium	11	61.11
	Low	3	16.67
	Very Low	0	0
Total		18	100

Based on data analysis, the results show that the level of confidence of junior athletes was dominant in the moderate category as much as 61.11%, the moderate and low categories have the same amount of 16.67%, and no one experienced very low category anxiety. The frequency of athletes with anxiety levels facing competition can be seen in Figure 2.

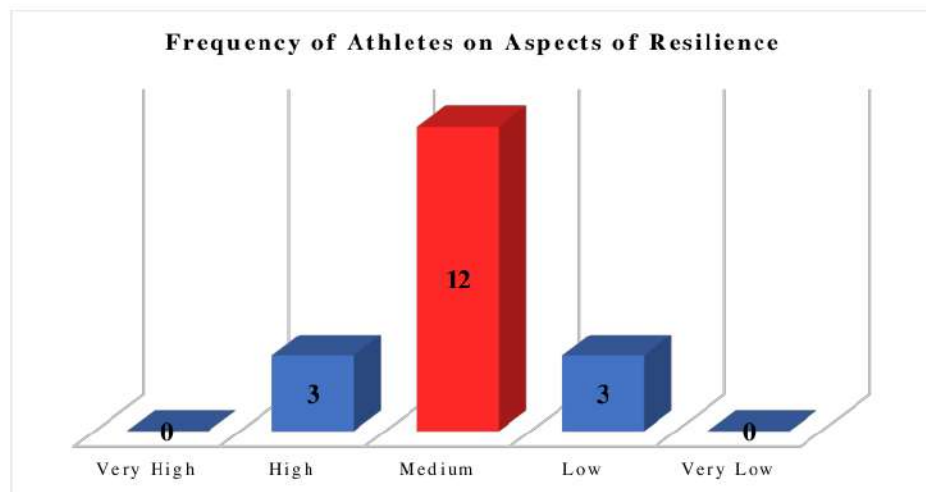


**Figure 2.** Frequency of Athletes on Aspects of Self-Confidence

**Table 4.** Aspects of Resilience

Psychological Aspects	Kategori	Frequency	Percentage (%)
Athlete Resilience	Very High	0	0
	High	3	16.67
	Medium	12	66.67
	Low	3	16.67
	Very Low	0	0
Total		18	100

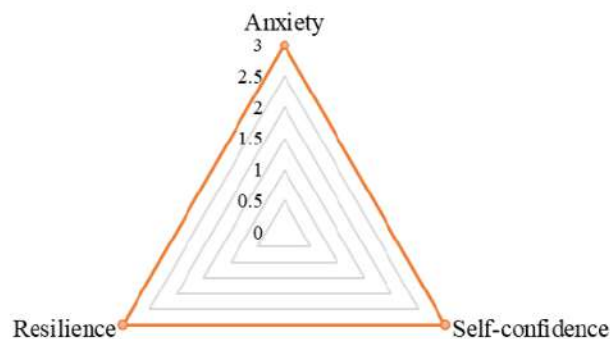
Based on data analysis, the results show that the level of confidence of junior athletes was dominant in the moderate category as much as 66.67%, the moderate and low categories had the same amount of 16.67%, and no one experienced very high and very low category anxiety. The frequency of athletes with anxiety levels facing competition can be seen in Figure 3.



**Figure 3.** Frequency of Athletes on Aspects of Resilience

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Based on the results of the study it was found that the three psychological aspects of athletes in this study were in the moderate category. Therefore, the attention of tennis coaches and coaches in Jayapura City to the needs of athletes' psychological aspects needs to be improved. An overview of the psychological state of Sian Soor junior athletes in tennis competitions is shown in Figure 4.



Categories: 1 = Very low; 2 = Low; 3 = Medium; 4 = High; 5 = Very high.

**Figure 4.** Psychological abilities of Sian Soor tennis athletes

### Discussion

Basically, athletes' ability to manage anxiety, have optimal self-confidence and have good resilience can support performance in facing competition. This study found the fact that junior athletes who competed in the tennis championship at the Jayapura Mayor's Office dominantly had psychological abilities in the moderate category. Therefore, mental training needs to be applied in the training process along with technical, tactical, and mental training. As stated When competing in sports, psychological factors have a clear influence and can support the achievement of peak performance (Ita et al., 2022). Just as it is expressed that This is because mental ability plays an important role in efforts to achieve athlete achievement or success (Ramdani et al, 2023). Previous research has revealed that athletes with high psychological skills have a greater chance of getting a medal compared to athletes who have

lower psychological skills (Kardi, 2019). In addition, other studies more specifically reveal that athletes with good mental toughness have good performance and there is no difference between sports (Pujianto et al., 2022). It is further explained that mental readiness is important to support carrying out activities, including controlling emotions (Nopiyanto et al., 2023). As stated emotional intelligence is a determining factor for one's success in pursuing sports (Sutisyana et al., 2023). The role of the application of psychological training for athletes includes three things, namely explanatory, predictive, and controlling so that the application of sports psychology as an applied science aims to describe, explain, predict, and control behavior and support athlete performance (Kardi & Ita, 2023).

Based on the results of the study, it was found that the anxiety level of junior athletes facing tennis championship competitions had a moderate level of anxiety. This has a negative effect on match performance. As stated anxiety is a negative emotional state such as the presence of fear, discomfort, experiencing dread characterized by nervousness, and worry that is essentially related to bodily activation or arousal (Kardi & Dimiyati, 2017). Actually, anxiety is a condition that has been experienced by almost everyone, especially athletes, it's just that the level or degree is different from one athlete to another (Sonia et al., 2019). In sports, athletes and coaches perceive competitive emotions, particularly competition anxiety, as one of the most important factors that can affect performance (Palazzolo, 2020). The results of previous research suggest that the effect may be greater for athletes with higher levels of competition compared to athletes with lower levels of competition (Ong & Chua, 2021). The results of other studies also revealed that tennis athletes in Samarinda City experienced moderate levels of anxiety and some athletes experienced high levels of anxiety due to better opponent abilities and pressure from coaches and local governments to win matches (Oktaviani et al., 2021).

Basically, self-confidence is characterized by high expectations to achieve goals, therefore to be able to achieve peak performance athletes must have self-confidence, this happens because self-confidence has a significant correlation to improving athlete performance, especially when competing (Kardi, 2019). Just as it is revealed that it is very important to manage self-confidence well to optimize the achievement of athlete achievement (Mulya, 2021). Athletes have identified several types of self-confidence, including the need to believe in their and their team's ability to perform physical skills, achieve high levels of physical fitness, make the right decisions, and display superior performance to their opponents (Ita et al., 2022).

The results of the study state that the average athlete has resilience in facing Porprov XIV is in good criteria, this is reflected in the athlete's ability to face problems during training and the athlete's ability to solve problems during training (Kumbara, 2022). In addition, the results of previous research also reveal that there are differences in self-resilience between athletes who excel and do not excel (Rahmawati, 2020). Basically, resilience is needed for athletes because resilience is one of the supporting elements in exporting experiences from the difficulties faced, for example, due to injury, downturn, and career transition, Galli and Vealey (Paulana et al, 2021). Resilience is one of the important factors for athletes to reach the highest achievement in their sporting career because resilience has a significant relationship with athlete achievement (Khoirunnia' & Jannah, 2014). In addition, other studies reveal that resilience is needed by athletes to change the response or psychological assessment of athletes to the conditions experienced and realize the individual qualities of athletes who can develop in facing challenges and can achieve (Azumar et al., 2022).

## **Conclusions**

Based on the findings of this study, it can be concluded that the psychological abilities of junior tennis athletes who took part in the dominant competition were in the moderate category including aspects of anxiety, self-confidence, and resilience.



Based on this, it is recommended to athletes, coaches, and tennis coaches in Jayapura City to provide mental training along with physical training, techniques, and tactics to athletes, so as to optimize athlete achievement.

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