

Mental toughness of youth futsal athletes cimahi city

Arief Anugrah Sendhika Prayoga¹, Komarudin Komarudin^{2*}, Mochamad Yamin Saputra³, Gerald Novian⁴

^{1,2,3} Study Program of Sport Coaching Education, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, INDONESIA

⁴ Study Program of Sport Physical Coaching, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, INDONESIA

Article Information:

Submitted: 17 June 2024; Accepted: 27 July 2024; Published: 19 August 2024

ABSTRACT

Problem: This research was conducted because there are still less who understand the importance of this mental training, therefore the authors conducted research to find out that mental toughness greatly affects the athlete's game. **Purpose:** to determine the mental toughness of teenage futsal athletes in cimahi city. **Methods:** This research uses descriptive methods with a quantitative approach. The sample in this study consisted of 13 futsal athletes from SMAN 1 Cimahi City. The research instrument used is the Sports Mental Toughness Questionnaire (SMTQ). Data analysis was carried out by presenting the percentage of research results. **Results:** The results showed that Cimahi City youth futsal athletes had different percentage values of mental toughness, the highest percentage was 80% and the lowest percentage was 52%. Overall, Cimahi City youth futsal athletes have a percentage of 62%. **Conclusion:** This study concluded that Cimahi City youth futsal athletes already have mental toughness, but still need to be improved because they do not have a good percentage. Therefore, the author can suggest to coaches to pay more attention to psychological aspects, especially mental toughness so that athletes can undergo training more completely and not give up easily.

Keywords: mental toughness, adolescent athletes, futsal athletes.

 <https://doi.org/10.24036/patriot.v6i3i.1097>



Corresponding Author:

Komarudin Komarudin

Study Program of Sport Coaching Education, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, Indonesia

Email: komarudin_pko@upi.edu

Introduction

This research is based on the author's personal experience as an athlete, which has highlighted the important role of mental toughness training in a competitive environment. Recognizing the significant pressure that young futsal athletes often face during matches and training sessions, as previous research conducted by (Aguss, 2020) this study aims to explore the importance of mental toughness in these young athletes. Mental toughness was identified as an important factor that enables them to manage the stress associated with high-pressure situations and to perform at their best, as emphasized by (Nisa, 2021). By examining the mental toughness of these athletes, this study seeks to provide a deeper understanding of how psychological resilience contributes to their overall performance and success in sport.

Athletes with good mental toughness can maintain their performance and experience significant improvement, which is crucial for success in competitive sports (Komarudin, 2016). Therefore, this study aims to investigate whether mental toughness training has a noticeable impact on the mentality of adolescent futsal athletes. The importance of mental toughness cannot be overstated, especially in the high-pressure environment typical of competitive futsal. However, it is often difficult for athletes to maintain their mental toughness during training and competition. This difficulty is often caused by improper training methods and a lack of comprehensive knowledge and strategies among athletes and coaches (Mylsidayu, 2014). In the context of a team sport such as futsal, having mental toughness and the ability to work collaboratively with teammates is crucial. Mental toughness not only helps individual athletes handle stress and pressure, but also improves overall team dynamics and performance (Komarudin, 2018). Effective teamwork is essential for creating a cohesive and strategic game plan, which allows the team to function as a unit. the ability to cooperate with teammates is essential for developing good and effective game strategies

in futsal. Therefore, this study underscores the importance of individual mental toughness and collective teamwork, aiming to provide insight into how mental toughness training can benefit adolescent futsal athletes in achieving their full potential and fostering a more effective and resilient team environment.

Mental toughness is the strength that exists within athletes so that athletes still feel calm and excited (Iwandana, 2021), because mental toughness is able to develop athletes' playing skills, especially in student athletes who have mental toughness (Dahlan, 2017), so that athletes can increase their intelligence in reading the situation at hand. Moreover, when someone has good anxiety management, the athlete can master the situation of himself or the opponent being faced. This anxiety is very influential on athletes in undergoing their games when practicing or facing matches (Ardiansyah, 2014) explains, good or bad athlete abilities when on the field can affect the psychological state of athletes, especially anxiety.

Mental toughness can also be used as an aspect of training that cannot be abandoned in training student athletes in futsal sports. because mental toughness really helps athletes to control their emotions during training sessions and during matches. when athletes have a tough mentality, these athletes will be ready to be faced with various pressures that occur in the field and will help athletes towards their best performance. Because mental toughness really helps athletes to control their emotions during training sessions and during matches. when athletes have a tough mentality, these athletes will be ready to be faced with various pressures that occur in the field and will help athletes towards their best performance so that they can achieve their best achievements.

Club and extracurricular training for young age groups often fails to include psychological training, especially in the area of mental toughness. Many coaches tend to overlook this important aspect, focusing instead on physical skills and tactical knowledge. This neglect creates a significant gap in the overall development of young athletes. Mental toughness training is essential as it helps athletes become better equipped to handle the various situations they face on the field (Syamsih, 2020). Situations on the field are often fraught with pressure and threats (Purnamasari, 2020), both from external sources such as opponents and spectators, and from internal sources such as self-doubt and fear of failure. Without adequate mental toughness training, young futsal players may struggle to cope with these challenges, which could adversely affect their performance and growth as athletes. Therefore, it is imperative for coaches and training programs to integrate mental toughness training into their routines, especially for younger age groups. This training not only equips players with the skills to manage stress and maintain focus under pressure, but also fosters resilience and confidence, thus enabling them to perform at their best in any situation.

Mental toughness training also plays an important role in helping athletes reach peak performance and make significant achievements, especially in sports (Komarudin et al., 2024). This type of training equips athletes with the psychological resilience needed to overcome challenges, maintain focus and perform consistently under pressure. Therefore, the authors strongly recommend that all coaches, especially those working with adolescent athletes, prioritize mental toughness training. Youth athletes are at a crucial stage of development where their mentalities are often still unstable and highly susceptible to external and internal influences (Whitley et al., 2018). Without proper mental guidance, they may struggle to cope with the pressures of competition, training, and personal expectations. Mental toughness training provides the necessary support to help them develop a resilient mindset, allowing them to overcome setbacks, stay motivated and perform at their best. By incorporating mental toughness training into their training routines, coaches can foster a supportive environment that encourages the mental and physical growth of their athletes, ultimately leading to greater achievement and a more fulfilling sport experience.

Method

This study uses descriptive methods with a quantitative approach to determine the mental toughness of futsal athletes. The sample of this study consisted of 13 athletes of SMAN 1 Cimahi City. To measure the mental toughness of the athletes, this study used the Sports Mental Toughness Questionnaire (SMTQ), a widely recognized instrument developed (Sheard, 2009). The data collected through this questionnaire was analyzed by calculating and presenting percentages of various aspects of mental toughness. This approach allows for a detailed and nuanced understanding of athletes' psychological resilience, determination, and ability to perform under pressure. The results are expected to provide valuable insights into the mental attributes that contribute to athletic performance and inform strategies to improve mental toughness in sporting contexts.

Result

The data obtained were processed and analyzed using SPSS Version 25, the statistical description can be seen in Table 1.

Table 1. Statistical Descriptive

Variable	Min.	Max.	Sum	Mean	Std. Deviation
Mental Toughness	29	45	448	34.46	5.206

Based on Table 1, it can be seen that the test obtained an average score of 34.46, with a standard deviation of 5.206, the lowest score of 29, the highest score of 45, and a total of 448. With the results of the output above the average in the SMTQ data group is 34.46 the value is in the range of values 28.01 - 42.00 it is included in the classification Tough. Therefore, the level of mental toughness of Cimahi city youth futsal athletes in the tough category.

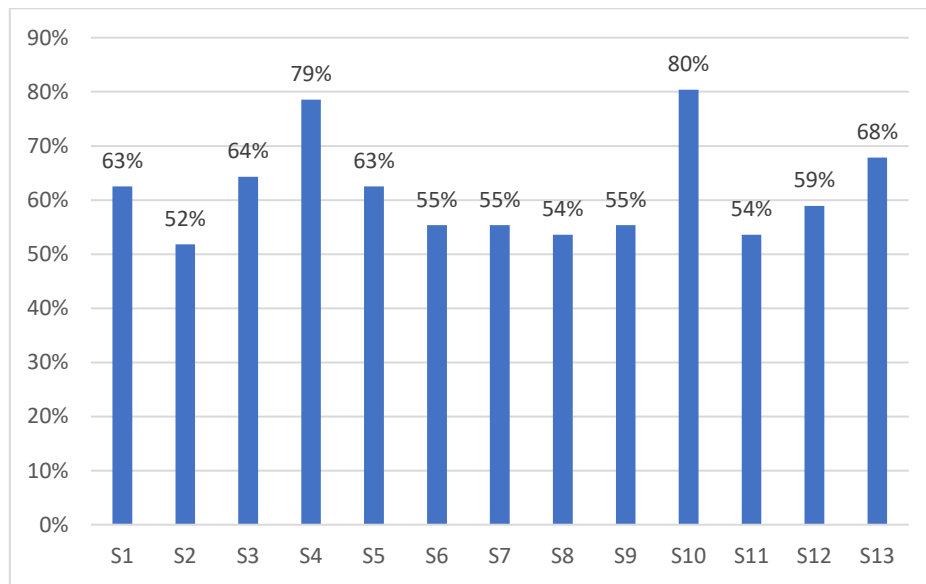


Figure 1. Percentage of Mental Toughness of Each Sample

Figure 1 shows the percentage of SMTQ test results, mental toughness of teenage futsal athletes in Cimahi city. It can be seen that the percentage of mental toughness of each sample totaling 13 with the lowest percentage of 52% and the highest of 80%. This shows that the mental toughness of athletes is tough.

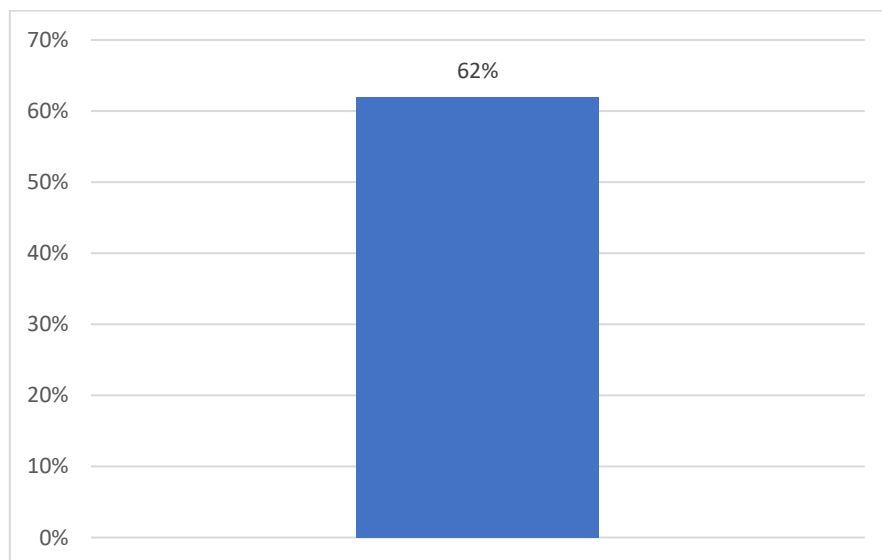


Figure 2. Percentage of Mental Toughness of the Overall Sample

Figure 2 shows that the results of the Mental Toughness Percentage in the sample of teenage futsal athletes in Cimahi city obtained overall results with an average of 62%.

Discussion

In this study, the results showed a high level of mental toughness among futsal athletes, which is particularly beneficial given the intense pressure and rigorous training they undergo during training sessions. Having strong mental toughness is essential for these athletes, as it allows them to manage the heavy demands of their training program effectively (Cowden, 2016). This mental toughness not only improves their performance during training, but also enhances their performance in competition scenarios (Mahoney et al., 2014). When competing, athletes with strong levels of mental toughness will be better equipped to handle internal and external challenges. Internal challenges can include self-doubt, anxiety, and maintaining focus, while external challenges can include pressure from opponents, expectations from coaches and fans, and the high-stakes nature of competition. Resilient mental conditioning helps athletes to stay calm, make strategic decisions under pressure, and maintain peak performance levels. Thus, the findings of this study underscore the importance of mental toughness training for futsal athletes, as it plays a crucial role in their ability to overcome challenges and reach their full potential in both practice and competition.

Based on that explanation, if an athlete's mental toughness is low, then when faced with situations that tend to be stressful, he will cause negative reactions, such as nervousness when competing, unstable emotions, loss of concentration and behavior beyond internal control of athlete. In addition, there is another opinion that says that if the athlete's mental toughness is high, then the athlete will be able to display positive reactions, such as being calm despite pressure from supporters, maintaining the focus point even though the score is far behind the opponent, and increasing motivation due to tension competition also increases (Retnoningsasy, 2020).

Mental toughness is the ability to control oneself in the face of various obstacles or distractions with strong determination and high self-confidence (Nisa, 2021), and maintain self-control under pressure. This is one of the important factors that athletes must have to achieve peak performance. Athletes must go through a long process to develop mental toughness by improving skills and understanding the meaning of each event. Coaches need to understand the psychology of athletes and build mental toughness by incorporating mental training into periodic training programs, so that training methods can be tailored to the needs of each athlete (Ita, 2021) Thus, athletes, coaches, and teams can understand the mental characteristics and important needs that must be met to achieve top performance. One important factor that can shape an athlete to become a champion is mental toughness. This makes an athlete confident and always ready to face the match and accept any match results. Mental toughness allows an athlete to continue to excel and even maintain their achievements.

Mental toughness is also an important component that must be possessed by student athletes in futsal sports (Murod, 2021). The mental toughness of futsal student athletes is still in the medium category range (Murod, 2021). Some futsal student athletes also often cry and get sick when faced with heavy training, especially when competing. Often these student athletes often experience feelings of anger or emotion when they experience defeat in competition (Choiry, 2021). Some of the factors that influence mental toughness include social support from family and friends, training and competition experience, psychological training programs, excellent physical condition, and understanding of the importance of mental toughness (Darisman et al., 2021).

Mental toughness can also be used as an aspect of training that cannot be abandoned in training student athletes in futsal sports. because mental toughness really helps athletes to control their emotions during training sessions and during matches. when athletes have a tough mentality, these athletes will be ready to be faced with various pressures that occur in the field and will help athletes towards their best performance. Mental toughness improves morale, calmness, and composure, and allows athletes to grow in two positive abilities, namely the perception of reducing challenges and thinking about attitudes, as well as avoiding problems, mistakes, pressure, and competition during the game.

Mental toughness is seen as an important element that can shape an athlete to succeed in becoming a champion. Mental toughness makes athletes confident and always ready to face the competition and accept whatever the outcome of the match is. If an athlete already has good mental toughness, it will be possible for him to get achievements that continue to increase and even maintain their achievements (Retnoningsasy, 2020). Therefore, mental toughness is a key component that determines the success of adolescent futsal athletes in Cimahi City. Through a holistic and structured approach, involving aspects of physical training, psychological, and social support, athletes can develop the mental toughness necessary

to face various challenges in sports and everyday life. Increased mental toughness not only improves performance on the field, but also helps in the formation of a strong and resilient character.

Conclusion

This study concludes that Cimahi City youth futsal athletes already have tough mental toughness, but still need to be improved because they do not have a good percentage. Therefore, the author can suggest to the coaches to pay more attention to psychological aspects, especially mental toughness so that athletes are able to overcome any situation when practicing and when in the match .and can undergo training more totally and not give up easily.

References

- Aguss. (2020). Persepsi Atlet Futsal Putra Universitas Teknokrat Indonesia Terhadap Hipnoterapi Dalam Meningkatkan Konsentrasi Saat Bertanding. *Jurnal Penjaskesrek*, 7(2), 274–288.
- Ardiansyah, B. (2014). *Dampak Kecemasan Pada Atlet Bola Basket Sebelum Bertanding*.
- Choiry. (2021). Hubungan ketangguhan mental dengan kecemasan bertanding pada atlet beladiri PPLP Jawa Tengah. *Indonesian Journal for Pysical Education and Sport*, 2(1), 267–277.
- Cowden, R. G. (2016). *Mental Toughness, Emotional Intelligence, and Coping Effectiveness: An Analysis of Construct Interrelatedness Among High-Performing Adolescent Male Athletes*. *Perceptual and Motor Skills*, 123(3), 737–753. <https://doi.org/10.1177/0031512516666027>
- Dahlan. (2017). *Kekuatan Mental dan Prestasi Akademik Atlet Bola Sepak Universiti Kebangsaan Malaysia*. 115–120.
- Darisman, E. K., Prasetyo, R., & Bayu, W. I. (2021). *Belajar Psikologi Olahraga Sebuah Teori dan Aplikasi Dalam Olahraga*. CV. Jekad Media Publishing.
- Ita. (2021). *Master plan pembinaan prestasi olahraga disabilitas papua*.
- Iwandana, T. (2021). Sosialisasi *Mental Toughness* pada Atlet Panahan Kabupaten Bantul dalam Upaya Peningkatan Prestasi. *Jurnal Bina Pengabdian Kepada Masyarakat*, 2(1), 7–13. <https://doi.org/10.55081/jbpkm.v2i1.483>
- Komarudin. (2016). *Psikologi Olahraga*. PT. Remaja Rosdakarya.
- Komarudin, K. (2018). Peningkatan Motivasi Atlet Melalui Pelatihan Brain Jogging Pada Cabang Olahraga Beregu Dan Perorangan. *Jurnal Sosioteknologi*, 17(1), 21–29. <https://doi.org/10.5614/sostek.itbj.2018.17.1.3>
- Komarudin, K., Saputra, M. Y., Awwaludin, P. N., Febrianty, M. F., & Novian, G. (2024). *Model Latihan Kognisi Dalam Olahraga*. Indonesia Emas Groups.
- Mahoney, J. W., Gucciardi, D. F., Ntoumanis, N., & Mallet, C. J. (2014). *Mental Toughness in Sport : Motivational Antecedents and Associations With Performance and Psychological Health*. 281–292.
- Murod, S. (2021). Perbedaan ketangguhan mental atlet ditinjau dari jenis kelamin pada siswa SMA “X.” *Character: Jurnal Penelitian Psikologi*, 8(9).
- Mylsidayu, A. (2014). *Psikologi Olahraga* (Vol. 2, Issue 2). PT. Bumi Aksara.
- Nisa. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36–45.
- Purnamasari, I. (2020). Hubungan Antara Efikasi Diri Dengan Kecemasan. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(2), 238. <https://doi.org/10.30872/psikoborneo.v8i2.4907>
- Retnoningsasy, E. & M. J. (2020). Hubungan Antara *Mental Toughness* Dengan Kecemasan Olahraga Pada Atlet Badminton. *Character : Jurnal Penelitian Psikologi*, 7(3), 8–15.
- Sheard, M. (2009). *A cross-national analysis of mental toughness and hardiness in elite university rugby league teams*. *Perceptual and Motor Skills*, 109(1), 213–223. <https://doi.org/10.2466/PMS.109.1.213-223>
- Syamsih, D. (2020). *Meningkatkan kinerja atlet: strategi pelatihan dan pengembangan dalam dunia*

olahraga. 14–20.

Whitley, M. A., Massey, W. V., & Wilkison, M. (2018). *A systems theory of development through sport for traumatized and disadvantaged youth*. *Psychology of Sport and Exercise*, 38(June), 116–125. <https://doi.org/10.1016/j.psychsport.2018.06.004>