

The role of emotion regulation in improving the performance of futsal athletes

Nuzulfa Maisya Hasna¹, Komarudin Komarudin², Mochamad Yamin Saputra³, Geraldi Novian^{4*}

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

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


Article Information:

Submitted: 21 February 2025; Accepted: 21 March 2025; Published: 31 March 2025

ABSTRACT

Problems: Futsal athletes often have difficulty managing emotions when making mistakes during matches, these emotional challenges can negatively affect their performance, such as becoming easily provoked by the audience, making inaccurate passes, failing to shoot properly, and experiencing a breakdown in team communication. As a result, athletes tend to underperform, struggle to win matches, and sometimes blame one another, which can impact team cohesion. **Purpose:** This study aims to examine the role of emotion regulation in improving the performance of futsal athletes. This study aims to examine the role of emotion regulation in improving the performance of futsal athletes. **Methods:** A descriptive method with a quantitative approach was used, involving 10 male futsal athletes from Universitas Pendidikan Indonesia (UPI) as research participants. The instruments utilized in the study were the Emotion Regulation Questionnaire (ERQ), which measures emotional regulation strategies, and the Game Performance Assessment Inventory (GPAI), which assesses the athletes' game performance. Both instruments were distributed once to all participants, and the data collected were analyzed using the Pearson correlation test to determine the relationship between the variables. **Results:** The results showed a significant positive relationship between emotional regulation and futsal performance. **Conclusion:** The study concludes that emotion regulation is crucial in enhancing athlete performance. Therefore, coaches are encouraged to incorporate emotional training into their programs to support athletes' overall development and competitive success.

Keywords: Emotion Regulation, Futsal Athletes, Performance.

 <https://doi.org/10.24036/patriot.v%vi%i.1138>



Corresponding Author:

Mochamad Yamin Saputra

Study Program of Sport Coaching Education, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, West Java, INDONESIA.

Email: mochyamins@upi.edu

Introduction

Emotion management is crucial in determining the performance of an athlete, especially in the sport of futsal where athletes perform together in a team. Often athletes have difficulty managing emotions after making mistakes during a match, this can be influenced by several factors such as negative emotional pressure, demotivation, and lack of self-confidence (Ni et al., 2021). As a result, many athletes are easily provoked by the audience, make passing errors, fail to shoot, and lose focus in the game. (Safitri & Jannah, 2020). The author believes that athletes who have good emotional regulation can overcome the pressure that hits by choosing the right response or attitude, which we commonly known as regulating emotions. This not only has an impact on individuals, but on team dynamics as a whole, where players tend to blame each other, which in turn can hinder victory on the team (Fadilah et al., 2024). Therefore, it is very important for athletes to have good psychological abilities (Purnamasari & Novian, 2021), especially emotional regulation for futsal athletes.

Difficulties in regulating emotions can be caused by various factors, such as psychological pressure and lack of mental training, which if not managed properly, can reduce athlete performance. In line with studies that reveal that emotion regulation is the ability to express emotions that are carried out both verbally and in writing (Mawardah & Adiyanti, 2014). Athletes who do not have good emotional

regulation tend to have a decrease in focus and self-control which ultimately has a negative impact on performance on the field, which is an expression of negative emotions that occur. The study explained that someone who is able to control emotional regulation must be able to have self-control to have a careful attitude every time in making decisions (Octavianingrum & Savira, 2022).

Previous studies in various sporting contexts revealed that emotion regulation has a significant impact on athlete performance. Because studies reveal that emotion regulation is an automatic or deliberate process that individuals use to change their emotions either increasing, decreasing, or changing the quality of their emotional experiences (Beatty & Janelle, 2020), Therefore, if futsal athletes have good emotion regulation skills, the quality of their performance will also be good. Other research shows that increasing emotion regulation capacity has a significant effect on various psychological aspects and athlete performance (Iwakabe et al., 2023), where effective emotion regulation such as emotional awareness and cognitive skills can improve athletes' mental abilities and maintain focus during training or competition. In line with this, emotional regulation is a crucial aspect in the performance of futsal athletes because it can affect their ability to make decisions, coordinate with teammates, and maintain focus during matches (Madjar, 2020; Tarigan, 2024).

Based on the studies that have been conducted, the author has not found many studies that specifically examine the relationship between emotion regulation and performance of futsal athletes. In fact, studies have shown the importance of emotion regulation and its relationship with athlete performance. As studies reveal that difficulties in emotion regulation can increase the risk of mental disorders and affect an individual's ability to adapt in stressful environments (Tyas et al., 2023; Zhu et al., 2024). In addition, it is also revealed that difficulties in emotion regulation can increase the risk of mental disorders and affect an individual's ability to adapt to stressful environments (Poegoeh & Hamidah, 2016). Therefore, the results of this study are expected to provide insight for coaches and athletes in developing effective strategies to improve emotional regulation, so that it has a positive impact on the overall performance and achievement of the futsal team .

Method

The descriptive method with a quantitative approach was chosen to describe in detail the facts and characteristics of the population that has been determined precisely and factually. This study involved 10 UPI male futsal athletes aged 19-23 years. Participants were selected using purposive sampling with criteria such as being an active member of the futsal team, regularly attending training sessions, and players who participated in the last match. Before data collection, researchers asked permission from the head coach and players. The instrument used in this study consists of 2 instruments, the first is the Emotion Regulation Questionnaire (ERQ) which consists of 10 items that measure two emotion regulation strategies, namely cognitive reappraisal (6 items) and expressive suppression (4 items), each of which is measured on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree) (Gross & John, 2003; Radde et al., 2021) and the second is the Game Performance Assessment Inventory (GPAI) to measure athlete performance using a point system for each appropriate and inappropriate behavior or skill (Memmert & Harvey, 2008). Pearson correlation test was used as the data analysis of this study.

Result

The data that has been processed and analyzed is presented in the form of a table to facilitate the interpretation of the research results. Statistical description can be seen in Table 1.

Table 1. Statistical Description

Variabel	N	Minimum	Maximum	Sum	Mean	Std. Deviation
Emotion Regulation	10	38	55	472	47.20	5.095
Performance	10	2.33	4.33	33.66	3.3660	.53246

Based on Table 1, it can be seen that the emotion regulation variable obtained an average value of 47.20, a standard deviation of 5.095, the lowest value of 38, the highest value of 55 and a total value of 472. While the performance variable obtained an average value of 3.3660, a standard deviation of 53246, the lowest value of 2.33, the highest value of 4.33, and a total value of 33.66. Furthermore, the authors present the results of the normality test in Table 2.

Table 2. Normality Test

Variabel	Statistic	df	Sig.
Emotion Regulation	.966	10	.846

Performance	.945	10	.615
-------------	------	----	------

Table 2. shows the results of the normality test using the Shapiro-Wilk Test, which obtained a significance value for both variables $> .05$, which means that the data for both variables are normally distributed. Furthermore, it presents the results of hypothesis testing in Table 3.

Tabel 3. Uji Hipotesis

Variabel	N	Pearson Correlation	Sig. (2-tailed)
Emotion Regulation - Performance	10	.722	.018

Table 3 shows the results of hypothesis testing using Pearson correlation. Based on Table 3, it can be seen that the Pearson correlation value is .722 with a Sig value. (2-tailed) of 0.018. Based on the test results, the Sig value is obtained. (2-tailed) $< .05$ so that H_0 is rejected. So it can be stated that there is a significant relationship between emotional regulation and the performance of futsal athletes.

Discussion

We all know that to achieve peak team performance, the role of coaches and sports psychologists is an integral factor in building the mental resilience and emotional management strategies of athletes. (Komarudin, 2016). This finding supports the researcher's initial assumption that emotion regulation plays an important role in maintaining the psychological stability of athletes, which in turn has a positive impact on decision making and game effectiveness (Fawver, 2020). Athletes with good emotional regulation tend to be more stable in their decision-making and make fewer technical errors, but without adequate technical skills, performance will still not be optimal (Millán-Sánchez et al., 2023).

Effective emotion regulation allows athletes to stay focused and calm in stressful situations during the game. (Iwakabe et al., 2023) state that effective emotion regulation strategies, such as emotional awareness and cognitive skills, can improve athletes' focus and mental resilience in the face of pressure during competition. Psychological skills can improve decision-making ability in intense competitive situations (Saputra et al., 2022). Athletes who are able to control their emotions tend to make more informed decisions in matches, such as determining when to attack or defend and maintaining good communication with their teammates (Hamid et al., 2023).

Based on the results of this study, it shows that most athletes have fairly good emotion regulation skills, but there are still variations that indicate individual differences in their ability to manage their emotions. Other factors such as competition experience and game strategy can also affect athletes' performance on the field (Wagstaff, 2014). The results of this study provide important implications for coaches in designing training programs that not only focus on technical and physical aspects, but also on the psychological aspects of athletes. Approaches such as emotion regulation training, mindfulness, and high-pressure match simulations can be applied to help athletes develop skills to manage their emotions more effectively (Orbach & Blumenstein, 2022). This is reinforced by the study (Madjar, 2020) which emphasizes the importance of mental training in improving athletes' emotional regulation in order to achieve optimal performance.

The application of emotion regulation strategies in training can also be key in developing athletes' mental readiness before competing (Musyarofah et al., 2024). Thus, coaches should not only focus on technical and physical aspects, but also pay special attention to strengthening the psychological aspects of athletes (Yu et al., 2024). Training that includes techniques such as meditation, breathing, and simulating high-pressure match situations can help athletes better prepare for emotional challenges during competition (Adi, 2016). The integration of emotion regulation training in daily coaching programs can also improve athletes' psychological adaptation to dynamic competitive environments, so that they are able to better control themselves under stressful match conditions (Bisri et al., 2022). As previously stated that to achieve the best performance, emotion regulation has a crucial role in improving the performance of futsal athletes. The ability to manage emotions not only helps individuals stay focused but also strengthens teamwork (Musyarofah et al., 2024). Therefore, coaches and team management should pay special attention to this aspect through a structured mental training program (Pramanik & Chatterjee, 2023). As such, athletes are not only able to deal with the pressure of competition but also achieve their best performance consistently.

Conclusion

This study concluded that emotion regulation has an important role in improving the performance of futsal athletes. Athletes who are able to manage their emotions well can maintain focus, make better decisions, and adapt to match pressure. The findings indicate that effective emotion regulation strategies

can help athletes reduce stress and improve overall performance. Therefore, coaches and team management need to integrate emotion regulation training into coaching programs to support athletes' overall mental development and performance. By doing so, athletes will not only be able to cope with the pressure of competition, but also achieve their best performance consistently.

References

- Adi, S. (2016). Mental Atlet Dalam Mencapai Prestasi Olahraga Secara Maksimal. *Prosiding Seminar Nasional Peran Pendidikan Jasmani Dalam Menyangga Interdisipliner Ilmu Olahraga*, 143–153.
- Beatty, G. F., & Janelle, C. M. (2020). Emotion regulation and motor performance: an integrated review and proposal of the Temporal Influence Model of Emotion Regulation (TIMER). *International Review of Sport and Exercise Psychology*, 13(1), 266–296. <https://doi.org/10.1080/1750984X.2019.1695140>
- Bisri, M., Saputri, M. A., & Chusniyah, T. (2022). Mental Toughness and Its Relationship on Sport Performance Outcomes: When Things Get Tough Enough. *Jurnal Sains Psikologi*, 11(2), 172. <https://doi.org/10.17977/um023v11i22022p172-180>
- Fadilah, R. N., Priambodo, A., Surabaya, U. N., & Fadilah, R. N. (2024). Stress dan kecemasan dalam olahraga kompetisi. *Jurnal Pendidikan Sejarah Dan Riset Sosial Humaniora*, 4(1), 27.
- Fawver, B. (2020). *Foundations for the Study of Emotion and Sport Performance*. 1(1), 254–298.
- Gross, J. J., & John, O. P. (2003). Emotion Regulation Questionnaire. *NeuroImage*, 48(10), 9–9.
- Hamid, M. W., Nawir, N., Rhesa, M., Sutriawan, A., Author, C., Ilmu Keolahragaan dan Kesehatan, F., & Negeri Makassar, U. (2023). Hubungan antara Self-talk dengan Kemampuan Regulasi Emosi pada Mahasiswa-Athlet FIKK UNM. *Journal of Physical Education, Sport and Recreation*, 7, 50–59.
- Iwakabe, S., Nakamura, K., & Thoma, N. C. (2023). Enhancing emotion regulation. *Psychotherapy Research*, 33(7), 918–945. <https://doi.org/10.1080/10503307.2023.2183155>
- Komarudin, K. (2016). *Psikologi Olahraga*. Pt Remaja Rosdakarya.
- Madjar, S. (2020). Emotion regulation and evaluative understanding. *Philosophical Psychology*, 33(6), 777–798. <https://doi.org/10.1080/09515089.2020.1751102>
- Mawardah, M., & Adiyanti, M. (2014). Regulasi Emosi dan Kelompok Teman Sebaya Pelaku Cyberbullying. *Jurnal Psikologi*, 41(1), 60. <https://doi.org/10.22146/jpsi.6958>
- Memmert, D., & Harvey, S. (2008). The Game Performance Assessment Instrument (GPAI): Some concerns and solutions for further development. *Journal of Teaching in Physical Education*, 27(2), 220–240. <https://doi.org/10.1123/jtpe.27.2.220>
- Millán-Sánchez, A., Madinabeitia, I., de la Vega, R., Cárdenas, D., & Ureña, A. (2023). Effects of emotional regulation and impulsivity on sports performance: the mediating role of gender and competition level. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1164956>
- Musyarofah, A., Komarudin, K., Saputra, M. Y., & Novian, G. (2024). Correlation between Self-Talk and Emotional Regulation Among Student Volleyball Athletes. *Indonesian Journal of Physical Education and Sport Science*, 4(2), 212–219. <https://doi.org/10.52188/ijpess.v4i2.721>
- Ni, I., Rohmatika, M., Studi Pendidikan Kepelatihan Olahraga, P., & Ilmu Keolahragaan, F. (2021). Kajian psikologi olahraga terhadap performa atlet Study of sports psychology on athlete performance Indi Ni'matur Rohmatika. *Prosiding Seminar Nasional Pendidikan Kepelatihan Olahraga*, 1(2), 179–186.
- Octavianingrum, W., & Savira, S. I. (2022). Hubungan Kepercayaan Diri Dengan Regulasi Emosi Pada Atlet Pencak Silat Puslatda Jawa Timur. *Jurnal Penelitian Psikologi*, 9(6), 1–6.
- Orbach, I., & Blumenstein, B. (2022). Preparatory routines for emotional regulation in performance enhancement. *Frontiers in Psychology*, 13(July), 1–6. <https://doi.org/10.3389/fpsyg.2022.948512>
- Poegoeh, D. P., & Hamidah, H. (2016). Peran Dukungan Sosial Dan Regulasi Emosi Terhadap Resiliensi Keluarga Penderita Skizofrenia. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 1(1), 12. <https://doi.org/10.20473/jpkm.v1i12016.12-21>
- Pramanik, P., & Chatterjee, S. (2023). Role of Mental Training in Sports Performance: a Critical Appraisal. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences*, 12(3), 121–130.
- Purnamasari, I., & Novian, G. (2021). Tingkat Kepercayaan Diri dan Kecemasan Atlet PPLP Jawa Barat selama Menjalani Training From Home (TFH) pada Masa Adaptasi Kebiasaan Baru (AKB). *Jurnal Patriot*, 3(2), 203–213. <https://doi.org/10.24036/patriot.v3i2.784>
- Radde, H. A., Nurrahmah, Nurhikmah, & Saudi, A. N. A. (2021). Uji validitas konstruk dari emotion regulation questionnaire versi bahasa Indonesia dengan menggunakan confirmatory factor analysis. *Jurnal Psikologi Karakter*, 1(2), 152–160.

- Safitri, A., & Jannah, M. (2020). Hubungan antara Regulasi Emosi dengan Kecemasan Olahraga pada Atlet Judo. *Jurnal Penelitian Psikologi*, 7(3), 51–58.
- Saputra, M. Y., Subarjah, H., Komarudin, K., Hidayat, Y., & Nurcahya, Y. (2022). Psychological Skill Training Implementation to Improve Football Referee Decision-Making Skills. *Jurnal Pendidikan Jasmani Dan Olahraga*, 7(1), 81–89. <https://doi.org/10.17509/jpjo.v7i1.44849>
- Tarigan, R. (2024). Psikologi Olahraga Kunci Prestasi Dan Keseimbangan Emosional. *Psikologi*, 1(4), 1–13.
- Tyas, S., Islami, N., & Mujahid, D. R. (2023). *Regulasi Emosi pada Penari Tradisional Regulasi Emosi Pada Penari Tradisional Tari Klasik Gaya Surakarta Di Ukm Sentra Uin Raden Mas Said dilakukan manusia . Sebaliknya , ketika seseorang memendam emosi serta amarah , maka dapat Penelitian yang berada di . February 2022.*
- Wagstaff, C. R. D. (2014). *Wagstaff_2014_Emotion regulation and sport performance*. 401–412.
- Yu, X., Yang, Y., & He, B. (2024). The effect of athletes' training satisfaction on competitive state anxiety—a chain-mediated effect based on psychological resilience and coping strategies. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1409757>
- Zhu, L., Zhang, Q., Ni, K., Yang, X. J., Jin, K., Wei, W., Preece, D. A., Li, B. M., & Cai, X. L. (2024). Assessing Emotion Regulation Difficulties Across Negative and Positive Emotions: Psychometric Properties and Clinical Applications of the Perth Emotion Regulation Competency Inventory in the Chinese Context. *Psychology Research and Behavior Management*, 17, 3299–3311. <https://doi.org/10.2147/PRBM.S478246>