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Interrelationship of Mental Health and Self- Confidence Performance Athlete Badminton PB Tugu Muda Semarang

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Abstract

This research aims to understand the connection between mental health and confidence self with achievement athlete badminton PB Tugu Muda Semarang. Sample in this research consists of 30 athletes, consisting of over 21 athletes son and 9 athletes daughter. The analysis method used was the Spearman correlation test, because the data did not fulfill the assumption normality. Research results show existence connection significant negative between Mental Health and achievement ($r = -0.536$; $p = 0.002$), which indicates that the taller level mental health, then the lower performance athletes. On the other hand, there are connection significant positive between trust self and achievement ($r = 0.551$; $p = 0.002$), which means the taller trust self-athlete, then the better achievements are also achieved. Most of them athlete is at in category currently until high on aspects mental health and confidence self. The results of this research show importance development of training programs that are not only focus on aspects technical and physical, but also on the aspects psychological, especially trust self and mental readiness, in order to support achievement optimal performance.

Keywords: Mental Health, Trust Self, Achievement, Athlete Badminton

INTRODUCTION

Badminton played by various age in Indonesia, starting from children to adults, both in urban areas and also rural (Firdausi, 2020) . According to (Wahyudin & Anto, 2019) , games This consists of from two Category : Singles, played One against one, and Doubles, which are played two against two. According to (Rachmayani, 2015) , ability good physical, technical and mental required For reach results best in match.

Athlete badminton play very depends on their mental health, especially trust self they, athletes who believe self tend perform at your best, be able to make right decision, play more calm, comfortable and focused during match (Fauzan et al., 2022) . Therefore that, supportive exercises mental health of athletes very

important For increase concentration they during training and matches (Simandjuntak et al., 2024) . Mental health and trust self every individual different, which is reflected in activity daily (Tanjung et al., 2024) . Therefore that, mental health and confidence self very important for athlete For reach good performance during match (Hafizt et al., 2024) .

As one of the branch demanding sport ability high physical, technical and mental, athlete badminton sued For guard consistency performance they are good in session exercise and also moment follow match, behind demands the aspect mental health becomes component important that often not enough get adequate attention, because mental health allows athlete For manage pressure, maintain focus, and maintain motivation during match (Rice et al., 2016) .

Mental health defined as condition prosperous where a person is realize ability they are able to overcome pressure life everyday, work with productive, and contributing to community (World Health Organization, 2002) . Athlete with positive mental health, such as low anxiety and confidence high self, tend to own performance more competitive Good compared to with athlete with high mental stress

(Mahoney & Avenier, 1997) .

Studies (Rice et al., 2016) find that athlete professionals, including badminton, has level mental disorders such as anxiety, depression, and more stress than ordinary people, this show that athlete professional No ensure mental stability and not only demands performance, pressure public, and demands coach can cause disturbance psychological and stress. In addition that, research (Purcell et al., 2019) find that 46% of athletes elite experience disturbance mental health during career they, disturbance more mental health often happens to athletes young and those who experience injury or failure competitive. On the other hand, research (Wang et al., 2023) show that ability psychological and support social very important For help athlete guard mental health during match.

(De Nys et al., 2022) explain that activity physique like badminton can lower hormone stress like cortisol. However, if No balanced with proper stress management, pressure competitive precisely can bother stability emotion athlete.

In context badminton, factors psychological own Lots significant contribution in support performance athlete, (Muharram et al., 2022) show that aspect mental health is very influence performance athletes and abilities at the time compete, thing This show that good mental health can support performance athlete optimally.

Athletes who have good mental health can face pressure moment compete, stay focus, and stay motivated, and vice versa problem mental health of athletes, such as depression and anxiety, can influence ability they For compete (Wijaya, 2018) .

According to (Bandura, 1997) trust self is belief somebody to ability they For finish task certain. In sports, trust self covers belief athlete that they own ability technical, tactical and psychological For win in match (Cox, 2007) . Trust self is factor flexible cognitive, and can influenced by experience previously, support social, and conditions psychological during match (Bandura, 1997) .

Athletes who have trust self tall more Possible own consistent performance and power more mental toughness good below pressure (Hays et al., 2007) , Study this also shows that trust self very related with focus, control, emotions, and management stress in sport elite, in branch sport badminton, which requires speed reaction, strategy dynamic, and power stand physical, trust self very important For maintain performance best.

According to research conducted on athletes badminton professional (Zaltz et al., 2017) , there is correlation between level trust self them and how they play techniques and tactics during match. Another study by (Vealey & Chase, 2016) confirm that trust self play a role as buffer to pressure psychological, athlete with trust self tall more easy rise from failure as well as capable manage his emotions during match.

Athletes who have Lots experience more capable control and act to events that occur in the field, more Possible For take decision with fast and precise For take profit from events experienced in the field (Cox, 2007) . Belief usually walk along with competencies possessed by athletes, beliefs and competencies in sport can each other affect, besides athlete become more skilled in sports, athletes are also more believe self (Apriyanto et al., 2017) . Understanding trust self shared become two that is trust global self and trust self situation. On trust more global self tend to aspect inherent personality and tendencies, whereas someone who looks believe oneself in the global situation yet Of course capable come on stage believe yourself in the situation sport (Cox, 2007) .

Performance is results from optimal competition and commitment For develop ability in himself, and as proof from efforts that have been done in accordance with potential and skills possessed a athlete (John, 2022) . According to (Weinberg & Gould, 2015) , achievement sport that is results achieved by athletes in compete, which reflects level skills, effort and preparation they.

(Rees et al., 2016) state that performance athlete in sport competitive is results from interaction between internal factors such as motivation, confidence self, and mastery technique, with factor external like quality training, support social, and conditions environment match, in badminton, which demands speed, accuracy, and taking quick decision, development performance No only can focus on aspects physical. Research by (Phomsoupha & Laffaye, 2015) highlight that performance badminton very depends on the combination aerobic, anaerobic, speed reactions, and skills technical. Player elite show that superiority in ability tactical and taking decision under pressure. Therefore it, an exercise program that focuses on improvement technique, fitness and power very mentally tough important in achievement performance.

Furthermore, (Cabello Manrique & González-Badillo, 2003) emphasize importance quality training to performance athletes. Frequency and intensity consistent practice as well as strategy systematic training proven influential significant to improvement performance athlete young

badminton. From the side psychological, (Slimani et al., 2017) show that mental conditions such as concentration, motivation, and stress management are correlated positive with performance sports. Athletes who have good mental resilience tend come on stage more stable face pressure match. In overall performance athlete badminton influenced by dimensions physical, technical, psychological, and environmental. With understand factors the based on study previously, coaches, athletes, and institutions sport can design a more coaching programs effective and sustainable, so that capable push athlete reach optimal performance at the level national and also international.

From the results field observations, especially at the PB Tugu Muda Semarang club, show that Lots athletes who have not own Power struggle and trust strong self moment compete, they tend feel fear and lack believe self, which is affected by the lack of support moment compete and performance athlete moment exercise (Nisa & Jannah, 2021) . Besides That, mental health factors also play a role important in efficiency psychology and ability take decision with fast and precise (Aulia, 2022) .

Based on observation said, research This aiming For analyze mental health towards performance athletes and analyze trust self against performance athlete badminton PB. Tugu Muda Semarang and How analysis both of them to performance athlete badminton, especially PB. Tugu Muda Semarang. With understanding this gap, it is hoped can give the right recommendation For increase quality training and support psychological for athlete badminton, especially at PB. Tugu Muda Semarang, so that they can reach more optimal performance.

According to (Hays et al., 2007) there are 9 sources Mental health refers to the condition welfare an athlete who make it possible manage stress, work in a way productive, and provide good contribution.

METHOD

This study use approach quantitative with type study correlation and regression multiple. The sample used in the study This totaling 30 active athletes practice and compete. The sampling technique used in this study This namely purposive sampling where researcher choose athlete based on criteria certain. Activities study This done at Gor Suratmo Sport is located in Kembangarum, West Semarang District, Semarang City, Central Java, Postal Code 50183.

Data collection techniques in research This use DASS-21 questionnaire (21 items) with scale Likert 4 points, SSCI (13 items) with scale Likert 9 point and documentation of achievement data athlete from notes official club. According to (Harefa et al., 2023) questionnaire is a technique data collection with distribute a questionnaire or statement to Respondent with hope give response on base question or statement said. Question or statement nature open that is If answer No determined previously by researchers, and can nature closed that is alternative answer Already determined previously by researchers.

In DASS-21 data was obtained use questionnaire with contains 21 question items with 3 subscales use scale Likert 4 points consisting of from : 0 = No Ever, 1 = Sometimes, 2 = Often, 3 = Always. On each occasion subscale own score maximum 21, total score is calculated with add up score on each subscale. Number score on each tech This own meaning : Normal (0-9 for depression, 0-7 for anxiety, 0-14 for stress), Mild (10-13 for depression, 8-9 for anxiety, 15-18 for stress), Moderate (14-20 for depression, 10-14 for anxiety, 19-20 for stress), Severe (21 for depression, 15-21 for anxiety, 21 for stress) (Gomez, 2002) . The DASS-21 questionnaire has tested validity and reliability worth 0.467 to 0.796 and reliability using Cronbach's Alpha the value is 0.941 so Validity and reliability questionnaire tall (Rosyid, 2021) .

Whereas for SSCI data obtained with share questionnaire containing 13 questions without component subscale, using scale Likert 9 points, consisting of from 1= Low up to 9=High. Score of items that differentiate between trust self low and high that is with score : 1-3 = Low, 4-6 = Medium, 7-9 = High. The score is obtained through the average with add up score for 13 question items (Soltani, 2018) . The SSCI questionnaire has tested validity and reliability with validity that is classified Good range 0.722 to 0.930. While its reliability of 0.966 (Juriana & Tahki, 2017)

On achievement athlete data obtained through achievement competitive based on title champion, then count points official achieved athletes on achievement position end in accordance with age each and every level of the match and documentation of the podium winners, especially For athlete badminton PB. Tugu Muda Semarang. Study from (Sugiyono, 2017) documentation is complement from user method observation and interview in study qualitative. Documentation is observation direct For get the data obtained researcher in accordance with discussion (Prawiyogi et al., 2021) . On

achievement competitive data obtained based on position end athlete in accordance with the rank obtained at the time match finished and point calculation follows PBSI rules based on championship level and documentation official from club (PBSI, 2025) . The following is tournament points details based on Championship ranking and level:

Table 1. Categories Awarding of Achievement Points

NO	Championship Category	Score Achievement			
		1	2	3	Participant
1	International	100	95	90	70
2	National	80	75	70	50
3	Region	60	55	50	30
4	Province	40	35	30	10
5	Regency/City	20	15	10	0

Data analysis techniques used in study This namely the assumption test in the form of a normality test (Shapiro-Wilk), analysis descriptive and correlation test multiple linear regression and data analysis program using SPSS help version 25.0 for windows.hh

RESULTS AND DISCUSSION

Results

Table 2. Descriptive Statistics Test

	N	Minimum	Maximum	Mean	Std. Deviation
Mental Health	30	4	55	36.07	14,643
Self Confidence	30	16	114	71.53	25.230
Achievement	30	10	35	21.83	7,931
Valid N (listwise)	30				

Table 2. shows descriptive data results on variables mental health has min value 4, max value 55, mean value 36.07 and std deviation of 14,643. On trust self obtained min value is 16, max value is 114, mean value is 71.53 and std deviation is amounting to 25,320. While in terms of achievement obtained min value is 10, max value is 35, mean is 21.83 and std deviation is amounting to 7,931.

Table 3. Categories of Mental Health Levels and Beliefs Self Athlete

Variables	Category	Frequency
Mental Health	Very Low	2
	Low	5
	Currently	10
	Tall	9
	Very high	4
Trust Self	Low	4
	Currently	14
	Tall	12

Based on the data obtained, the categories mental health of athletes divided into five groups. A total of 2 athletes (6.7%) are in the category very low, 5 athletes (16.7%) in the category low, 10 athletes (33.3%) in the category moderate, 9 athletes (30%) in the category high, and 4 athletes (13.3%) in the category very high. This is show that part big athlete experience mental health at the level currently until high. While that, for variable trust self, majority athlete classified as in category medium and high, respectively as many as 14 athletes (46.7%) and 12 athletes (40%). Only 4 athletes (13.3%) entered in category low. This data indicates that part big athlete own level trust self sufficient Good.

Table 4. Normality Test

	Shapiro Wilk		
	Statistics	df	Sig.
Mental Health	.956	30	.249
Self Confidence	.974	30	.643
Achievement	.909	30	.014
Unstandardized Residual	.981	30	.839

Table 4. shows that variable mental health ($p = 0.249$) and confidence self ($p = 0.643$) has mark significance more big of 0.05, which indicates that second variable the normally distributed. However, the variable performance own mark significance of 0.014, which means No fulfil assumption normality ($p < 0.05$). Although Thus, the normality test against the residuals standardized from the regression model produce mark significance of 0.839, indicating that the residuals are normally distributed.

Table 5. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.654 ^a	.428	.386	6.216	1.561

Table 5. Analysis output regression show that the model is built own enough relationship strong between Mental Health variables (X1) and Trust Self (X2) with variable Performance Athlete (Y), with R value of 0.654 and contribution by 42.8% while the rest 57.2 % is influenced by factors other.

Table 6. ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	781,049	2	390,525	10.108	.001 ^b
	Residual	1043.117	27	38,634		
	Total	1824.167	29			

Table 6. ANOVA test show that the regression model used significant in a way statistics, with F value of 10.108 and significance $p = 0.001$ ($p < 0.05$). This is show that Mental Health variables (X1) and Trust Self (X2) in simultaneous influential significant to variable Performance Athlete (Y) in this study.

The hypothesis testing in this research namely H₁: There is connection significant negative between mental health and achievement with coefficient correlation of $r = -0.536$, and the value significance $p = 0.002$ ($p < 0.01$), which indicates connection significant. This means that the more tall level individual mental health, increasingly low achievements obtained, or on the other hand, H₂: There is connection significant positive between trust self and achievement with r value = 0.551, and $p = 0.002$ ($p < 0.01$), which indicates connection significant. This is show that the more tall level trust self individual, increasingly high level achievement, and H₃: anova test show that the regression model used significant in a way statistics, with F value of 10.108 and significance $p = 0.001$ ($p < 0.05$). This is show that Mental Health variables (X1) and Trust Self (X2) in simultaneous influential significant to variable Performance Athlete (Y) in study This.

So it can be concluded that there is interrelation between mental health towards performance athlete, trust self to performance athletes, mental health and confidence self to performance athlete badminton PB. Tugu Muda Semarang.

Discussion

This study show existence connection with direction negative on mental health towards achievement ($r = -0.536$; $p = 0.002$), which indicates that the more tall level mental health of athletes,

increasingly low performance athletes. On the other hand, there are connection positive significant trust self with achievement ($r = 0.551$; $p = 0.002$) means, athletes with level trust a better self tall tend own more achievements good for athletes badminton PB. Tugu Muda Semarang.

In the research this, in aspect mental health, part big athlete is in the category currently until high. A total of 10 athletes (33.3%) are classified as in category moderate, 9 athletes (30%) are in category high, and 4 athletes (13.3%) entered in category very high. While that is only part small included in category low (5 athletes) or 16.7% and very low (2 athletes) or 6.7%. While For aspect trust self, distribution show that part big athlete is at in category currently until tall. A total of 14 athletes (46.7%) were in the category moderate, and 12 athletes (40%) deep category tall. Only 4 athletes (13.3%) were classified in category low.

Based on study This so required For development of sustainable training programs However focused on mental and psychology. Coaching on aspects psychology in sport is one of factor affecting success in achievement achievement in athletes (Priatiansyah et al., 2023) . Maturity psychology in athletes can maximize performance when currently compete (Guntoro et al., 2020) . Science psychology that can applied in field sport covering approach to influencing factors in a way direct to athlete and also factors outside athletes who can influence his appearance (Sukiri et al., 2021) . On sports No only techniques and tactics are needed, but psychology is also very needed in sports This (Zafira et al., 2024) . It was concluded psychology is One unity that is not Can separated in create athlete achieve (Nawir et al., 2020) . Factors Psychology is the main and important aspect of achievement performance athlete among others believe self, and mental preparation (Candra et al., 2020) .

One of related factors with performance in match is mental resilience. In addition it's a process of appearance a athlete influenced by mental. Mental is the capital that must be owned a athlete For to achieve peak (Mawo Paisei et al., 2024) . Condition good mental health allow individual For recognize potential they, face normal everyday stress, work with productive, and contributing in a way positive in life they (Shalahuddin, 2024) . If the athlete No can fulfil demands the then, athlete No will can with performance the best (Sungkowo et al., 2024) . However athlete with high mental level reflect ability athlete in overcome stress and anxiety caused by situations a thrilling competition (Kalinin et al., 2021) . Mental toughness is determination heart at level high, refuse pressed However must capable For still focus on the situation pressing, and capacity For persist throughout match (Sholicha & W, 2020) . Effective mental training in increase achievements that are owned athlete (Sungkowo et al., 2022) .

One of method For improve one's mentality player is with method increase trust self in athletes (Arifin et al., 2023) . Trust inner self (*sports confidence*) . sport is trust applied self in situation sports. Trust self in a way consistent identified as very influential important in achievement performance athlete (Tri Kinasih et al., 2021) . Trust self is belief that athlete own ability in decide the way a required activities For look after situations faced (Nopiyanto et al., 2022) . Achievements performance maximum, factor trust self is factors that can trigger psychology athletes. Some aspect believe self or *self confidence*, namely belief will ability self, optimistic, objective, responsible responsible, and rational (Bayani et al., 2024) . Lack trust self in athletes is one of components that cause somebody No motivated For achieve (Dirhamzah & Alwi, 2024) . Every athlete need own trust good self For face challenges and difficult situations, as well as belief For take risk and control game so that game become more Good so that the athletes can increase performance with maximum (Purnamasari et al., 2021) . A athlete own trust low self esteem or even bad, that will become barrier For reach out more achievements maximum. Trust self is a aspect psychology determines appearance athletes on the field (Hamdani & Sartono, 2021) .

Achievement is also reject measuring coach For create a training program. The achievement data obtained will useful For coach give material exercise to the athlete (Sin, 2017) . Knowledge coach regarding mental training programs should be give contribution positive to psychology athlete (Negoro & Sungkowo, 2023) . Mental training as a structured program in a periodization the training undertaken by the athlete is arranged in accordance with what is becoming need athlete For reach *peak performance* (Magfiroh & Jannah, 2022) . Through mental exercise, consequences negative relatively easy resolved (Elhaque et al., 2021) . Activity in training can chosen with the way that can increase mental stability and confidence athletes themselves. All of these suggestions can help the coaches sport For increase more motivation tall for athlete the (Sukiri et al., 2021) . Research This expected can give description to psychology athlete in in face various *event* championship Good national and also international.

CONCLUSION

This study shows that factors psychological, especially mental toughness and confidence self, influential significant to performance athlete badminton PB Tugu Muda Semarang. Found connection negative between mental toughness and achievement ($r = -0.536$; $p = 0.002$), which indicates that athlete with more mental toughness tend own performance lower. On the other hand, there is connection positive between trust self and achievement ($r = 0.551$; $p = 0.002$), which means athlete with higher self-trust tend own performance better. Most of the athlete is at in category currently until tall For mental toughness (63.3%) and confidence self (86.7%). Therefore that, the development of training programs that are not only focus on aspects physical, but also on the mental aspect, very important. Structured mental exercise can increase mental resilience and confidence self, which can be increase performance athlete. This research explain importance coaching psychology in sport For reach optimal performance both at national level and also international.

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