



Mental Readiness of Women's Volleyball Athletes in Banjarnegara Regency to Face The 2025 Pra-Porprov Event

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Abstract

The Banjarnegara Regency Women's Volleyball Team will face the Pre-Porprov Event, which is a regular sporting event held only once every four years. Currently, the level of mental readiness of the athletes is unknown due to the long gap since the previous regular tournament. In fact, mental readiness is a very important factor in determining an athlete's performance in competition. Thus, the purpose of this study is to determine the mental readiness of athletes in the aspects of motivation, self-confidence, anxiety, and the importance of the team. This study is a quantitative study with a survey design. The analysis used statistical analysis and descriptive exploratory methods. The results of the analysis of the Mental Readiness of Women Volleyball Athletes in Facing the Pre-Porprov Event are included in the "sufficient" category. The research focused on factors of motivation, self-confidence, anxiety, and the importance of the team. It is hoped that further research can add other psychological aspects. The conclusion of the results of this study is that the supporting factors in the mental readiness of women volleyball athletes include the motivation factor in the "sufficient" category, the self-confidence factor in the "sufficient" category, the anxiety factor in the "sufficient" category, and the factor in the "sufficient" category of the importance of the team. In this study, coaches must continuously monitor athletes' mental readiness during each training session for a championship.

How to Cite

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INTRODUCTION

Exercise is an activity that involves both body and mind. Its purpose is not only to make us healthy but also to maintain and improve our health after we engage in it (Khairuddin 2017). Exercise is also beneficial for improving physical fitness by strengthening the immune system, mental health, metabolism, muscle strength, and heart function. It also increases physical endurance, lowers cholesterol levels, reduces stress, burns fat, boosts endurance, prevents disease, improves blood flow, and maintains healthy bones and joints (Karina Nur Safitri et al. 2024). In addition to improving physical fitness, exercise is a type of physical activity that can provide certain benefits for physical, mental, and social health, but also offers numerous short-term and long-term benefits for adults (Eather et al. 2023). Volleyball is a very popular sport, enjoyed by many people, both men and women. (Payerle et al. 2015).

This is because volleyball is very popular and easy to play, thanks to the simple equipment. Anyone can play it, from children to adults, men and women, and it can be played by people living in both cities and villages. (Ismail and Tunggal 2020)

One popular sport that significantly contributes to improving health and physical fitness is volleyball. Volleyball is a team sport that requires a combination of technical skills and optimal physical condition. (Rebelo, Pereira, and Valente-dos-Santos 2023)

To achieve the highest level of performance in volleyball competitions, athletes must possess four aspects: physical fitness, skill, strategy, and psychology. These four aspects are inseparable. If any one is lacking, the results will not be optimal. Often, athletes possess excellent physical, technical, and strategic skills, but their mental state declines during matches. (Sin 2016)

Volleyball is a team sport played by two teams of six players each, with the goal of scoring points by successfully landing the ball on the opponent's court. (Zhu et al. 2024)

Therefore, to form a solid team, each member must possess adequate volleyball skills. Each volleyball player's abilities are essential to mastering the basic techniques of the game, such as setting, serving, blocking, and receiving. (Keswando, Septi Sistiasih, and Marsudiyanto 2022)

These four basic techniques are essential for achieving success in volleyball. Many athletes neglect these basic techniques, even though they

are interconnected. Consequently, an athlete will not be able to maximize their performance when performing basic volleyball techniques during play or competition, hindering their ability to develop their performance.

In addition to mastering basic techniques for achieving volleyball success, physical and mental training are equally important. Mental fitness significantly impacts an athlete's psychology. Sports psychology is a branch of psychology that specifically examines the psychological factors that influence and support physical performance in sports. (Ilham 2021)

One of the areas of study in sports is understanding the psychological factors that influence athlete performance and the importance of the relationship between sport and training for athlete psychological development. (Gallucci 2014)

Psychology is necessary in sports to explain, identify, and control behavior during sporting activities. (Drs. Sumarjo 2017)

Although psychological preparation is often overlooked by athletes and coaches, research shows that mental readiness is perceived as the most significant factor in competition. The mental aspect is a crucial part of an athlete's performance. As professional golfer Arnold Pamer put it, the game is 90% psychological. (Bali 2015)

For professional athletes, the winning mentality remains a key factor. Competing to win a match is the ultimate achievement an athlete can achieve as a result of their training. (Wibowo, Sulaiman, and Akbar 2024)

Mental health is a person's state, both individually and in groups, that is assessed based on emotional and intellectual reactions. Psychological aspects that influence athletes in sports include anxiety, self-confidence, the importance of the team, and motivation. The structure and characteristics of a psychological preparation program consist of three stages: basic preparation, general preparation for competition, and specific preparation. (E Soumya, M Mohamed, B Fatimazahra 2011)

Many volleyball athletes who have reached the professional level have shown that encouragement and motivation are very important in achieving maximum sports performance and explain that the psychological aspect is one of the most important factors for success. (Pramono and Priambodo 2024)

Therefore, to achieve optimal performance, athletes require balanced physical and mental training. Improving physical,

technical, and tactical abilities without adequate mental training will result in suboptimal performance.

(Jamaliah, Sugiharto, and Woro 2015). Previous research has shown that mental training is crucial for achieving optimal performance, as psychological factors significantly influence team performance during competition. (Rayadin et al. 2016)

Research reports that volleyball athletes rely heavily on mental toughness, which influences how well they perform in competition and cope with pressure. However, not all athletes possess good mental toughness, especially younger athletes. (Ivan et al. 2025)

Banjarnegara Regency has a large sports fan base, particularly volleyball. Many students and community members enjoy the sport, from parents to teenagers, and even children of all ages. Observations of several volleyball competitions in Banjarnegara indicate that athletes are unable to perform at their best during matches. The problem facing volleyball athletes is that many suffer from poor mental health. Mental health issues in volleyball athletes can be a significant factor affecting performance, even when physical, technical, and tactical aspects are already strong.

Measuring the level of athletes' training preparation requires a more in-depth analysis. Athletes' mental health is crucial for improving their performance during competitions. (Henriksen et al. 2020) (Henriksen et al. 2020)

PRA-PORPROV stands for Provincial Sports Week, a prestigious provincial-level sports competition in Indonesia. The local Indonesian National Sports Committee (KONI) usually organizes this event every four years. (Ahmed Rafiq, Abbasi Rabiya, and Martinez Pablo 2022). Regional athletes from various districts and cities gather at PRA-PORPROV to compete in various sports. Pra PORPROV is a qualifying or preparation round before the Provincial Sports Week (PORPROV). According to (Jensen, G. R., Solberg, D. P., & Zorn 1992) the purpose of the praporprov event is to discover new talents and prepare them for bigger events, such as PON.

As the 17th Central Java Provincial Sports Week (PAPORPROV) sports event approaches, every element of the team must have thorough planning and preparation. This presents a new challenge for the Banjarnegara Regency women's volleyball team, although it is not their first time participating in the championship. Although the coaching team has prepared well in advance of the match, including physical, tactical, and technical preparation, the mental state of the

athletes participating in the PRAPORPROV championship is still unknown. Because one of the impacts of the mental aspect is very visible during the match, this researcher emphasizes the mental aspect. An athlete who has prepared physically, tactically, and technically well can be expected to win, but if the athlete does not have a good mentality, these three aspects will not function optimally. All three aspects (physical, tactical, technical) will work and an athlete will bring out their best abilities if the athlete has a good mentality.

For the Banjarnegara Regency women's volleyball athletes, the challenge is maintaining mental strength when a teammate makes a mistake. On-field communication is disrupted when players blame each other. Teamwork isn't just about passing the ball, but about strengthening each other's mentality. Strong motivation will generate self-confidence, and high self-confidence will suppress anxiety. Once anxiety is under control, teamwork will run smoothly. Mental readiness isn't just about shouting encouragement, but about strong motivation, believing in one's own abilities, and staying focused even when the opponent has good technique. Without psychological development. (Neilson and Rossiter 2005)

Based on the researcher's observations, regarding the female volleyball athletes of Banjarnegara Regency in the 2025 PRA-PORPROV championship, the researcher will conduct a study on "Mental Readiness of Women's Volleyball Athletes of Banjarnegara Regency in Facing The 2025 Pra-Porprov Event". Through this study, it is hoped that the mental readiness of female volleyball athletes of Banjarnegara Regency can be determined.

This study aims to determine the mental readiness of female volleyball athletes in Banjarnegara Regency for the 2025 Praporprov event. Overall, the goal of this mental development is to achieve peak performance. All volleyball techniques learned during training will automatically emerge when motivation is strong, anxiety is controlled, self-confidence is high, and the team is solid. This is essential for qualifying for the 2026 PORPROV.

This study differs from previous studies that focused on national-level professional athletes. The location, timeframe, subjects, instruments used, data analysis techniques, and results differ from those of previous researchers. This study not only focuses on one aspect of mental health but also examines four aspects of mental health simultaneously, examining the mental dynamics

of female volleyball athletes in Banjarnegara Regency facing the Pra PORPROV event with varying levels of psychological stress.

METHOD

This research is a quantitative survey using the PSIS (The Psychological Skill Inventory for Sport) psychological instrument. It was conducted on September 19, 2025, at State Islamic High School 2 Banjarnegara.

This research method employed a naturalistic survey of all female volleyball athletes in Banjarnegara Regency, using a population of 13 female volleyball athletes in Banjarnegara Regency. Therefore, the female volleyball athletes in Banjarnegara Regency were not limited to a specific age group.

Data collection in this study used a Google Form questionnaire. Using the PSIS (The Psychological Skill Inventory for Sport) psychological instrument, four aspects were tested: motivation, anxiety, self-confidence, and team importance.

In this study, the variables to be studied are the mental readiness of female volleyball athletes in Banjarnegara Regency, which include Motivation, Anxiety (anxiety), Self-Confidence, and the Importance of the Team. The measurement of athletes' mental readiness is adjusted to the guidelines of PSIS (The Psychological Skills Inventory For Sport). The research instrument used is the Psychological Skill Inventory For Sport (PSIS-IR-5) instrument (Sindik et al., 2013). The instrument contains 31 questions that reveal skills in 4 aspects. Data analysis in this study uses statistical analysis and exploratory descriptive methods.

RESULTS AND DISCUSSION

The data obtained included data on the mental readiness variable of female volleyball athletes. After data collection, analysis was conducted using an exploratory, descriptive quantitative approach.

Table 1. Description of the overall data analysis results

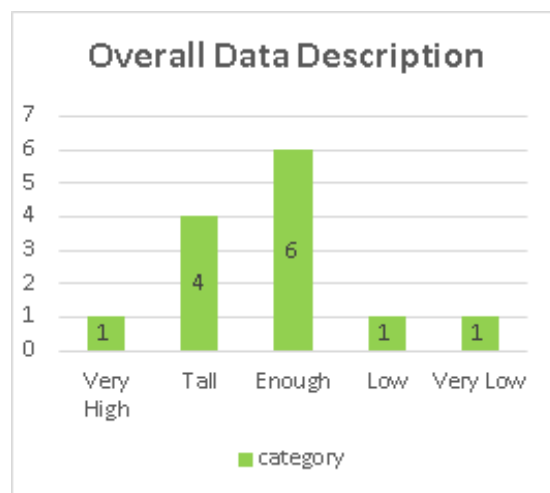
Factor	N	Min	Max	Mean	Std Deviation
Overall	13	83	125	106,84	9,99

Based on the **Table 1** above, it can be seen that the research data on the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRA-PORPROV Event, the overall data results with a sample of 13

have a minimum value of 83 and a maximum value of 125, with an average value of 106.84 with a standard deviation value of 9.99. This average value is included in the "Enough" category.

Table 2. Overall data description

Skor	Interval	category	Frequency	%
5	>121,825	Very High	1	7,69
4	111,835-121,825	Tall	4	30,76
3	101,845-111,835	Enough	6	46,15
2	91,855-101,845	Low	1	7,69
1	<91,855	Very Low	1	7,69



Graph 1. Overall data description

Based on the **Table 2** and **Graph 1** above, it can be seen that the overall research results regarding the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRA-PORPROV Event resulted in 1 respondent (7.69%) in the "Very High" category, 4 respondents (30.76%) in the "High" category, 6 respondents (46.15%) in the "Enough" category, 1 respondent (7.69%) in the "Low" category, 1 respondent (7.69%) in the "Very Low" category.

In the overall description of the data, the values obtained are classified into 5 levels of mental skills, where the analysis above shows that 13 female volleyball athletes from Banjarnegara Regency obtained a very high skill level of 1 athlete, high of 4 athletes, sufficient of 6 athletes, low of 1 athlete, and very low of 1 athlete.

Table 3. Description of the results of the Motivation data analysis

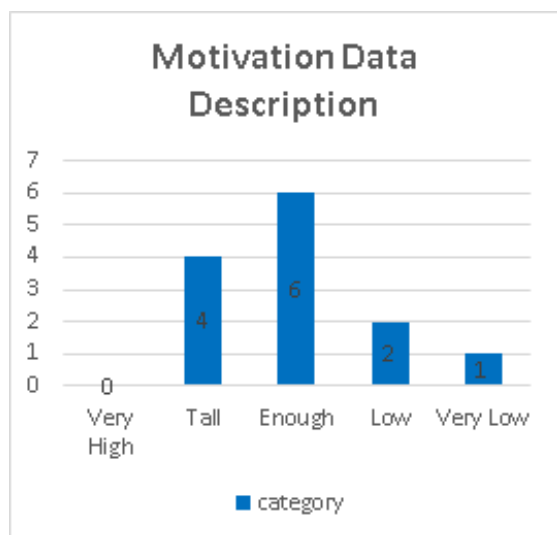
Factor	N	Min	Max	Mean	Std Deviation
Motivation	13	3,60	4,75	4,30	0,41

Based on the **Table 3** above, it can be seen

that the research data on the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 Praporprov Event in the motivation factor. The data results with a sample size of 13 have a minimum value of 3.60 and a maximum value of 4.75, with an average value of 4.30 with a standard deviation value of 0.41. This average value is included in the "High" category.

Table 4. Description of Motivation data

Skor	Interval	Category	Frequency	%
5	>39,421	Very High	0	0,00
4	36,115 - 39,421	Tall	6	46,15
3	32,808 - 36,115	Enough	4	30,77
2	29,501 - 32,808	Low	1	7,69
1	< 29,501	Very Low	2	15,38



Graph 2. Description of Motivation data

Based on the **Table 4** and **Graph 2** above, it can be seen that the results of the study on the Mental Readiness of Female Volleyball Athletes in Facing the PRA-PORPROV Event with the motivation aspect resulted in 0 respondents (0.00%) in the "Very High" category, 6 respondents (46.15%) in the "High" category, 4 respondents (30.77%) in the "Sufficient" category, 1 respondent (7.69%) in the "Low" category, and 2 respondents (15.38%) in the "Very Low" category.

In the motivation indicator, the values obtained are classified into 5 levels of mental skill. The analysis above shows that 13 female volleyball athletes from Banjarnegara Regency obtained mental skill levels in the motivation indicator: very high for 0 athletes, high for 6 athletes, sufficient for 4 athletes, low for 1 athlete, and very low for 2 athletes.

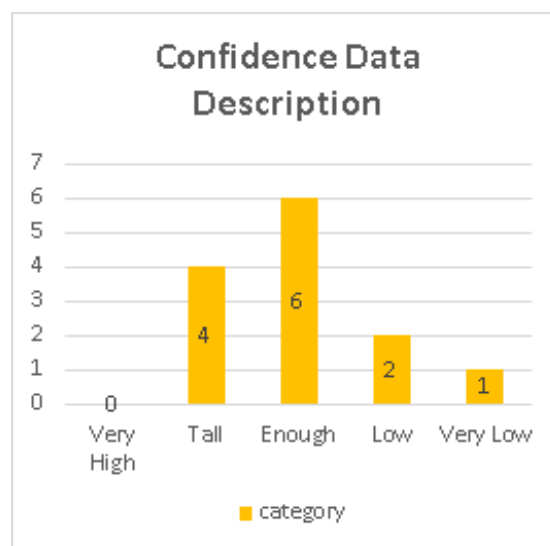
Table 5. Description of the results of the self-confidence data analysis

Factor	N	Min	Max	Mean	Std Deviation
Confidence	12	2.75	4	3,43	0,39

Based on the **Table 5** above, it can be seen that the research data on the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRAPORPROV Event in the self-confidence factor. The data results with a sample size of 13 have a minimum value of 2.27 and a maximum value of 4, with an average value of 3.43 with a standard deviation value of 0.39. This average value falls into the "Sufficient" category.

Table 6. Description of Self-Confidence Data

Skor	Interval	Category	Frequency	%
5	>32,186	Very High	0	0,00
4	29,037-32,186	Tall	4	30,77
3	25,885-29,037	Enough	6	46,15
2	22,733-25,885	Low	2	15,38
1	<22,733	Very Low	1	7,69



Graph 3. Description of Motivation data

Based on the **Table 6** and **Graph 3** above, it can be seen that the results of the study of the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRAPORPROV Event with the self-confidence factor resulted in 0 respondents (0.00%) in the "Very High" category, 4 respondents (30.77%) in the "High" category, 6 respondents (46.15%) in the "Sufficient" category, 2 respondents (15.38%) in the "Low" category, 1 respondent (7.69%) in the "Very Low" category.

In the self-confidence indicator, the values

obtained are classified into 5 levels of mental skills where the analysis above shows that 13 female volleyball athletes in Banjarnegara Regency obtained mental skill levels on the self-confidence indicator of very high as many as 0 athletes, high as many as 4 athletes, sufficient as many as 6 athletes, low as many as 2 athletes, and very low as many as 1 athlete.

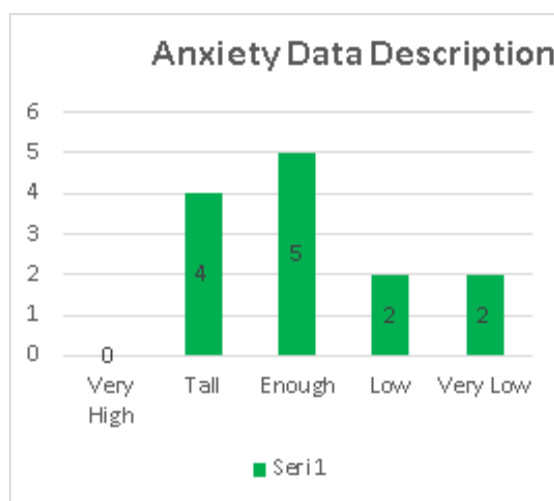
Table 7. Description of the results of the analysis of anxiety data

Factor	N	Min	Max	Mean	Std Deviation
Anxiety	12	1,87	3,87	3,10	0,63

Based on the **Table 7** above, it can be seen that the research data on the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRAPORPROV Event in the anxiety control factor. The data results with a sample size of 13 and a minimum value of 1.87 and a maximum of 3.87, have an average value of 3.05 with a standard deviation value of 0.63. This average value falls into the "Enough" category.

Table 8. Description of Anxiety

Skor	Interval	Category	Frequency	%
5	>32,514	Very High	0	0,00
4	27,402-32,514	Tall	4	30,77
3	22,29-27,402	Enough	5	38,46
2	17,178-22,29	Low	2	15,38
1	<17,178	Very Low	2	15,38



Graph 4. Description of Anxiety

Based on the **Table 8** and **Graph 4** above, it can be seen that the study of the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRAPORPROV Event using the anxiety control factor resulted

in 0 respondents (0.00%) falling into the "Very High" category, 4 respondents (30.77%) falling into the "High" category, 5 respondents (38.46%) falling into the "Sufficient" category, 2 respondents (15.38%) falling into the "Low" category, and 2 respondents (15.38%) falling into the "Very Low" category.

For the anxiety indicator, the values obtained were classified into 5 levels of mental skill. The analysis above shows that 13 volleyball athletes from Banjarnegara Regency obtained mental skill levels on the anxiety control indicator: very high (0), high (4), sufficient (5), low (2), and very low (2).

Table 9. Description of the results of the data analysis Importance of the Team

Factor	N	Min	Max	Mean	Std Deviation
Importance	12	1,75	3,25	2,53	0,48

Based on the **Table 9** above, it can be seen that the research data on the Mental Readiness of Female Volleyball Athletes in Banjarnegara Regency in Facing the 2025 PRA-PORPROV Event, in the important factor of the team. The data results with a sample of 13 athletes have a minimum value of 1.75 and a maximum value of 3.25, with an average value of 2.53 with a standard deviation value of 0.48. This average value falls into the "Sufficient" category.

Table 10. Description of Team Importance Data

Skor	Interval	Category	Frequency	%
5	>26,16	Very High	0	0,00
4	28,258-26,16	Tall	4	30,77
3	18,356-22,258	Enough	5	38,46
2	14,454-18,356	Low	3	23,08
1	<14,454	Very Low	1	7,69



Graph 5. Description of Team Importance Data

Based on the **Table 10** and **Graph 5** above, it can be seen that the results of the study on the Mental Readiness of Female Volleyball Athle-

tes in Banjarnegara Regency in Facing the 2025 PRAPORPROV Event with the team importance factor resulted in 0 respondents (0.00%) in the "Very High" category, 4 respondents (30.77%) in the "High" category, 5 respondents (38.46%) in the "Sufficient" category, 3 respondents (23.08%) in the "Low" category, and 1 respondent (7.69%) in the "Very Low" category.

The obtained team importance indicator is classified into 5 levels of mental skill. The analysis above shows that 13 volleyball athletes from Banjarnegara Regency obtained mental skill levels in the team importance indicator: very high for 0 athletes, high for 4 athletes, sufficient for 5 athletes, low for 3 athletes, and very low for 1 athlete.

This study aims to describe the results of the analysis to determine the Mental Readiness of Women's Volleyball Athletes in Facing the 2025 PRAPORPROV Event. Mental readiness is a foundation that impacts the athlete's condition both during training and through the training phases (Aulia and Hakim 2022). The results showed that the athletes' mental readiness, seen from the aspects of motivation, self-confidence, anxiety control, and the importance of the team, achieved results in the sufficient category with an average score of 106.84. The classification of mental skill levels included 1 athlete in the very high category with a percentage of 7.69%, 4 athletes in the high category with a percentage of 30.76%, 6 athletes in the sufficient category with a percentage of 46.15%, 1 athlete in the low category with a percentage of 7.69%, and 1 athlete in the very low category with a percentage of 7.69%.

Scientists have previously studied how mental training affects athletes. These previous studies are very useful because they serve as a basis for understanding or comparison for the results of this new study. (Putra1, Murniati2, and Yusradinafi3 2023)

Physical and mental well-being are key to optimal performance. To perform optimally, an athlete must be physically and mentally healthy; both must be in balance and well-balanced. According to (Warjito & Pudjijuiarto, 2022), the most important factor is mental health. A stable mental state is the primary determinant of an athlete's success. Research shows that the mental health of athletes competing must be based on a strong mentality, supported by aspects of motivation, self-confidence, anxiety control, and the importance of the team.

Motivation is one of the most helpful or supportive factors in the process of Mental Rea-

diness of Banjarnegara Regency Women's Volleyball Athletes in Facing the 2025 PRAPORPROV Event. Motivation is like gasoline or a driving engine within an athlete. This engine is what makes athletes want to move and try their best in training and matches, because they realize that their success or failure depends on how much effort and ability they have. Motivation is a drive that arises from the athlete's heart. This drive is what triggers a strong spirit to achieve whatever they want. (Periyadi 2017)

Self-confidence is complete confidence in one's own abilities. This confidence allows an athlete to act boldly without anxiety, be responsible for his actions, be polite, and be driven to achieve by recognizing his own strengths and weaknesses. (Tanjung and Amelia 2017). Furthermore, in the aspect of self-confidence, the results of the study showed that most athletes fell into the sufficient category with an average of 3.43. The results of the study had a very high category of 0 athletes, high as many as 4 athletes, sufficient as many as 6 athletes, low as many as 2 athletes, low as many as 2 athletes, and very low as many as 1 athlete. (Komara 2016) explains that someone with good self-confidence has confidence and always tries to develop their potential to the maximum. One form of developing talents, interests and means of self-actualization of an athlete can pass the 2025 PRAPORPROV event.

Anxiety control is when someone is able to recognize the presence of anxiety in themselves, then able to calm themselves and overcome it alone, without having to rely on others. (Hamid 2020) emphasized that anxiety can be a threatening ego so that unpleasant emotional reactions will appear in a person's individual. In this study, athletes have a mental classification in the anxiety aspect in the sufficient category with an average of 3.10. The results of the study have a very high category for 1 athlete, high for 4 athletes, sufficient for 6 athletes, low for 2 athletes, and very low for 1 athlete. There are athletes who have a very low category, which means that the athlete is very adept at controlling their anxiety when competing in PRAPORPROV 2025, but there are still many athletes who have a high category, where the athlete has not been able to control their anxiety when competing.

The importance of a team is one of the factors that can support an athlete's achievement. A solid team is the key to an athlete's success. They function as a mental safety net when athletes are under pressure, a place to share strategies, and a source of motivation that encourages athletes to always perform optimally. In sports, the team

is everything. A team is not just a collection of people, but a support system that makes athletes feel not alone, helps during difficulties, and celebrates victories together. In this study, athletes have a mental classification on the aspect of the importance of the team in the sufficient category with an average score of 2.53. The results of the study have categorized as very high for 0 athletes, high for 4 athletes, sufficient for 5 athletes, low for 3 athletes, and very low for 1 athlete.

CONCLUSION

The conclusion of this study is based on the findings of the analysis results, including those related to the mental readiness of female volleyball athletes in Banjarnegara Regency in facing the 2025 Pre-Porprov event. Female volleyball athletes in Banjarnegara Regency have high motivation, but they need to improve aspects of self-confidence, control anxiety, and the importance of the team to achieve balanced mental well-being to support optimal performance in the 2025 PRA-PORPROV. Because with a strong mentality, the team will compete optimally.

Athletes generally have a high level of motivation to compete. However, there are still several mental aspects that need strengthening, particularly anxiety and confidence under the pressure of major matches. To achieve optimal performance in the 2025 Pra-Porprov, teams and coaches need to provide more intensive and structured mental training, particularly focusing on stress and anxiety management. The Banjarnegara Regency women's volleyball team already has strong mental capital, but needs final touches on certain specifications to be truly ready for the 2025 Pra-Porprov event.

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