



Ahead of the XXI National Sports Week (PON) 2024: The Psychological Profile of North Sumatra PON Athletes

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Abstract

This research is aimed at identifying the psychological profile of North Sumatra PON athletes. Apart from that, each psychological aspect of North Sumatra PON athletes will be analyzed for the condition of each psychological aspect along with the distribution of athletes and their percentages. The method used in this research is a survey method with an ex post facto research design. The population in this study is North Sumatra PON athletes who will be prepared for the XXI Aceh-North Sumatra PON 2024. The sampling technique in this study uses purposive sampling with the criteria of North Sumatra PON Athletes who have carried out the North Sumatra Province training camp in 2024. Based on that, So the research sample of sports athletes was obtained, namely; Petanque, Kabaddi, Athletics, Volleyball, Futsal, Basketball, Pencaksilat totaling 101 athletes. Data collection used The Psychological Skills Inventory for Sports (PSIS) questionnaire. The research results show that the psychological profile of North Sumatra PON athletes heading towards PON XXI 2024 is generally in good condition.

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INTRODUCTION

National Sports Week or abbreviated as PON is the government's mandate to implement UUSKN (articles 42 and 43). The UUSKN also explains that every sports championship held by the government, organizations, institutions or the public must pay attention to national sports goals and the principles of sports management. Furthermore, achievement in this event serves as a platform for outstanding athletes to increase their honor and dignity as individuals and as a country at international events. PON was first held in Solo, in 1948, with 9 sports competing in 600 athletes. PON continues to grow until it evolves into the most prestigious and biggest sporting event in Indonesia. Until the XXI PON was held in Papua, there were already 10 provinces that had hosted the event. DKI Jakarta is the host with the most events with 8 performances, as well as being the record holder for the most overall champions 11 times.

In the last event, North Sumatra Province achieved the best achievement in 8th place with 15 gold medals. This means that North Sumatra's achievements at the National Sports Week are still not significant, because they have not been able to break into the top 5 national rankings. This is a record that must be corrected and evaluated together comprehensively towards the next PON in order to achieve higher achievements as well as successfully host the XXI Aceh-North Sumatra PON in 2024.

KONI North Sumatra, through John Ismadi Lubis, is targeting North Sumatra Province in the 2024 PON to penetrate the top 5 nationally. Several specific sports branches are targeted to achieve high achievements, such as martial arts, games, measurables, and several other leading sports to obtain 78 gold medals. The sports training approach through the science and technology approach is an effort that must be made in the process of developing sports achievements. Only these efforts can improve the achievements of the North Sumatra PON

contingent, which for the last 15 years has always failed to break into the top 5 on a national scale.

Improving performance in the field of sports is a very complex study. Apart from requiring adequate facilities and infrastructure, it also requires a sports science approach supported by sports science and technology. The application of sports science in the entire training program process is a concrete step in improving performance in every sport (Anon, 2018). Furthermore, sports science is a multidisciplinary science that supports improving athlete performance, including physiology, psychology, conditioning and sports medicine. Sports psychology is one that has a central role in the application of sports science in sports performance. The success and failure of players in sports performance is largely determined by a combination of physical and psychological factors, even for certain sports, these psychological factors reach 80% to 90% (Weinberg et al, 2021). Athletes must have the psychological and moral skills required by the sport they are involved in to excel (Lutan, 2020).

High-level competitions such as the National Sports Week (PON) demand excellent athlete quality not only in terms of technique, physicality, tactics, but even more so in the psychological aspect. These four components functionally complement and strengthen each other in an interactive relationship dynamic. To achieve good performance in sports, it is necessary to combine three important components that support athlete performance, namely physical condition for competition, skill level, and psychological preparation for competition (Karageorghis et al, 2018). The key difference between a good performance and a bad performance lies in the level of the player's psychological skills which are better than physical skills. Mental or psychological aspects must receive the same portion of training as physical skills, techniques and tactics to get the athlete's best performance.

The importance of increasing mental factors, intense competition if not supported by

mental maturity has the potential to make athletes not optimal, so psychological skills preparation is needed for athletes (Septi, 2018). Psychological skills, also known as mental skills, are systematic strategies and methods that are deliberately designed or prepared to improve the performance of athletes with the readiness of their mental and psychological skills. Mental skills in competitive sports are designed to produce a psychological state in athletes that will lead to improved performance. Nowadays, the difference between winners and losers in competitive sports is increasingly narrow. It is not surprising that in recent years psychological skills training has been recognized and the number of athletes using psychological training strategies to improve their performance has become inevitable (Birrer et al, 2017). In this condition, psychological skills will be inherent in the athlete so that they become a character as a psychological profile that will determine the role in the athlete's successful performance.

The various studies above state that the increase in performance in sports today is the result of the application of science and technology which places the human mind and body as an arena for research in the laboratory. New information from the research results found needs to be utilized and developed by trainers for the benefit of improving the training process. If North Sumatra coaches and KONI are going to apply psychological/mental aspects as an important part in preparing their athletes for PON 2024, then scientific studies and accurate data on the psychological profile of North Sumatra PON athletes are needed. The psychological profile is the inherent psychological aspects that characterize the athlete and influence the athlete's success and performance. In a more specific scope, the author states that the psychological

profile of North Sumatra PON athletes is a key word in athlete preparation efforts for the XXI Aceh-North Sumatra PON in 2024.

METHODS

The research method uses a survey with an ex post facto research design. The research was carried out from January to March in Medan City. Data collection at the Regional Training Center (PELATDA) locations for each sport. The population used in this research is North Sumatra PON athletes who will be prepared for the XXI Aceh-North Sumatra PON in 2024. The sampling technique uses purposive sampling with the requirement that North Sumatra PON athletes carry out regional training camps in North Sumatra Province in 2024. Based on that, then a research sample of athletes in sports was obtained; Petanque, Kabaddi, Athletics, Volleyball, Futsal, Basketball, Pencaksilat totaling 101 athletes.

The data collection technique used the instrument The Psychological Skills Inventory for Sport (Mahoney et al, 1987). Instruments have been widely used to measure and predict athlete performance. The instrument was declared feasible and valid in measuring individual psychological skills in sports (Milavic et al, 2019). The instrument is first tested with the aim of selecting items and seeing to what extent the instrument can reveal the variables to be measured in collecting data in the actual research. Then the researcher created a psychological aspect criterion as a reference using the formula $Mi = (ST + SR)/2$ and $SDi = (ST - SR)/6$ (Wagiran, 2017). The table for determining the criteria can be seen in table 1.

Table 1. Formula for Determining Criteria

Intervals	Condition
up (Mi + 1,8SD) s.d. (Mi + 3SD)	Very Good
up (Mi + 0,6 SD) s.d. (Mi + 1,8SD)	Good
up (Mi – 0,6SD) s.d. (Mi + 0,6SD)	Pretty Good
up (Mi – 1,8SD) s.d. (Mi - 0,6SD)	Not Good
(Mi – 3SD) s.d. (Mi – 1,8SD)	Very Less

Based on the formula for determining the criteria above, the criteria for each psychological aspect are searched. The psychological profile based on each psychological aspect of the athlete is obtained by a table of criteria for the athlete's psychological aspects which is presented in table 2.

Table 2. Criteria for Psychological Aspects of Athletes

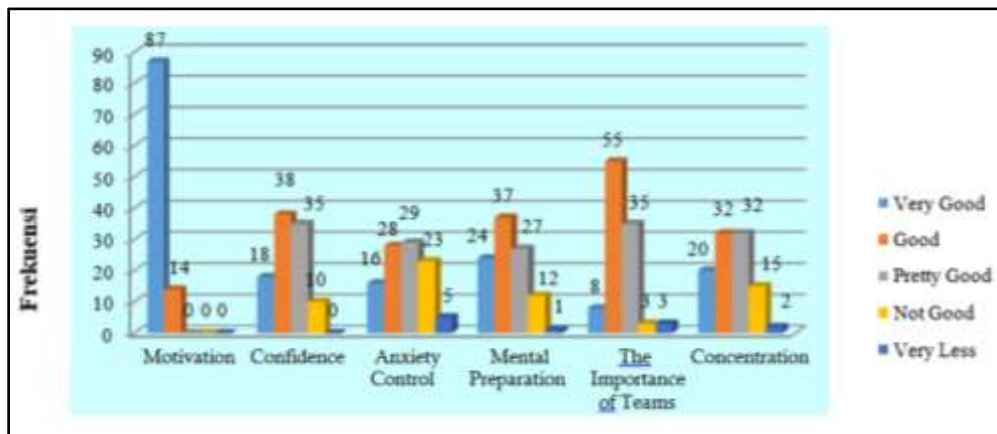
Psychological Aspects	Condition				
	Very good	Good	Prett Good	Not Good	Very Less
Motivation	33,59-40	27,2-33,5	20,8-27,2	14,4-20,8	8-14,4
Self-confident	25,2-30	20,4-25,2	15,6-20,4	10,8-15,6	6-10,8
Anxiety Control	33,59-40	27,2-33,5	20,8-27,2	14,4-20,8	8-14,4
Mental Preparation	16,81-20	13,6-16,8	10,4-13,6	7,19-10,40	4-7,19
The Importance of Teams	25,2-30	20,4-25,2	15,6-20,4	10,8-15,6	6-10,8
Concentration	20,9-27,9	16,9-20,9	13,0-16,9	9,0-13,0	5-9,00

The data obtained was analyzed according to the criteria table to obtain the psychological condition of each North Sumatra PON athlete which will be prepared for the next PON for further interpretation by researchers.

RESULTS AND DISCUSSION

The psychological profile is the inherent psychological aspects that become the athlete's character and influence the athlete's success and performance which consists of aspects; motivation, self-confidence, concentration, anxiety control, mental preparation and team attention. In a more specific scope, the author states that the psychological profile of North Sumatra PON athletes is a keyword in efforts to

prepare North Sumatra PON athletes for the XXI Aceh-North Sumatra PON in 2024. Based on the results of data collection, the individual mean value of North Sumatra PON athletes was obtained to be adjusted to suit table of criteria for psychological aspects that have been determined. Each individual athlete will receive category results for each item so that the frequency of each psychological aspect will be known which will be presented in graph 1.



Graph 1. Psychological Profile of North Sumatra PON Athletes

Based on graph 1, the motivation of north sumatra PON athletes received a mean score of 33.6, indicating a "very good" condition. These results are reflected in 87 athletes in very good condition, and 14 athletes in good condition, with a percentage of 100% of athletes being on the top line. As motivation plays a very important role in athletes' achievements in any sport. Three characteristics of swimming athletes who have high achievements are: (1) motivation to achieve, (2) hope and (3) optimism. These swimmers therefore strive to achieve quality-driven goals, and they are meticulous and committed to their sport. Therefore, the need to demonstrate one's level of competence to others appears to be a strong source of motivation for elite athletes (Jannah et al, 2019). This finding is also in line with several studies where motivation contributes to athlete performance (Muskanan, 2020). Athletes with excellent motivation will work hard in completing tasks, have discipline in training, and do not depend on other people, have maturity in their personality (Rahayu et al, 2018). These results are a record that must be maintained by all management and all athletes.

The self-confidence of north sumatra PON athletes shows good condition with details of the frequency of 18 athletes in very good condition, 38 athletes in good condition, 35 athletes in fairly good condition, 10 athletes in poor condition, and no athletes in very poor

condition. So with a total percentage of 55.4% of athletes are on the top line. Individuals who have high self-confidence will find it easier to control themselves in any situation, be calm in carrying out actions, and find it easier to focus attention (Weinberg et al, 2021). It was further explained that individuals tend to direct their actions towards goals that are quite challenging, and are not easily frustrated in achieving their goals. One of the most consistent findings in the peak performance literature is the direct correlation between high levels of self-confidence and successful sports performance. On the other hand, there were 10 athletes with a percentage of 9% who were in poor condition.

Anxiety control and concentration of North Sumatra PON athletes received the lowest scores, both were in "pretty good" condition. Anxiety control is the athlete's ability to control feelings of anxiety both from within the athlete and from the environment they face so as not to feel too much anxiety so that it can be managed and used as an alert for athletes and improve the athlete's performance. It can be seen from the aspect of anxiety control that the frequency of athletes in poor condition was 23 athletes, and 5 athletes in very poor condition. It was found that 28% of athletes were in below-line conditions. Instrument identification shows that a number of athletes feel competitive state anxiety, namely anxiety that arises because of a specific situation

which is a response to a threatening competitive situation in the match or tournament they will face. Meanwhile, in the aspect of concentration, the frequency of athletes in poor condition was 15 athletes and 2 athletes in very poor condition. A percentage of 16.8% of athletes contribute to the bottom line. Concentration is defined as focused attention on an object for a certain period of time. Athletes who focus with full concentration on the task and are not distracted or influenced by external or internal stimuli (Komarudin, 2018).

Mental preparation with a mean value of 14.07 is in "good" condition. The frequency of athletes in very good condition was 24 athletes, and 37 athletes in good condition. It was found that a percentage of 60.4% of athletes were on the top line. However, it should be noted, there is a percentage of 13% of athletes who are at the bottom line. Mental preparation is an athlete's planning in all cognitive, emotional and behavioral aspects used to obtain optimal performance and psychological readiness in competition and training. Mental preparation is important before, during and after facing a competition. Mental planning used before competition can optimize psychological readiness (self-confidence, self-control, concentration) and emotional regulation (anxiety, arousal, aggression). The research results stated that there was a significant influence between mental training on improving athletes' performance (Kar et al, 2020). Furthermore, mental training (imagery, goal setting, self-talk, and relaxation) is effective for athlete success

(Sadeghi et al, 2020). Furthermore, 44 percent of athletes explained that performance was determined by the application of mental preparation strategies and techniques (Komarudin, 2018). Mental preparation is not only important for performance during competition but is equally important for training.

The importance of a team with a mean score of 21.5 is in "good" condition. The frequency of athletes in very good condition was 8 athletes, and 55 athletes in good condition. It was found that a percentage of 62.4% of athletes were on the top line. Basically, every athlete is a member of a certain sports association who regularly carries out training activities and competitions. In this team, each athlete gains experiences, both knowledge and sports skills. When talking about teams, the importance of teams cannot be separated. A team is a group of people who must communicate from one member to another to obtain a set common goal (Weinberg et al, 2021). The importance of the team in this article is an action carried out by athletes which prioritizes the process of unity and togetherness so as to enable the team to work well and effectively.

The wide physical and mental demands of performance sports require athletes to better understand their psychological profile towards PON XXI Aceh-North Sumatra in 2024. Coach skills in improving athletes' psychological skills. Not only focused on athletes, coaches must have various skills to develop and improve athletes' psychological skills to obtain maximum results in

competitions (Arthur et al., 2019). The results show that in general the athletes are in good psychological condition, but some aspects are still in poor condition, such as aspects of anxiety control and concentration which have a percentage of 28% and 16.8% on the bottom line, as well as 12.8% on the aspect of mental preparation. The bottom line referred to in this research shows conditions between poor and very poor, while the top line shows conditions between very good and good. This must be the focus of attention of all stakeholders who help improve athlete performance, especially coaches. These results can be an illustration as well as input for coaches to know the psychological profile of North Sumatra PON athletes so that they can provide interventions that can improve the athlete's psychological profile. Preparations for the XXI Aceh-North Sumatra PON in 2024 require psychological intervention according to the athlete's needs which will have a positive impact on their performance. Apart from that, to pay attention to all sectors in the athlete environment to fulfill the basic psychological needs of athletes as a basis for athlete psychological development (Bedir et al., 2018). Various studies show the importance of athletes' psychological aspects in improving performance and performance with certain psychological interventions (Setyawati, 2019; Zakrajsek & Blanton, 2017; Kahrovic, Radenkovic, Mavric, & Muric, 2019).

CONCLUSION

The psychological profile of North Sumatra PON athletes heading into XXI Aceh-North Sumatra PON 2024 is generally in good condition. Motivation is the highest psychological aspect with very good conditions with a percentage of 100% on the top line. Self-confidence, mental preparation, and the importance of the team being in good condition each account for 55.4%, 60.4%, and 62.4% of the top line. Meanwhile, the lowest psychological profile was in the aspects of anxiety control and concentration with fairly good conditions, with percentages of 43.5% and 52% respectively being on the top line, while 28% and 16.8% of athletes were on the bottom line. So this result is a serious concern for all stakeholders who will make the XXI Aceh-North Sumatra PON a success in 2024 as host and achieve brilliant achievements in 2024.

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