



**The Role of Parents and Coaches on Concentration and Confidence Levels During
Matches for Novice Badminton Athletes in The City of Semarang**

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Abstract

This study aims to analyze the role of parents and coaches towards novice athletes in Semarang City. The research method used in this study is a quantitative approach with a descriptive correlational method. The research subjects used in this study were novice athletes in Semarang City. Data collection by observation, questionnaire, and documentation. Quantitative data analysis consists of normality tests, and hypothesis testing using SPSS version 25 software. In the Parental Role variable, the minimum value obtained is 109.00, the maximum value is 163.00 and the average value is 123.92 with a standard deviation of 13.14. The results of the descriptive analysis test of the Role of the Coach variable showed that the minimum value was 100.00, the maximum value was 177.00 and the average was 123.45 with a standard deviation of 12.98. Furthermore, the results of descriptive analysis of the Concentration variable obtained a minimum value of 5.00, a maximum value of 26.00 and an average of 11.81 with a standard deviation of 5.18. The results of the descriptive analysis of the Self-Confidence variable showed a minimum value of 104.00, a maximum value of 163.00 and an average of 126.65 with a standard deviation of 13.61. There is a significant relationship between the role of parents and coaches on the concentration and self-confidence of athletes both partially and simultaneously. This research may still have limitations so that suggestions for future researchers can expand the variables to be studied.

How to Cite

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INTRODUCTION

Badminton is one of the most popular sports in Indonesia and around the world. This game uses a racket as a hitting tool and shuttlecock as a hitting object, can be played on closed and open fields. This game is individualized which can be played by one person against one person or two opponents, can be played by men and women can also be played by mixed couples. The goal of the badminton game is to drop the shuttlecock in the opponent's field area by passing over the net to get points (Yane et al., 2022).

Badminton requires a variety of complex movement abilities and skills. Badminton is also a competitive sport that requires explosive movements, many movements to run fast, stop suddenly, then immediately move again, jump to smash, turn the body quickly, reflexes, speed to change direction, and body balance. In this case the badminton game has the goal that a player tries to prevent the opponent from hitting the shuttlecock and falling within his own playing area (Kamaruddin et al., 2020).

Concentration is a state where a person's consciousness is focused on a particular object at a certain time. Concentration is the concentration of the mind on a particular object (Agustina & Priambodo, 2017). Concentration has the characteristics of focusing on a relevant object, maintaining focus of attention for a long time, increasing focus of attention if needed and having awareness of the situation.

Disruption of concentration can have a very fatal impact on athletes due to decreased performance in the field (Zuhri, 2019). Athletes whose concentration decreases become less accurate, so they cannot hit the target. Badminton players must have a focus on concentration on themselves and their game to maintain accurate control of each stroke. relevant and ignore distractors that can interfere with concentration. The problem that most often arises due to disruption of concentration is reduced accuracy of the shot, so that it does not hit the target.

Self-confidence in general is an important part of one's personality characteristics that can facilitate one's life (Nisa & Jannah, 2021). Every athlete must build self-confidence to excel in their sport. When an athlete gains self-confidence, he is able to overcome obstacles and achieve his goals. According to Williams et al. (2015), self-confidence is the most important determinant in athletic performance, and this makes sense. With confidence, an athlete can develop positive feelings, increase attention, and exert more effort to

do better in sports. In the sports arena, athletes face a variety of stressful situations, which come from a variety of sources. These can include environmental factors related to competitive performance, such as participation in major competitions, rivalry with opponents, media attention, unsatisfactory refereeing, unfavorable weather conditions, or performance declines (Tossici et al., 2024). Lack of self-confidence in athletes will not support the achievement of high achievement (Nisa & Jannah, 2021).

Based on a preliminary study conducted by researchers on February 17, 2025 against beginner badminton athletes in Semarang City by observing during the match. The role of parents as agents of character and mental formation of children is a key aspect in the development of beginner badminton athletes. Competence Motivation Theory (CMT) states that individuals' perceptions of their abilities in any domain of achievement are a key component of their motivation to perform in that domain. In the sporting arena, athletes face a variety of stressful situations, which come from a variety of sources.

Studies show that parental sports role modeling, positive feedback on children's sports performance, and belief in children's sports ability can significantly influence children's perception of their ability (Gao et al., 2023). The role of the coach is equally important. Coaches are not only responsible for the technical training of athletes, but also play a role in guiding psychological aspects, including concentration and confidence. By giving clear instructions, providing constructive feedback, and teaching strategies to manage the pressure of competition, coaches can help improve athletes' performance during matches.

Semarang City was chosen as the research location because it is a significant center of badminton activity in Indonesia. Initial observations related to the concentration of novice badminton athletes in Semarang City are in the lacking category, where they easily lose concentration when they feel tired and anxious. The percentage of athletes in the Moderate Good category is 10%, the Lack category is 70%, and the Very Lack category is 20%. Based on the existing data, this research was made to find out how the role of parents and coaches on concentration and self-confidence levels during matches for beginner badminton athletes in Semarang City.

METHODS

The research method used in this study is a quantitative approach with a descriptive correla-

tional method. The sample used was novice athletes who competed in the Semarang City Championship totaling 126 people with a distribution of basic beginners, intermediate beginners, and main beginners.

The instruments used in this study were the Concentration of thinking test, parental support, and coach support for novice athletes aged 13-14 years. Data collection using questionnaires and documentation. Data analysis techniques use correlation, including prerequisite tests of normality and homogeneity analysis and hypothesis testing.

The research procedure measures the level of concentration of thinking by means of athletes being asked to sort the numbers 00-99 that have been randomized for 1 minute, besides that, novice athletes are also asked to fill out a questionnaire concerning parental and coach support.

RESULTS AND DISCUSSION

The Role of Parents on Athlete Concentration

Referring to the results of research on the relationship between the role of parents and the concentration of beginner badminton athletes in Semarang City, statistical analysis was carried out resulting in the conclusion that there was a relationship between the two of 17.8%.

Parents should act as the frontline for their children in various aspects. The fulfillment of emotional needs is no exception. This can be physical or verbal, especially during a match. When a child experiences various pressures at once, the mind will be distracted so that concentration on the match is disrupted. The indecision and anxiety that arise affect the athlete's decisions regarding tactics, techniques, strategies and others. This often leads to a decrease in the athlete's performance as well as spontaneity in the match. Research by Hartley and Phelps (2012) explained that high anxiety can interfere with information processing and reduce the ability to make the right decisions.

Concentration is the athlete's ability to maintain the focus of his or her attention in a relevant competition environment (Sari. et. al, 2017). In competition, athletes often need judgment from other points of view as a reference because tension makes it difficult for individuals to pay attention to details. Command becomes a kind of direction or advice.

The Coach's Roles on Athlete Concentration

The contribution of the coach's role to athlete concentration show that the coach contrib-

utes to the variation in concentration experienced in athletes, a change in the coach's role is associated with an 18.7% change in athletes' concentration.

The concentration factor in sports, often does not receive serious attention by coaches, even though the role of concentration is very important in all sports (Bastug et al, 2017). Intrinsic distractions such as thoughts of past and future events, physiological distractions, fatigue, low motivation, while extrinsic distractions such as loud noises, and competing opponents (Nusufi, 2016).

Coaches also play a role in helping athletes to stay focused on the present and not be influenced by previous mistakes or successes. In badminton matches, in a short period of time the atmosphere of the game can provide pressure that affects the athlete's confidence in facing the opponent and the atmosphere of the court. The coach's reaction is one of the factors in the athlete's confidence and its development over time.

In the competitive world of badminton, concentration is a determining factor in the success of an athlete. Unstable levels of concentration or attention will affect the quality of the techniques to be performed (Septiyanto & Suharyana, 2017). The demands for success and good performance are focused on in a short time. The demands that athletes receive when in a match are generally bifurcated into two, namely physical and mental. In most findings in research related to the reality on the field, the inner or psychological aspects have a greater influence on athletes. (Setiawan et. al., 2020).

On the coach's side, the degree to which the athlete's potential has been maximized does not guarantee his success against the opponent. The management of consciousness determines the level of concentration on the target so that the accuracy of performance is reduced. So the role of the coach is not only limited to improving technical and physical skills, but also to developing the mental aspects of athletes, including the ability to concentrate.

Coaches who understand athletes' individual characteristics and needs can tailor training programs and coaching strategies to maximize athletes' concentration potential. In addition, coaches also play a role in helping athletes identify and overcome internal and external factors that can interfere with concentration, such as negative thoughts or distractions from the audience. The coach's role in a match, in this case, becomes a source of stimulus for the spontaneity of athletes' strategies through verbal direction.

Thus, the role of the coach in fostering, maintaining, and assisting the concentration of badminton athletes is an important factor in achieving optimal performance and winning.

The Role of Parents and Coach on Concentration

The roles of parents and coaches contributed to the variation in concentration experienced in athletes, changes in the roles of parents and coaches were associated with a 30.7% change in athletes' concentration.

Synergy between parents and coaches in facilitating athletes to develop their potential is necessary to achieve athlete success when competing. By creating an optimal environment and atmosphere, mental management such as emotions, stress and concentration of athletes become more focused under the pressure of competition. When parents and coaches work together to provide consistent and coordinated support, athletes feel more secure and confident, which allows them to focus their full energy and attention on the game.

Open and respectful communication between parents, coaches and athletes is also important to ensure that athletes' needs and expectations are well met, thus minimizing distractions and improving their concentration ability.

The Role of Parents on Athlete Self-Confidence

Based on the result the role of parents on athletes' confidence levels show that parental role contributed to the variation in self-confidence experienced in athletes, a change in parental role was associated with a 23.7% change in athletes' self-confidence level.

The role of parents has a significant impact on the confidence of badminton athletes. Especially in stressful match situations. Emotional support such as providing encouragement, motivation, and confidence to children, can increase athletes' confidence before, during, and after the match. When athletes feel supported by their parents, they tend to have higher levels of self-confidence, which in turn can improve their performance on the court.

Self-confidence can affect the emotional nature, feelings and imagination of an athlete (Komarudin, 2013). It is important for parents to provide positive and constructive support, without exerting excessive pressure or unrealistic expectations, as this can actually decrease athletes' self-confidence. Positive, constructive and supportive communication can help athletes feel more confident and able to overcome the chal-

lenges they face. Conversely, poor communication patterns, such as excessive criticism or unrealistic pressure, can lower an athlete's confidence and even lead to excessive stress and anxiety.

When athletes see that their parents care and are interested in what they are doing during a training routine or otherwise, they feel more valued and motivated, which in turn can boost confidence. However, it is important for parents to maintain a balance and not overly dominate or interfere with athletes' training and competition processes. Therefore, it is important to consider this aspect in an effort to increase the confidence of badminton athletes in Semarang City.

The Coach's Roles on Athlete Self-Confidence

The role of the coach contributed to the variation in self-confidence experienced in athletes, a change in the coach's role was associated with an 18.3% change in athletes' concentration.

The coach's reaction is one of the factors in achieving athlete confidence and its development over time. Maintaining confidence in athletes will support performance both pre-competition, during competition, post-competition and in the next match. And achievement is proof of an athlete's success and self-confidence is one of the factors that support it (Sin, T. H, 2017)

In this study, there is evidence of a positive correlation between the role of the coach and athlete confidence. Athletes who lack confidence need extra encouragement and motivation. In post-match cases, for example, coaches play a role in helping athletes overcome failure and turn it into a positive and constructive learning experience. By allowing the athlete to experience a positive state of mind, the coach helps increase the athlete's belief in their own abilities.

Athletes' self-confidence and psychological well-being are of great concern to coaches who want to foster positive and impactful relationships. Coaches also contribute greatly in avoiding negative thoughts or doubts that can damage athletes' self-confidence. So that it becomes one of the crucial factors in achieving the athlete's peak performance in the match.

The Role of Parents and Coach on Self-Confidence

Based on the result, the role of parents and coaches contributes to the variation in the level of self-confidence experienced in athletes, a change in the role of parents and coaches is associated with a 35.6% change in athletes' self-confidence.

Optimal self-confidence allows athletes to perform optimally, cope with pressure, and make the right decisions in competitive situations.

Proper support from parents and coaches can create a conducive environment for athletes to develop and maintain their confidence, even under the high pressure of competition. Conversely, lack of support or excessive pressure can undermine athletes' confidence and hinder their performance.

The role of parents in boosting athletes' confidence during competition often focuses on emotional support and validation. Athletes feel freer to focus on the game and bring out their best without fear of disappointing parental expectations and judgment. On the other hand, coaches play a role in building athletes' confidence through thorough technical, tactical, and mental preparation. Coaches also play a role in building athletes' confidence through constructive feedback, recognition of progress, and realistic match simulations.

So, the synergy between the role of parents and coaches must be in line to continue to work together in providing consistent and coordinated support. So that athletes feel more secure and confident. However, it is important to remember that each athlete has different needs and preferences when it comes to support from parents and coaches.

Some athletes may feel motivated by a strong drive, while others need more space and independence. Therefore, parents and coaches need to be sensitive to the athlete's individual needs and tailor the approach to the athlete's characteristics.

CONCLUSION

Based on the results of research and discussion of behavioral support from parents and coaches on concentration and confidence level during matches for beginner badminton athletes in Semarang city, it can be concluded that there is a significant relationship between the role of parents and coaches on the concentration and self-confidence of athlete both partially and simultaneously. It can be stated that there is an influence between the two, characterized by an increase in concentration and self-confidence of athletes during the match.

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