



Relationship between Growth Mindset and Emotion Management of Pencak Silat Athletes

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Abstract

In martial arts sports such as pencak silat, physical, technical and mental abilities are required, but often the mentality of athletes is not considered very important by coaches. Pencak silat athletes are often faced with the pressures of competition, failure and stress that affect emotional stability. Growth mindset is believed to influence the way athletes deal with these challenges. This mindset encourages individuals to believe that abilities can be developed through effort and learning so that they have a positive impact on emotional management. The research method used is quantitative with a correlational approach. The instruments used in the study were a growth mindset scale and an emotion management scale given once to the sample. After the data was obtained, data analysis was carried out using the SPSS Version 26 correlation test. The results of this study indicate that there is a significant relationship between growth mindset and the level of self-confidence in pencak silat athletes. Athletes who have a higher growth mindset tend to have better self-confidence in facing challenges and pressures when competing. This is in line with previous findings which state that structured pencak silat training not only improves physical skills, but also strengthens mental and emotional aspects, and can increase athlete confidence. This study concludes that growth mindset and emotional management of Pencak Silat athletes in the preparation stage have a relationship between each other, where growth mindset affects the level of emotional management of Pencak Silat athletes. The findings confirm that psychological aspects, particularly growth mindset, play an important role in managing anxiety and supporting athletes' performance in the training or competition arena.

How to Cite

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INTRODUCTION

In the world of sports, especially in the pencak silat branch, the success of an athlete is not only determined by physical abilities and qualified martial arts techniques, but also by supporting mental and emotional factors (Fadhillah, 2024). Pencak silat, as one of the traditional martial arts rich in philosophical values, requires its athletes to not only master physical movements, but also have strong emotional and mental maturity. This is because pencak silat athletes are often faced with stressful competitive situations, both in training and when competing (Sudirjo & Alif, 2018). The ability to manage emotions, such as controlling anxiety, fear, or frustration, is crucial in achieving optimal performance (Mizan & Uce, 2025). One of the psychological concepts that has received increasing attention in the context of sports is growth mindset. proposed by Carol Dweck, growth mindset refers to the belief that abilities, intelligence, and talents can be developed through effort, learning, and perseverance (Dwihandaka et al., 2025).

Individuals with a growth mindset tend to see challenges as opportunities to grow, failure as part of the learning process, and criticism as constructive feedback (Rizal, 2023). Mindset is believed to influence how athletes respond to pressure, manage emotions, and maintain motivation in the face of competitive sport dynamics (Alficandra et al., 2024). In pencak silat athletes, who are often faced with situations that demand calmness, focus, and mental resilience, growth mindset can be an important factor in managing emotions (Alkatiri & Susilarini, 2025). When facing defeat or mistakes in a match, athletes with a growth mindset tend to be more able to get up and learn from the experience, not getting stuck in negative emotions such as shame or despair. This mindset can also help athletes deal with pressure from coaches, spectators, or from themselves (Dalimunthe, 2024).

One approach that can help athletes in managing emotions is "Growth Mindset" or what is commonly called a growth mindset, referring to the belief that a person's abilities and intelligence can be improved through effort, learning, and perseverance (Fatimah & Imsa, 2023). Athletes who have a growth mindset tend to be more open to challenges, more able to learn from failure, and more resilient in the face of pressure (Adelina et al., 2023). The application of Growth Mindset can help athletes to not only focus on the end result, but also on the process of learning and self-development. Athletes can more easily overcome

anxiety, frustration, or pressure that arises during training or competition (Nisa & Jannah, 2021). In addition, good emotional management also contributes to improving athlete performance. This not only increases self-confidence, but also allows athletes to perform more optimally in the arena (Adi et al., 2024).

This article aims to explore the relationship between growth mindset and emotion management in pencak silat athletes. By understanding how growth mindset can influence athletes' ability to manage emotions, it is hoped that effective strategies can be found to improve athletes' performance and mental resilience (Parawansa et al., 2023). In addition, this article will also discuss the practical implications of applying a growth mindset in training and coaching pencak silat athletes, so that it can be a reference for coaches, sports psychologists, and related parties who develop athlete potential holistically (Candra et al., 2025). This study uses a correlational research design that aims to identify the relationship between two variables without determining the cause and effect of the research. The data collected is then analyzed using statistical data to see the relationship between the two variables.

This research will answer questions such as How is the description of growth mindset in pencak silat athletes, How is the description of the level of self-confidence of pencak silat athletes, And is there a significant relationship between growth mindset and the level of self-confidence of pencak silat athletes. The findings of this study are expected to be the basis for coaches and sports psychologists in designing effective mental training programs to increase athlete confidence through growth mindset. The purpose of this study was to determine and analyze the relationship between growth mindset and the level of self-confidence in pencak silat athletes. This study illustrates the extent to which pencak silat athletes have a growth mindset and how their level of confidence in facing challenges and competitions. In addition, this study also aims to identify whether there is a significant relationship between growth mindset and self-confidence in pencak silat athletes. The novelty of this study lies in the focus that examines the psychological relationship between growth mindset and self-confidence specifically in martial arts athletes. While there is much research on growth mindset and self-confidence in general, this study offers a novel contribution by examining a population of pencak silat athletes, a traditional sport with unique characteristics and challenges.

METHODS

In this study, the researcher used a quantitative method with a correlational design to identify the relationship between two variables without determining the cause and effect of the study. The sample in this study used a total sampling technique from the population, so the number of samples used in this study was 30 PAMUR Jakarta athletes. The instruments used consisted of 2 scales, namely the Growth Mindset Scale (GMS) (Herdian et al., 2024) and the Emotional Regulation Questionnaire (ERQ) (Radde et al., 2021) which were given once to the sample. The data obtained were analyzed using statistical data to determine the relationship between growth mindset and emotional management. The research analysis was carried out using SPSS version 26.

RESULTS AND DISCUSSION

The author presents the research data in the form of tables and figures to make it easier to understand,

Table 1. Statistical Data

Variable	N	Min	Max	Sum	Mean	Std. Deviation
Growth Mindset	30	15	34	762	25.40	4.328
Management Emotion	30	15	33	667	22.23	4.023

Table 1, presents a statistical description of the two variables, namely growth mindset and emotion management, consisting of 30 samples. The growth mindset variable has a lowest value of 15, a highest value of 34, a total value of 762, an average value of 25.40, and a standard deviation value of 4.328. And the emotional management value has the lowest value of 15, the highest value of 33, the total value of 667, the average value of 22.23, and the standard deviation value of 4.023. Based on the results of the statistical description presented in **Table 1**, it can be concluded that the growth mindset variable in the research sample shows a fairly high average, which is 25.40, with the lowest value of 15 and the highest value of 34. The data variation on growth mindset is also classified as moderate, as indicated by a standard deviation of 4.328. This indicates that most respondents have a fairly good growth mindset. This illustrates that the respondents have a fairly consistent and stable level of growth mindset and emotion management. These findings provide a

strong foundation to continue further analysis of the relationship between growth mindset and emotion management, as well as possible implications in the context of individual psychological development.

Table results of the normality test using the Shapiro-Wil Test. Based on the test results, it is known that the test statistical value of self-confidence is .947 with a significant value of .410 > .05, indicating a normal distribution. Similarly, anxiety has a statistical value of 0.980 with a significant value of .955 > .05 also shows a normal distribution.

Based on the results of hypothesis testing, the Pearson Correlation value is .371 with a significance value (Sig. 2-tailed) of .044 and a sample size of 30 people. These results indicate a significant positive relationship between growth mindset and emotional management in martial arts athletes. This means that the higher the level of growth mindset that athletes have, the better their ability to manage emotions, especially in the face of competitive pressure. With a significance value smaller than .05, it can be concluded that growth mindset plays an important role in supporting athletes' effective management of emotions.

The results showed a significant relationship between growth mindset and emotional management skills in martial arts athletes. Athletes who have a growth mindset tend to believe that their abilities and performance can develop through effort, practice, and learning from failure (Alficanra et al., 2024). This belief forms a mental attitude that is more open and adaptive, so that it is better able to withstand emotional pressure. arise during training and competition (Fletcher & Sarkar, 2016; Munawaroh & Mashudi, 2018). Sports psychologists explain that a growth mindset influences how athletes respond to mistakes or defeat (Komarudin et al., 2024; Pratama & Utami, 2024). Athletes with a growth mindset tend to see mistakes as learning opportunities, not as complete failures (Dalimunthe, 2024). This makes them better able to manage negative emotions such as frustration, anger, or disappointment constructively. In contrast, athletes with a fixed mindset tend to have difficulty controlling their emotions, because they view defeat as evidence of their limited abilities. In addition, a growth mindset also supports the development of emotion management through increased self-awareness (Brady & Alleyne, 2017; Cleven et al., 2023).

Pencak silat athletes who understand that

their emotional reactions can be trained and improved will be more motivated to practice emotion management techniques such as breathing, visualization, or positive self-talk (Sari et al., 2024). This attitude makes them more mentally prepared when facing pressing opponents, unexpected match situations, or pre-match tension. In the context of pencak silat, which demands a balance between aggressiveness and self-control, emotional management is crucial. Uncontrolled emotions can affect techniques, strategies, and even cause violations in a match (Mylsidayu, 2022). Therefore, growth mindset is an important foundation for the formation of effective emotional control (Sari et al., 2024).

Athletes who are confident in their potential tend to be more emotionally stable and have a higher fighting spirit on the mat. Thus, strengthening the growth mindset can be said to be a strategic step in improving the emotional management skills of martial arts athletes. Psychological training programs that focus on mindset development, learning motivation, and self-reflection need to be an integral part of the athlete coaching system. Collaboration between coaches and sports psychologists in forming a growth mindset will help athletes not only excel in physical abilities, but also mature emotionally and mentally.

CONCLUSION

This study concludes that growth mindset and emotional management of Pencak Silat athletes in the preparation stage have a relationship between each other, where growth mindset affects the level of emotional management of Pencak Silat athletes. The findings confirm that psychological aspects, particularly growth mindset, play an important role in managing anxiety and supporting athletes' performance in the training or competition arena. Therefore, coaches and athletes are advised to apply psychological strategies to implement a growth mindset in managing the emotions of pencak silat athletes.

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