



Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City

Dinda Lestari^{1✉}, Dani Nur Riyadi², Aridhotul Haqiyah³

Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi, Indonesia¹²³

Article History

Received October 2025
Accepted October 2025
Published Vol.14 No.(3) 2025

Keywords:

Mental Toughness; Self
Confidence; Bekasi
City KONI Athletes

Abstract

This study aims to determine the level of mental toughness and self-confidence in athletes among athletes of the Indonesian National Sports Committee (KONI) Bekasi City in preparation for the qualifying round of the West Java Provincial Sports Week (PORPROV XV) 2025. This study used a quantitative approach involving 140 athletes consisting of pre-teen, teen, and adult categories. Data were obtained through the Sport Mental Toughness Questionnaire (SMTQ) consisting of 14 valid items to measure mental toughness, and a self-confidence questionnaire consisting of 15 valid items. The results showed that in the self-confidence dimension of mental toughness, 140 athletes (100.00%) were classified as high, while 0 athletes (0.00%) were classified as low. In the control dimension, 109 athletes (77.86%) were classified as high, while 31 athletes (22.14%) were classified as low. In the consistency dimension, 131 athletes (93.57%) were classified as high, and 9 athletes (6.43%) were classified as low. Meanwhile, in terms of self-confidence, the indicators showed high categories for optimism (136 athletes, 97.14%), rationality (128 athletes, 91.43%), responsibility (120 athletes, 85.71%), belief in self-ability (104 athletes, 74.29%), and objectivity (80 athletes, 57.14%). As for the low category, the objectivity indicator recorded the highest number (60 athletes, 42.86%), followed by belief in self-ability (36 athletes, 25.17%), responsibility (20 athletes, 14.29%), rationality (12 athletes, 8.57%), and optimism (4 athletes, 2.86%). Overall, all dimensions of mental toughness and self-confidence of the athletes showed a high category, seen from the dominance of the high category in all dimensions measured. This finding indicates that the athletes have good psychological readiness in facing PORPROV XV 2025.

How to Cite

Lestari, D., Riyadi, D. N., & Haqiyah, A. (2025). Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City. *Journal of Physical Education, Sport, Health and Recreation*, 14 (3), 1106-1112.

© 2025 Universitas Negeri Semarang

✉ Correspondence address :
E-mail: dindaalstr10@gmail.com

INTRODUCTION

Sport plays a very important role in national development, not only as a way to improve public health and fitness, but also as a measure of success in building competitive human resources. The Bekasi City Indonesian National Sports Committee (KONI) is tasked with assisting and developing the talents of athletes in Bekasi City so that they can excel at the regional, national and international levels. The West Java XV Provincial Sports Week (PORPROV) 2025 is an important cross-branch sports competition for Bekasi City athletes to show their best abilities and win medals. The qualification stage is very important because only athletes who pass the selection can appear at PORPROV. In addition, Bekasi City will host the West Java XV PORPROV in 2025, which is a great opportunity to improve sports achievements in Bekasi City. In addition to good physical abilities and mastery of qualified techniques, psychological factors also have an important role in determining athlete performance.

Motivation in achieving goals, the ability to maintain focus, emotional control, mental resilience, and self-confidence are psychological aspects that are interrelated and have a significant influence on the overall performance of athletes. Optimal mental condition is the main foundation for athletes in facing competitive pressure and achieving maximum results (Weinberg & Gould, 2023). An athlete's peak performance does not only depend on physical, technical, and tactical abilities, but is also determined by mature mental preparedness (Tangkudung et al., 2022). According to (Jones et al., 2007) emphasize that mental toughness is a psychological characteristic that distinguishes high-achieving athletes from athletes in general. In Indonesia, efforts to develop and nurture sports are a strategic priority in order to improve the competitiveness of athletes at the national and international levels.

The success of athletes in achieving achievement is not only determined by physical and technical abilities, but also by mental readiness which plays an important role in maintaining performance when facing competition pressure (Wolter et al., 2021). Athletes who take part in competitions often experience various pressures, such as often feeling anxious and paying attention to the name and experience level of the opponent.

This affects the athlete's psychology, leading to self-doubt. Mental toughness can be interpreted as a multifunctional ability, which helps a person overcome pressure, anxiety, and various

challenges in order to continue to show their best performance continuously (Gucciardi et al., 2015). When an athlete does not have a strong mentality, such as the ability to control emotions, high commitment, ability to face challenges, and self-confidence, he will feel enormous pressure. Uncertainty about results and fear of failure can make his confidence diminish, without strong mental abilities, bad experiences such as losing or small mistakes can make self-doubt increase and prevent athletes from getting up and showing their best abilities (Cowden et al., 2017).

According to (Sheard et al., 2009), mental resilience consists of three main components, namely self-confidence, endurance, and self-control. Self-confidence reflects an individual's belief in their ability to achieve goals and sporting achievements. Endurance refers to an athlete's ability to remain committed, focused, and not give up easily when facing challenges during training and competition. Meanwhile, self-control describes an athlete's ability to remain calm, stable, and able to manage their emotions when facing difficult or unpleasant situations. Athletes with high levels of mental toughness are able to control negative emotions and demonstrate better preparedness in dealing with pressure, including anxiety during competition (Bisri et al., 2022). Mental toughness plays an important role in helping athletes persevere in the face of various obstacles, difficulties, and competitive pressures by reducing anxiety levels and increasing performance stability (Raynadi et al., 2017). Furthermore, mental toughness is not a fixed trait, but rather one that can be developed and strengthened through experience and continuous training, so that over time, athletes' mental resilience will increase (Syah & Jannah, 2021).

As a result of these conditions, student athletes experienced a decline in self-confidence, which affected their ability to perform optimally (Prawitama & Aulia, 2020) emphasized that self-confidence is a fundamental aspect that every athlete must have, as it is a major factor in achieving success. This development program is carried out by a team consisting of a project manager and a trial team, with a vision to encourage student athletes to be able to show their best performance in every competition. Self-confidence arises when individuals are aware of the importance of every decision made and the responsibility to carry it out sincerely. In addition, self-confidence is formed through an individual's perseverance and consistency in acting until the expected goals are achieved (Kadek Suhardita, 2011).

Based on interviews with several coaches,

mental toughness affects athletes' self-confidence, which is central to achieving good results in sport. High self-confidence can boost athletes' morale and mental readiness when facing challenges in competition. Therefore, this survey is important to find out the real relationship between these two things.

This study aims to identify and analyze the relationship between mental resilience and self-confidence among athletes affiliated with KONI Bekasi City in facing the 2025 West Java Provincial Sports Week XV qualification round. The findings of this study are expected to serve as a basis for the development of more effective psychological training programs to support the improvement of athletes' performance and mental readiness.

Based on the findings of research conducted by (Nisa & Jannah, 2021), it is known that self-confidence has a significant influence on mental resilience in student athletes in martial arts. An increase in self-confidence is directly proportional to an increase in the mental resilience of athletes, and vice versa. These results are in line with research conducted by (Retnoningsasy, 2020) which shows that mental resilience has a negative relationship with the level of competitive anxiety in badminton athletes at Surabaya State University. This means that the higher the mental resilience of athletes, the lower the level of anxiety they feel during competition.

The novelty of this research lies in its emphasis on athletes from various age levels (pre-adolescent, adolescent, and adult), as well as the use and validation of the adapted SMTQ questionnaire to measure key aspects of mental toughness, such as self-confidence, optimism, self-control, and objectivity. Furthermore, this research also designed an integrated self-confidence measurement tool.

METHODS

This study uses a quantitative approach, because the data collected consists of responses from respondents which are then analyzed in the form of data tabulation (Kusumawati, 2015). Data collection was carried out by distributing questionnaires containing a number of questions that had to be answered by the athletes. The data obtained was then analyzed using SPSS version 23 software to obtain accurate and measurable results. The data collection process was carried out during the competition. The population in this study consisted of athletes who were members

of KONI Bekasi City and participated in competitions. The sampling technique used was purposive sampling, which is a method of selecting samples based on specific criteria and considerations (Sugiyono, 2019). This study involved three groups of subjects: pre-adolescent, adolescent, and adult/general categories. The data show that there were 32 pre-adolescent athletes, 58 adolescent athletes, and 50 adult/general athletes. These results indicate that the adolescent group had the highest number of participants. The research subjects focused on athletes in the pre-adolescent, adolescent, and adult/general categories.

Data measurement was carried out with the Sports Mental Toughness Questionnaire (SMTQ) instrument by (Sheard et al., 2009) which consists of 14 questions. then consulted with experts to ensure the suitability and accuracy of the instruments used in this study. The questionnaire includes mental toughness, sub-indicators of self-confidence, control and consistency. And data measurement is carried out with a self-confidence instrument compiled

based on references (Muhamad Suprayitno, 2020) and adopted specifically for athletes consisting of 15 questions then consulted with experts to ensure the suitability and accuracy of the instruments used in this study. for the self-confidence questionnaire includes self-confidence, sub-indicators of confidence in one's abilities, optimistic, and objective.

Table 1. Question Indicator

Variables	Dimensions	Indicators	Item Number	
			Fav	Unfav
	Self-confidence	confidence in one's abilities, trust in one's abilities	1,3,4,6	2,5
Mental Toughness	control	able to control the match, perception of results	7	8,9,10
	consistent	organizing and obeying the coach, never giving up, determination to meet demands	11,12,14	13
Amount			14	

Table 2. Question Indicator

Variables	Indicators	Question Items	Amount
self-confidence	Confident in one's abilities	1,2	2
	Optimistic	3,4,5,6	4
	Objective	7,8	2
	Responsible	9,10,11	3
	Rational and realistic	12,13,14,15	4

to calculate the scores, the researchers employed a likert scale with four answer options consisting of fav and unfav questions

Table 3. Likert scale

Likert scale	Positive Point	Negatif Point
Strongly Agree	4	1
Agree	3	2
Disagree	2	3
Strongly Disagree	1	4

The researchers conducted validity tests on the research instruments and obtained 14 and 15 valid statements, namely when the calculated r value was \geq the table r value at a significance level of 5%. The reliability values obtained for each instrument were 0.691 and 0.781, so the instruments were declared suitable for use in the study. Before the data collection process was carried out, the researchers first obtained written approval from the organizing committee and the athletes who were the research respondents. Before distributing the questionnaires, the athletes were given an explanation of the research objectives and instructions for filling out the questionnaire. Next, the respondents were directed to scan a QR code (barcode) containing a link to the online questionnaire.

In accordance with the research objectives, data analysis was conducted by comparing the scores obtained based on psychological levels and each sub-indicator. However, before the analysis was conducted, the researchers first established assessment criteria calculated using specific formulas as a basis for data grouping and interpretation (Muhamad et al., 2022).

Table 4. Score Categories

Low	$X < M$
High	$X \geq M$

RESULTS AND DISCUSSION

Based on the results **Table 5** of the demographic table analysis, it is known that the majority of respondents are male athletes, namely 88 people (62.9%), while female athletes number 52 people (37.1%). In terms of age, most respondents were in the 16–19 age group, accounting for 55.7%, while the 20–22 and 12–15 age groups each accounted for 22.1%. Based on participation category, the senior high school/youth group dominated with 58 people (41.4%),

followed by the student/adult category with 50 people (35.7%) and junior high school with 32 people (22.9%).

In addition, most respondents had experience competing at the regional level with a percentage of 30.7%, while experience at the national, local, and international levels was 41.4%, 15.0%, and 12.9%, respectively. In terms of sports, men's soccer had the highest number of respondents at 21.4%, followed by women's soccer at 21.4%, and canoeing, weightlifting, and karate, each contributing 28.6%, 14.3%, and 14.3%. Overall, these results show that most respondents were male athletes in their late teens, came from the upper secondary school category, had competitive experience at the regional level, and were dominated by the sport of men's soccer.

Table 5. The demographic profile of athletes in this study

Demographic		Frequency	(%)
Gender	Male	88	62.9
	Female	52	37.1
Age	12 – 15 years	31	22.1
	16 – 19 years	78	55.7
	20 – 22 years	31	22.1
Max Experience	Local	21	15.0
	Regional	43	30.7
	National	58	41.4
	International	18	12.9
Category	Junior high school/Pre -ten	32	22.9
	Senior high school/Youth	58	41.4
	Student / Adults	50	35.7
Sport Discipline	Men's Soccer	30	21.4
	Women's Soccer	30	21.4
	Canoeing	40	28.6
	Weightlifting	20	14.3
	Karate	20	14.3

As seen in **Table 6** and **Table 7**, the mean scores were 38.68 and 50.23, which indicates that the researcher used a classification system of two-category classification system, categorizing scores as either low or high.

Conceptually, athletes are categorized as athletes with low Mental Toughness and Self-Confidence if their mean scores are below 38.68 and 50.23, and as athletes with high Mental Toughness and Self-Confidence if their mean scores are above 38.68 and 50.23. To determine

the level of mental toughness and self confidence, the data was calculated using SPSS Version 23.

Table 6. Average Score Mental toughness

Statistics Total Score		
N	Valid	140
	Missing	0
	Mean	38.68

Table 7. Average Score Self confidence

Statistics Total Score		
N	Valid	140
	Missing	0
	Mean	50.23

Table 8. Level of Mental Toughness by Dimension

Variables	Dimensions			
	Category	Self-Confidence	Control	Consistent
Mental Toughness	Low	0	31	9
		0,00%	22,14%	6,43%
	High	140	109	131
		100,00%	77,86%	93,57%
	Total	140	140	140
		100%	100%	100%

Table 9. Level of Self Confidence by Indicators

Variables		Indicators				
	Category	Confident in one's abilities	Optimistic	Objective	Responsible	Rational and realistic
Self Confidence	Low	36	4	60	20	12
		25.17%	2.86%	42.86%	14.29%	8.57%
	High	104	136	80	120	128
		74.29%	97.14%	57.14%	85.71%	91.43%
	Total	140	140	140	140	140
		100%	100%	100%	100%	100%

The results **Table 8** and **Table 9** of the frequency and percent- age analysis showed that the athletes' level of mental toughness was generally high, especially in terms of self- confidence. A total of (100.00%) athletes had a high level of self-confidence, which reflected their ability to maintain confidence in their potential and performance in the face of competitive pressure. Meanwhile, in the control dimension, only (77.86%) athletes were in the high category, while most others (22.14%) were classified as low. This condition indicates that the ability to control emotions and competitive situa- tions still needs further attention. Furthermore, in the consistency dimension, most athletes (6.43%) were in the low category, which indicated that the aspects of

perseverance in maintaining per- formance and long-term commitment to training targets were not fully optimized.

Overall, these findings indicate that although athletes' self-confidence has developed well, the aspects of self-control and consistency still need to be strengthened. These results are in line with mental toughness, which is a psychological ability that allows athletes to survive and remain stable when facing pressure, obstacles, and challenging competitive situations. According to (Ikhrum et al., 2020), mental toughness is a psychological ability that allows athletes to survive and remain stable when facing pressure, obstacles, and challenging competitive situa- tions. Mental toughness includes aspects of emo- tions, attitudes, and behaviors that help athletes man- age anxiety, maintain focus, and maintain opti- mal performance, so that individuals with good mental toughness are better able to control emo- tional responses and appear more prepared to face various match situations. Therefore, found that (Setiawan et al., 2020) psychological factors, especially self-efficacy and mental toughness, are strongly correlated with athlete performance, where individuals with high self-confidence and mental toughness tend to perform more optimal- ly in competitive situations.

The results of frequency and percentage analysis show that the athletes' level of self-con- fidence is generally high in almost all indicators measured. As many as 74.29% of athletes have a high level of self-confidence (confident in their abilities), which reflects confidence in their abili- ties and potential in facing various competition situations. In the optimistic indicator, 97.14% of athletes are in the high category, which shows a positive attitude and strong belief in the possibil- ity of success in every effort made.

Furthermore, in the objective indicator, 57.14% of athletes are in the high category, while the other 42.86% are in the low category. This condition shows that most athletes have been able to think rationally and assess situations based on facts, although there are still some who need to improve their ability to maintain objectivity under the pressure of competition. In the responsi- ble indicator, 85.71% of athletes were in the high category, illustrating a strong sense of responsi- bility for the implementation of tasks, roles, and results achieved. The rational and realistic indica- tor showed excellent results, with 91.43% of ath- letes in the high category, reflecting logical and realistic thinking in the decision-making process. Overall, these findings indicate that (Mau-

lida Nuzula Firdaus, 2023) level of self-confidence is an important psychological factor that supports athlete performance because individuals with high self-confidence are more confident in their abilities, able to manage anxiety, and perform more optimally in competitive situations. These results are in line with sport psychology theory which emphasizes that (Rachman and Jannah, 2022) mental toughness has a significant positive relationship with optimism, where individuals with higher levels of mental toughness tend to show an optimistic attitude, strong determination, and the ability to see challenges as opportunities to develop.

According to (Dewi & Jannah, 2019) found that there were significant differences in emotion regulation strategies between groups of athletes, where some athletes were more likely to use reappraisal strategies than others.

CONCLUSION

The level of mental resilience and self-confidence of Bekasi City KONI athletes is generally in the high category. Psychological aspects, readiness, and stability of athlete performance, both in training and competition, are strongly supported by these two variables. The dimension of athlete self-confidence shows a very good condition. Athletes have an optimistic attitude, are able to think realistically, and show high responsibility in facing competitive situations. Even under pressure, they were able to maintain their belief in their abilities.

In addition, all categories of mental toughness-including self-confidence, control, and consistency-were at a high level overall. These findings reflect that athletes have strong psychological abilities to deal with pressure, manage emotions, maintain focus, and show stable performance in competitive situations. This high mental toughness is also an indicator that athletes are mentally prepared, so that they are able to adapt, recover from adversity, and maintain sustainable performance quality throughout the training and competition process.

This finding confirms the importance of coaching programs that not only focus on technique and physicality, but also on strengthening psychological aspects. Training that includes stress management, emotional control, and strengthening performance consistency is expected to further shape the character of athletes who are resilient, confident, and ready to face the dynamics of sports competition optimally.

REFERENCES

- Bisri, M., Saputri, M. A., & Chusniyah, T. (2022). Mental Toughness and Its Relationship on Sport Performance Outcomes: When Things Get Tough Enough. *Jurnal Sains Psikologi*, 11(2), 172. <https://doi.org/10.17977/um-023v11i22022p172-180>
- Cowden, R. G., Clough, P. J., & Oppong Asante, K. (2017). Mental toughness in South African youth: Relationships with forgivingness and attitudes towards risk. *Psychological Reports*, 120(2), 271–289.
- Dewi, D. O., & Jannah, M. (2019). Perbedaan strategi regulasi emantara atlet cabang olahraga permainan , akurasi dan beladiri Miftakhul Jannah Abstrak. 1–6.
- Gucciardi, D. F., Hanton, S., Gordon, S., Mallett, C. J., & Temby, P. (2015). The Concept of Mental Toughness: Tests of Dimensionality, Nomological Network, and Traitness. *Journal of Personality*, 83(1), 26–44. <https://doi.org/10.1111/jopy.12079>
- Ikhram, A., Jufri, M., & Ridfah, A. (2020). Mental Toughness dan Competitive Anxiety Pada Atlet Karate UNM. *Jurnal Psikologi Perseptual*, 5(2), 100. <https://doi.org/10.24176/perseptual.v5i2.5206>
- Jones, G., Hanton, S., & Connaughton, D. (2007). A framework of mental toughness in the world's best performers. *Sport Psychologist*, 21(2), 243–264. <https://doi.org/10.1123/tsp.21.2.243>
- Kadek Suhardita. (2011). Efektivitas Penggunaan Teknik Permainan Dalam Bimbingan Kelompok Untuk Meningkatkan Percaya Diri Siswa (Penelitian Quasi Eksperimen pada Sekolah Menengah Atas Laboratorium (Percontohan) UPI Bandung Tahun Ajaran 2010/2011). *Edisi Khusus*, 1, 127–138.
- Kusumawati, M. (2015). *Penelitian pendidikan penjasorkes*. Bandung: Alfabeta.
- Maulida Nuzula Firdaus. (2023). No 主観的健康感を中心とした在宅高齢者における健康関連指標に関する共分散構造分析Title. 2(4), 31–41.
- Muhamad, M., Hanif, A. S., & Haqiyah, A. (2022). *Statistika dalam pendidikan dan olahraga*. PT. RajaGrafindo Persada-Rajawali Pers.
- Muhamad Suprayitno. (2020). Hubungan Kepercayaan Diri Dengan Motivasi Berprestasi Pada Pemusatan Latihan Atlet Pelajar Putra Pencak Silat Kabupaten Pati. *Universitas Negeri Semarang*, 1–122. https://lib.unnes.ac.id/37766/1/6301415007_Optimized.pdf
- Nisa, K., & Jannah, M. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36–45.
- Prawitama, M. R., & Aulia, P. (2020). Pengaruh Latihan Mental Terhadap Kepercayaan Diri Atlet Sepakbola Akademi Persepat Padang Pariaman. *Jurnal Pendidikan Tambusai*, 4(3), 3395–3402. <https://jptam.org/index.php/jptam/>

- article/view/863
- Rachman and Jannah. (2022). 1. <https://ejournal.unesa.ac.id/index.php/character/article/view/47846>
- Raynadi, F. B., Rachmah, D. N., & Akbar, S. N. (2017). Hubungan Ketangguhan Mental Dengan Kecemasan Bertanding Pada Atlet Pencak Silat Di Banjarbaru. *Jurnal Ecopsy*, 3(3), 149–154. <https://doi.org/10.20527/ecopsy.v3i3.2665>
- Retnoningsasy, E. & M. J. (2020). Hubungan Antara Mental Toughness Dengan Kecemasan Olahraga Pada Atlet Badminton. *Character : Jurnal Penelitian Psikologi*, 7(3), 8–15.
- Setiawan, E., Patah, I. A., Baptista, C., Winarno, M., Sabino, B., & Amalia, E. F. (2020). Self-efficacy dan mental toughness: Apakah faktor psikologis berkorelasi dengan performa atlet? *Jurnal Keolahragaan*, 8(2), 158–165. <https://doi.org/10.21831/jk.v8i2.33551>
- Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress toward construct validation of the Sports Mental Toughness Questionnaire (SMTQ). *European Journal of Psychological Assessment*, 25(3), 186–193. <https://doi.org/10.1027/1015-5759.25.3.186>
- Sugiyono, P. D. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan r & d*. (M. Dr. Ir. Sutopo. S. PD., Ed.) Yogyakarta: ALFABETA.
- Syah, M. V. A., & Jannah, M. (2021). Perbedaan ketangguhan mental ditinjau dari status atlet individu dan beregu pada siswa SMA X. *Character : Jurnal Penelitian Psikologi*, 8(8), 145–152.
- Tangkudung, A. W. A., Haqiyah, A., Tangkudung, J., Abidin, D., Basri, H., & Mahmudah, M. (2022). Do Age, Gender, and Match Experience Affect the Mental Toughness of Martial Art Athletes? *International Journal of Human Movement and Sports Sciences*, 10(3), 612–618. <https://doi.org/10.13189/saj.2022.100330>
- Weinberg, R. S., & Gould, D. (2023). *Foundations of sport and exercise psychology*. Human kinetics.
- Wolter, A., Tangkudung, A., Haqiyah, A., Tangkudung, J., & History, A. (2021). Journal of Physical Education , Sport , Health and Recreations Mental Toughness of Martial Art Athletes Based on Age and Gender. 10(2), 66–70.