



Is Psychological Well-being still exist? Descriptive Study at College-Students Athlete

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Abstract

Post-covid recovery, there is a policy in regulating new activities, by reducing limitations in movement and starting to normalize activities without reducing and ignoring health protocols. One of the educational activities is starting to be active in entering the Offline or offline environment. The start of active activities in the college environment is followed by active student activities in active participation in extra activities in improving and developing interests and talents. The problem faced is, do students who were previously active in Students Club (UKM) activities still have motivation in achieving? What are your opinions, views on participating and achieving in this activity? This study aims to measure the psychological well-being experienced by students who are also athletes. The measurement was carried out in UKM Sports athletes. Measurement using the psychological well-being scale (PSWB). Data analysis uses a descriptive percentage. The results of this study revealed that the psychological well-being of athletes was very high only 13.79%, for the high category it was 28.97%, for the sufficient category it was 26.90%, the other results in the low and very low categories were 22,07% and 8.28%. UKM athletes must come back with enough motivation to continue their career to get sports achievements. Apart from that, support from various parties is really needed is psychological well-being which should be available and present in order to ensure a sense of security, comfort and the creation of a passion for recovery of fighting power after online activities carried out so far.

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INTRODUCTION

Student activities in participating in improving skills, as well as being actively involved in student activities is one of the duties and obligations as a student. According to Siallagan, students as campus residents have the main task of learning such as making assignments, reading books, writing papers, presentations, discussions, attending seminars, and other campus-style activities. In addition to the main task, there are other tasks that are heavier and more touching to the meaning of the students themselves, namely as agents of change and social controllers of society (Della & Aljamaliah, 2021) Closely related to campus-style activities, students also have the right to be involved in supporting activities to increase interest and talent through student activity forums or student activity units which are often called UKM (Student's Club).

Various types of student interest and talent development activities are accommodated in student programs and services such as student organizations namely the Student Executive Board (BEM), Student Association (HIMA) and there is also a Student Club (UKM). Students actually have the main task of studying, but students also need to participate as agents of change and also social controllers of society through their thinking, abilities and skills while studying in lectures, one of which is through programs provided by the campus.

One of the interest and talent development activities that is a student service is accommodated in UKM activities. The Student Club (UKM) is a place for student activities outside the classroom to develop certain interests, talents and skills. This institution is a partner of other intra-campus student organizations, both at the departmental and university study program levels. This institution is autonomous and not a branch of the executive body or student senate (Abidin, 2017).

Semarang State University has various types of UKM that are stipulated in the rector's regulations which each year have membership that changes from chairman, deputy chairman and treasurer. One of the most popular Student Clubs is the Sport Student Club. There are 24 Sport Student Clubs available and ready to develop interests and talents in sports. This sports student club contains students who have previously been actively involved in this field either as active athletes or students who have the same interests, talents and creativity in these sports (Abidin, 2017).

The continuation of developing these skills requires the interest and motivation of

the students themselves. College-students who are motivated to continue their talents certainly have high interest and motivation. because it is not easy for College-students to continue their careers as athletes while the demands as College-students are just as heavy (Suriyah & Tjundjing, 2007). Interest in sports means the tendency to be a desire that is carried out continuously to achieve goals (Indarto et al., 2018).

The involvement of College-students in Student Club and continuing the achievements to become an athlete is certainly balanced with various things that make athletes survive. One of the factors that athletes are still practicing and having a career in a university or lecture environment is the existence of Psychological Well-being available in that environment. An athlete can feel feelings such as happy, sad, happy, worried and others which are forms of emotion. That feeling appears through a different perspective. Feelings that arise are more of a negative mental state, sometimes if it is lighted up with a positive perspective, it will also sometimes turn into a positive mental state. If associated with a state of psychological well-being (psychological well-being) then this includes mental health conditions that include features such as: enjoyable self-evaluation, growth, learning from new realities, freedom from constraints, getting out of trouble and a valued level of success (Warr, 1978).

Psychological well-being is thus a broad concept that includes the affective effects of everyday experience. The components of psychological well-being have been previously studied by Bradburn (1969). On the basis of an investigative survey with a large number of samples, it produces a positive effect and the negative effect is not related. This is also explained again in Weinberg and Gould's book that these psychological and physiological influences can influence and increase well-being. But there is no hypothesis that supports it as the only or main mechanism that produces positive changes (Weinberg & Gould, 2018).

The study of psychological well-being that applies in the student sports environment is about feeling proud, safe, comfortable participating in UKM activities such as training, participating in competitions, the training environment, the coaching process, so that psychological well-being is achieved and athletes in the student environment feel reciprocated. positive feedback in continuing his career as an athlete. In line with this, there are 6 dimensions studied by psychological well being, namely self-acceptance, positive relationships with other people, autonomy, environmental

mastery, life goals and personal growth (Ryff, 1989). Research through Ryff's scale (1989) has revealed that psychological well-being develops through a combination of emotional regulation, personality characteristics, identity and life experiences (Helson & Srivastava, 2001; Jahoda, 1958).

The purpose of this research is certainly inseparable from the investigation of the level of psychological well-being for athletes who also have status as internal students who have greater responsibilities and demands. This research will see directly how the level of psychological well-being is felt. Further investigation will be related to comfort, anxiety and other socio-emotional conditions with a descriptive approach. This research is important to do because of the low participation of students in UKM activities, while behind that achievement in the student environment is very important because it determines the quality of the unit or institution. The hope of this research is to have a specific strategy for UKM coaches and assistants to withdraw active participation in order to develop the interests and talents possessed by athletes in the college environment.

METHOD

This research was conducted at the State University of Semarang, exactly on UNNES sekaran campus, Gunungpati District, Semarang City. This research has been approved by the research ethics committee with the Ethical Clearance letter number No: 370/KEPK/EC/2022. An ethical clearance letter was issued by the Health Research Ethics Commission (KEPK) Semarang State University.

The method used in this research is using descriptive quantitative. The research subjects used were all Sport Students Club Athletes who were willing to be respondents. A total of 145 respondents filled out questionnaires and interviews conducted by researchers.

This study aims to measure the extent of psychological well-being in athlete college-students. the measurement uses the "Scale of Psychological Well-being from Ryf's, which has 6 factors consisting of self-acceptance, positive relations with others, autonomy, purpose in life, personal growth, and environmental mastery (Ryff & M.Keyes, 1995). Measurements are obtained on a scale of 1-7 with the description of point 1 strongly disagree and point 7 strongly agree.

Data analysis in this study used a percentage descriptive analysis technique with a Likert

scale of 5 points. The formula used is :

$$P = (F \times 100\%) / N$$

Information :

P = Percentage Result

F = Getting score From the Athlete

N= Responden Amount

(Sudijono, 2000).

RESULTS AND DISCUSSION

The research that has been carried out includes several steps taken, namely the researcher coordinated with the research team, the researcher obtained permission from the research ethics commission, the researcher compiled a data collection scheme and conducted the research. A total of 145 respondents agreed to become the subject of this study. The following is the distribution of the respondent's data

Table 1. Respondent demographic data

Respondent Categories	Total
Male	88
Female	57
Total Respondent	145

From **Table 1** it is known that the number of respondents is 145 respondents consisting of various types of sports, such as Pencak Silat, Athletics, Swimming, Gymnastics, Badminton, Volleyball, Basketball, Sepak takraw Petanque, Rowing, Karate, Wrestling, Baseball & Softball, Hockey, Table Tennis, Futsal, Tarung Drajat, Aerobics, Tennis Court, Soccer. Respondents have an age range between 18 - 22 years old.

From the research results that have been collected, the results of measuring the Psychological Well-being of UKM athletes in the Universitas Negeri Semarang can be seen in the following **Table 2.**

Table 2. Psychological Well-being Results

Interval Range	Scale Categories	PWB Levels	
		Frequent	Percentage
104 - 117	Very High	20	13,79 %
87 - 103	High	42	28,97 %
70 - 86	Medium	39	26,90 %
53- 69	Low	32	22,07 %
36 - 52	Very Low	12	8,28 %
TOTAL		145	100 %

From **Table 2** can be seen that the level of psychological well-being varies greatly. The results show that as many as 20 respondents got 13.79% with a very high category, then as many as 42 respondents in the high category, with a percentage of 28.97%, in the moderate category there were 39 respondents with a percentage of 26.90%, and in the low and very categories low respectively as many as 32 respondents, and 12 respondents.

At the end of 2021, the State of Indonesia has gone through many changes and is preparing for a New Normal life by preparing for offline learning. Many things have been prepared, especially in terms of health and safety after the Covid-19 pandemic. Likewise in the environment of Semarang State University. This is related to the SOP of the learning process. At the end of 2021 implementing limited meetings, and in 2022 it will still be an experiment and at the beginning of the semester it will be 100% full offline. This was welcomed warmly and enthusiastically by various parties, of course, the UNNES academic community.

The normal learning process returned, followed by various activities that began to be held offline, including UKM coaching activities in Universitas Negeri Semarang. With this, there are many interesting cases and it is also worth exploring how far the activities of UKM, especially sports UKM, welcome this activity. There are many questions that form the basis of this research related to involvement and active participation to realize high sports achievements. Regarding the athlete's motivation, what is the hope and psychological well-being they feel and expect.

Meanwhile, with regard to the level of psychological well-being of athletes or in this study it is called psychological well-being (PWB) which is a bit of a puzzle because the results are considered neither good nor bad. The very high category only has 13.79% and also for the high 28.97% and some of them are moderate, low each has a percentage of 26.90% and 22.07% and the last category is very low which has a percentage of 8.28 % of 12 respondents. This indicates the lack of psychological well-being felt by athletes.

In addition, this research discusses how college-athlete students feel and what is expected, including comfort when doing training, Protected (permit to use the training ground) and protection. Furthermore the right to permit and facilitate lecture administration from the campus as well as financial support in order to maximize the development of achievement as an example of providing scholarships for students with maximum

achievement. All this is affected by Psychological well-being level. This statement is in line with the previous research that an athlete can feel feelings such as happy, sad, happy, worried and others which are forms of emotion. That feeling appears through a different perspective. Feelings that appear more in a negative mental state also sometimes if it is lighted up with a positive perspective, it will also sometimes turn into a positive mental state. If associated with a state of psychological well-being (psychological well-being) then this includes mental health conditions that include features such as: enjoyable self-evaluation, growth, learning from new realities, freedom from constraints, getting out of trouble and a valued level of success(Warr, 1978).

From the results of the athlete's perception analysis, it was stated that the lack of guarantees for a sense of security and comfort and the lack of support and availability of facilities and infrastructure made many athletes feel that the training process was not optimal. Especially when it comes to proper assistance from both the coach and also the space for movement during the training process. They want UKM Universitas Negeri Semarang to be more advanced and consider the feasibility of tools, facilities, the process of borrowing or granting rights to use tools, and UKM funding support, because achievements will be seen if UKM can take part in championships between students but sometimes they are constrained by funds which are very difficult to penetrate sometimes the accountability report process is difficult. It is difficult to hinder the achievement of athletes.

The hope of most athletes is support, both in terms of service, availability and adequacy of tools, proper assistance and comfort when doing this exercise considered from Universitas Negeri Semarang. Because if these students achieve maximum performance and take part on behalf of Semarang State University then Semarang State University will also have a good reputation.

CONCLUSION

The results of the study show that Sport Student Club of Universitas Negeri Semarang have psychological well-being that range from very high to high. However, not a few athletes are in the low category. In the field of psychology mental resilience is needed to be able to adapt and rise from difficult situations/conditions. Athletes need mental resilience in various things that make them down and in difficult positions. College-students Athlete also have to get up with enough motivation to continue their career in the field of

sports achievements. Apart from that, support from various parties is really needed here, namely in the form of psychological well-being which should be available and present in order to ensure a sense of security, comfort and the creation of enthusiasm for recovery of fighting power after online activities carried out so far. Even though this psychological welfare is not directly given, it is necessary for us to foster Student Club as well as possible, this is very much needed to be motivated and determined to continue the struggle and rise to become an athlete.

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