



## Psychological Skills of Indonesian Basketball Athletes in Asian Games 18

Fitri Agung Nanda<sup>1✉</sup>, Dimiyati<sup>2</sup>

Sports Science Postgraduate Program, Yogyakarta State University, Indonesia<sup>12</sup>

### Article History

Received 04 February 2019  
Accepted 28 February 2019  
Published February 2019

### Keywords:

Asian Games; Indonesian Basketball Athletes; Psychological Skills

### Abstract

Psychological skills in sports science are not new research. This subject has been widely carried out but there are still many limitations particularly on aspects motivation, self-confidence, anxiety control, mental preparation, the importance of the team, and concentration, especially in Indonesian basketball athletes competing in the Asian Games 18. The aims to know skills a comprehensive psychological Indonesian basketball athlete who will compete in the Asian Games 18. Research used a retrospective causal-comparative design or ex post facto. This study was 24 Indonesian national basketball team athletes. The research used The Psychological Skills Inventory for Sports (PSIS-R-5), which was adopted from Mahoney. Analysis of this study used quantitative descriptive with SPSS version 22 software. The results reveal the psychological skills of Indonesian basketball players get the total number of aspects with a mean score of 139.75 the categorized as high. On the results of the study, there is one aspect that gets a score smaller than the other five aspects. That aspect is mental preparation because it requires more psychological training and development skills for Indonesian basketball athletes, especially in aspects of mental preparation to support Indonesian achievements.

### How to Cite

Nanda, F. A., & Dimiyati. (2019). Psychological Skills of Indonesian Basketball Athletes in Asian Games 18. *Journal of Physical Education, Sport, Health and Recreation*. 8(1), 37-43.

© 2019 Universitas Negeri Semarang

✉ Correspondence address :

Adress: Iromejan GK 3 Remujung street No. 659, Special Region of Yogyakarta  
E-mail: fitriagungnanda16@gmail.com

p-ISSN 2460-724X  
e-ISSN 2252-6773

## INTRODUCTION

Asian games are the biggest sporting event in the Asian region which is held every four years, there are forty sports branches competed at the Asian Games. In the Asian Games level competition there are several factors that influence the success of athletes, in addition to physical and technical factors, athletes' psychological skills are also very influential in determining the athlete's success. Van Rossum (1996) There are two psychological skills that are important to help the athlete's success, desire to win and self-confidence. Krane (2006) explained that to determine successful athletes can be reviewed based on aspects of good psychological skills. There are two psychological factors that influence basic gymnasts, aspects of self-confidence and measures of behavior and hours of training on athlete's achievements (Spink 2008). Kruger et al (2014) explained that there were differences in psychological profiles between gifted and not talented sports participants. Morgan (2015) explained that for trainers to pay attention to psychological skills is a factor is very useful and helps to find athletes' talent for their future careers regarding the success of an athlete. Camiré & Trudel (2014) stated that psychological skills can help the coaches integrate their coaching practice to get success for athletes. Sarkar & Fletcher (2014) explained that psychological endurance in athletes is needed to support other factors that demand them, including the stress aspects of athletes. Kusmiyanti et al (2018) stated that the role of motivation is very important and influences the aerobic exercise.

In basketball, good psychological skills are also needed and can affect the of athletes. Psychological skills interventions given to elite athletes during training to aim for each athlete to be ready for the preparation, competition, and transition phases when competing (Lidor & Blumenstein 2007). Emotional Intelligence (EI) and competitive anxiety are very unusual factors that are important for basketball athletes (Tahmasebi et al 2012). Sheldon, Zhaoyang & Williams (2013) stated that good psychological skills are an important component and greatly influence the success of basketball athletes in America. In addition, the increased competitive activity in a basketball athlete is influenced by the good psychological quality and is very influential on the performance of athletes (Rovniy & Pasako 2017). Ercis (2018) explained that good physical fitness can be influenced by characteristics and good psychological performance, therefore planning is needed to improve the psychological and mental health of male basketball players.

Pamungkas, Mulyo & Hartiwan (2018) explained that Imagery training had a large influence on the success of basketball athletes when they were about to shoot.

From the results of the research that has been done, it is still rare to find research that examines the characteristics of psychological skills more comprehensively which includes aspects of motivation, self-confidence, anxiety control, mental preparation, the importance of the team, and concentration. More specifically in basketball athletes in Indonesia. Therefore, updating the results of research on the psychological characteristics of Indonesian basketball athletes is deemed necessary. Instruments to reveal the characteristics of psychological skills using instruments adopted from Mahoney, Gabriel, and Perkins (1987), namely "The Psychological Skills Inventory for Sports (PSIS)", because using PSIS is expected to be able to express more comprehensive psychological skills that cover aspects motivation, confidence, control of anxiety, mental preparation, importance of the team, and concentration on Indonesian national basketball athletes who will compete in the 18th Asian Games.

## METHODS

The method used is quantitative descriptive through survey methods using a restrictive causal-comparative design design or ex post facto research. In the context of this research it is a study that aims to uncover the psychological skills of Indonesian basketball athletes who compete in the 18th Asian Games. Data collection of this research was conducted in Jakarta with a sample of twenty four people athlete national basketball Indonesia.

The instrument of this study used the scale of The Psychological Skills Inventory for Sports (PSIS-R-5), which was adopted from Mahoney (1987). This instrument consists of 44 items that reveal 6 aspects of psychological skills, e.g: motivation (8 items); trust (8 items); anxiety control (8 items); mental preparation (6 items), the importance of the team, (7 items); and concentration (7 items). Therefore, before being used as an instrument in this study, the following steps were first carried out: (1) translated by English experts into Indonesian; (2) instruments that have been translated are then valued by 3 experts; and (3) The next step is tested on 76 athletes who have similar characteristics to the research respondents and not the part studied The reliability and validity of the results of trials on psychological skill instruments are listed in **Table 1**.

**Table 1.** The Validity and Reliability Result Instrument

Psychological Skills	Items	Coefficient of Validity (Aiken's V)	The coefficient of Reliability (Cronbach's Alpha)
Motivation	8	0.679	0.792
Self-Confidence	8	0.636	0.775
Anxiety Control	8	0.779	0.914
Mental Preparation	6	0.839	0.921
Team emphasis	7	0.665	0.803
Concentration	7	0.731	0.856

**Table 1** shows that psychological skill instruments that will be used are valid and reliable.

The data analysis technique used in this study is quantitative descriptive to the identification of the psychological skills of Indonesian basketball athletes with the help of the SPSS version 22 application.

## RESULTS AND DISCUSSION

### Psychological Skills of Indonesian Basketball Athletes in Asian Games 18

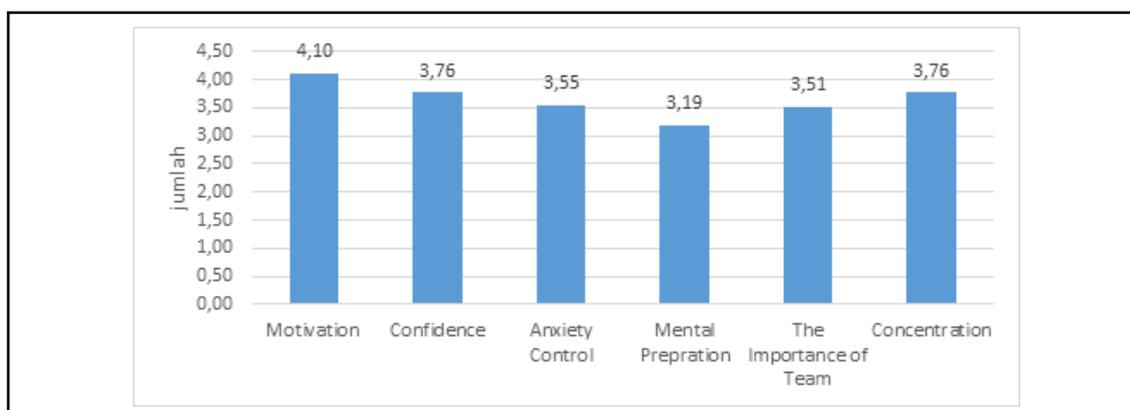
The psychological skills of the national basketball athlete Indonesia get a mean of 139.75, a median value of 136, a mode value of 136, a minimum value of 115, a maximum value of 164, a variance of 172.5 and a standard deviation of 13.13. Judging from the elaboration of the value of the psychological characteristics of the skills obtained by Indonesian basketball national athletes belonging to the high category. The psychological skills of the national Indonesian basketball athletes at the 18th Asian Games are presented in **Table 2**.

**Table 2.** Psychological Skills of Indonesian Basketball Athletes in Asian Games 18.

Aspect	Average score (1-5)	Score	Notes
Motivation	4,10	32,83	High
Confidence	3,76	26,33	High
Anxiety Control	3,55	24,83	High
Mental Preparation	3,19	19,13	Moderate
The Importance Team	3,51	14,04	High
Concentration	3,76	22,58	High
Total		139,75	High

There is one aspect of psychological skills that are classified as high which is obtained from the Indonesian national basketball athlete, namely the motivation aspect which gets a mean score of 4.10 and the score obtained is 32.82. While there are four other aspects which are also included in the high category, such as in the aspect of self-confidence, getting an average value of 3.78 and a score of 26.33. In the aspect of anxiety control, the average score obtained was 3.55 and the score was 24.83, while in the important aspects of the team the average score obtained was 3.51 with a score of 14.04.

On aspect concentration aspect the mean value was 3.76 and the score was 22.58. On the important aspect, the team got a mean value of 3.51 and a score of 14.04. But in the aspect of mental preparation, it is categorized as being moderate and is an aspect that gets a lower value than the other five aspects. In the aspect of mental preparation, Indonesian national basketball athletes get an average value of 3.19 and a score of 19.13, continued with the importance of the team getting an average score of 3.51 can be seen in **Figure 1**.

**Figure 1.** Psychological Skills of Indonesian Basketball Athletes in Asian Games 18

### **Motivation**

The results of the scrutiny analysis on the questionnaire items on the motivational aspects that get the highest score can be interpreted that Indonesian basketball athletes who take part in the 2018 Asian Games are very motivated to do their best in the sport they are doing. In Indonesian athletes, basketball is the most important part of his life. According to Indonesian basketball athletes, victory is a very important thing and is always fought to the last drop of blood. Indonesian basketball athletes also always want to show the best results in each match. Indonesian basketball athletes rarely play truant or lazy when going to practice. In practicing Indonesian basketball athletes are very serious and always show their best performance. involved in the selection and development of young basketball players. Mili (2016) shows that there are significant differences between motivation in athletes who get medals and athletes who do not get medals and motivation also affects the results of the assessment of successful athletes and not success in sports performance. Khan (2015) explained that basketball players and runners did not show significant differences in competition anxiety and motivation in their achievements, motivation and anxiety were important aspects that supported the success and achievements of both. Carvalho et al (2017) explains that the changes that exist in athletes are connected with each other with the understanding of basketball players regarding motivation to achieve achievement. Motivation on basketball players can be taken into consideration that interests them.

### **Mental Preparation**

From the results of the researchers' observation of the questionnaire items on the aspects of mental preparation that get the lowest score among other aspects and the medium category, which means Indonesian basketball athletes who attend the 2018 Asian Games are rarely to dream about competition, sometimes anxious if they will appear in new places, Indonesian basketball athletes were also behind feeling worried about their appearance when they were competing, Indonesian basketball athletes also tended to rarely be able to imagine what the muscles with their eyes felt. Indonesian basketball athletes also often feel disappointed, disappointed when other team members give a bad appearance. Indonesian basketball athletes also tend to concentrate more on their own appearance than on team performances. Gould, Flett & Bean (2009) stated that mental preparation in athletes is an impor-

tant component for achieving high achievement. Further explained by them, in the Olympics athletes prepare and use their time more on mental preparation consistently can show better performance compared to athletes who lack mental preparation. Mental toughness can predict play performance as the main effect of starter status on basketball athletes (Newland, Newton et al 2012). Raynadil, Rachmah & Akbar (2016) explained that mental toughness in pencak silat athletes affects competing anxiety which will have an impact on the success of athletes if the martial arts athlete has high mental toughness, it means low anxiety.

### **Confidence**

The researcher looked at the items in the aspect of self-confidence in getting high scores which can be interpreted in Indonesian basketball athletes, almost every championship is very confident to display the best. In Indonesian basketball, athletes have high confidence. The confidence of Indonesian basketball athletes is also very high wherever they will compete. They also very rarely doubt their abilities, and never easily lose confidence. According to Yulianto & Nashor (2006), The self-confidence possessed by DIY taekwondo athletes has a very significant relationship and has a major impact on an athlete's achievements. Farradonna (2012) stated that self-confidence in Riau athletes participating in PON 18 had an impact on achievement motivation when competing. The confidence possessed by an athlete can be a predictor to determine the ability of an athlete to face a match (Machida & Valey 2014). Furley & Schweize (2014) explained that basketball players' confidence is influenced by the team they face, they will have more trust if they face a team with abilities below them and instead become less confident when they meet a team that has strength above them.

### **Anxiety Control**

The results of the scrutiny of items on the aspect of the anxiety of Indonesian athletes who followed received a high score and could be interpreted as Indonesian basketball athletes very rarely felt anxious and panicked before performing. Indonesian basketball athletes also rarely feel nervous before appearing. Indonesian basketball athletes are also very confident and unconcerned just before the match will appear. Indonesian basketball athletes can only spend a little energy to feel calm before the game starts. Indonesian basketball athletes rarely feel anxious about their appearance when fighting. According

to Faturochman (2017) stated that the effect of anxiety on athletes has an impact on performance in the field. Sukamti & Hidayat (2009) stated that the coach's efforts to reduce the level of intrinsic and extrinsic anxiety in gymnastics athletes in the POPNAS championship before the match greatly affected the results of the match. In Indonesian archery athletes anxiety is a factor that greatly affects Indonesian archery athletes in the national championship competition when it will release an arrow and also determine the target of archery athlete's shot which is the key to victory (Wattimena 2015). Agustiar & Sultoni (2016) explained that the anxiety possessed by woodball athletes had an effect on the success of making a gate in which determines the team's victory in the game. Amaliyah & Khoirunnisa (2018) explained that self-confidence and anxiety are influential factors in the results of matches in basketball players in Surabaya State University, if a player's confidence is low then his anxiety will be high.

### **The Importance of The Team**

The researchers also looked at the items in the important aspects of the Indonesian athletes' team who scored high. For Indonesian athletes, the team was very important. Indonesian basketball athletes rarely feel disappointed when one team member gives a bad appearance. Indonesian basketball athletes are not angry if team members do not do the best in their performance. Sports can be categorized into two categories, individual sports and team sports and basketball are categorized as team sports. Gill (1986) in essence sports is a team game even though the sport involved is an individual sport, further conveyed by him even though the sport is individual but to obtain success and success is needed. Bourbousson et al (2010) explains that the coordination of teams in basketball uses a theoretical framework of action and the focus is on how the players are connected with other activities that influence the outcome of the match.

### **Concentration**

The results of scrutiny of items on the concentration aspect of Indonesian athletes get high scores. Indonesian basketball athletes rarely lose concentration even though the appearance in the field is not maximal. The concentration in Indonesian basketball athletes has never been disturbed even though the appearance at the competition is not as good as previous performances. Indonesian basketball athletes are also very rarely disturbed by people around them. At the beginning of the performance of Indonesian bas-

ketball, athletes did not experience difficulties to forget the things that were done before. In essence, concentration is a combination of concentrating attention and thoughts on humans towards something that is done without being affected by things around them. All sports require concentration for high achievers (Cox, 2002). Concentration is an important factor to helped athletes in the sport, on basketball athletes concentration is one of the factors that are closely and very significantly related to the number of entries into the ring of the opponent (Kusnanto, Sutardji & Junaidi 2012). Wicaksono (2014) showed that concentration on basketball players greatly contributes to success when shooting under the ring. Yazid, Kusmaedi & Paramitha (2016) confirmed that there was a significant relationship between the concentration of woodball sports athletes on the success of long-range punches or long strokes.

### **CONCLUSION**

Based on the results of research conducted on the facts of Indonesian basketball athletes who competed in the 18th Asian Games in Jakarta, they were included in the high category. There are five aspects that get high scores, namely: motivation, self-confidence, motivation control, team importance, and concentration. Meanwhile, Indonesian soccer athletes get a moderate category. The results of this study are expected to be a reference and can contribute to being a reference or assessment of trainers, managers and all involved in Indonesian basketball to improve the creativity of basketball athletes through psychological expertise. In the aspect of mental preparation, more training and development can be improved to support Indonesian achievements.

### **REFERENCES**

- Agustiar,O., Sultoni,K. (2016). Hubungan tingkat kecemasan dengan hasil pukulan gate-in pada olahraga woodball, *Jurnal Terapan Ilmu Keolahragaan* 2016 Vol.01 No.02 Halaman 64-69
- Amaliyah, K. A., Khoirunnisa, N, R., (2018). Hubungan antara kepercayaan diri dengan kecemasan menjelang pertandingan pada atlet bola basket di unit kegiatan mahasiswa universitas negeri surabaya. *Jurnal Penelitian Psikologi*.
- Bourbousson, J., Poizat, G., Saury, J., & Seve, C. (2010). Team coordination in basketball: Description of the cognitive connections among teammates. *Journal of Applied Sport Psychology*, 22(2), 150–166. <https://doi.org/10.1080/10413201003664657>
- Camiré, M., & Trudel, P. (2014). Helping youth

- sport coaches integrate psychological skills in their coaching practice. *Qualitative Research in Sport, Exercise and Health*, 6(4), 617–634. <https://doi.org/10.1080/2159676X.2013.841281>
- Carvalho, H. M., Gonçalves, C. E., Collins, D., & Roberto, R.. (2017). Growth , functional capacities and motivation for achievement and competitiveness in youth basketball : an interdisciplinary approach in youth basketball : an interdisciplinary approach. *Journal of Sports Sciences*, 00(00), 1–7. <https://doi.org/10.1080/02640414.2017.1340654>
- Cox, R.H. *Sport Psychology Concepts and Applications*. New York. Mc Graw-Hill, 131-154; 2002
- Ercis, S. (2018). Effects of Physical Fitness and Mental Hardness on the Performance of Elite Male Basketball Players, 6(9), 56–60. <https://doi.org/10.11114/jets.v6i9a.3526>
- Farradinna, S. (2012). Motivasi berprestasi atlet muda dalam menghadapi pekan olahraga nasional tahun 2012 ditinjau dari kepercayaan diri, 53–59.
- Faturochman, M. (2017). Pengaruh kecemasan bertanding terhadap peak performance the influence of competition anxiety to peak performance softball athletes. *Journal Bimbingan dan Konseling* 71–79.
- Furley, P., & Schweizer, G. (2014). “ I ’ m Pretty Sure That We Will Win !”: The Influence of Score-Related Nonverbal Behavioral Changes on the Confidence in Winning a Basketball Game, 316–320.
- Gill, D. (1989). *Psychological Dynamics of Sport*, 209-219.
- Gould, D, Flett, MR, & Bean, E. (2009) Mental preparation for Training and Competition. In Brewer, B. *Sport psychology*. USA: Wiley-Blackwell, 53-63.
- Khan, N., Aziz, K. (2015) Comparative Study of Sports Competitive Anxiety and Sports Achievement Motivation between Basketball Players and All India Interschool Running Events Athletes. *International Journal of Modern*, 2(235), 235–237.
- Kruger, A., Pienaar, A., Kemp, R., Nienaber, A.. (2014). *Journal of Psychology in Africa Sport Psychological Characteristics of Talented 13-Year Old Adolescents Sport Psychological Characteristics of Talented 13-Year Old Adolescents*, (December), 37–41. <https://doi.org/10.1080/14330237.2013.10820683>
- Krane V, Williams. (2006). *Psychological Characteristics of Peak Performance*. (In) Williams JM (Ed). *Applied Sport Psychology Personal Growth to Peak Performance*. New York: McGraw-Hill Companies, 207-221.
- Kusmiyanti, D., Kristiyanto, A., Utomo, T. A., & History, A. (2018). *Journal of Physical Education , Sport , Health and Recreations*, 7(2), 78–82.
- Kusnanto, S., Sutardji, Junaidi, S. (2012). Kemampuan memasukkan bola ke ring berdasarkan nilai konsentrasi. *Journal of Sport Sciences and Fitness*, 1(1).
- Lidor, R., & Blumenstein, B. (2007). *Psychological Aspects of Training in European Basketball : Conceptualization , Periodization , and Planning Critical Phases in an Annual Training Program :*, 353–367.
- Machida, M., Ward, R. M., & Vealey, R. S. (2014). *International Journal of Sport and Predictors of sources of self-confidence in collegiate athletes*, (October). <https://doi.org/10.1080/1612197X.2012.672013>
- Mahoney, M. J., Gabriel, T. J., & Perkins, T. S. (1987). *Applied Rese. Psychology*, 181–199.
- Mili, A. (2016). A comparison of sports achievement motivation between the medal winning and non-medal winning athletes in the inter college sports tournaments, 3(6), 72–73.
- Morgan, W. P. (2015). *American Alliance for Health , Physical Education and Recreation Selected Psychological Considerations in Sport, Research Quarterly* 37–41. <https://doi.org/10.1080/10671315.1974.10615285>
- Newland, A., Newton, M., Finch, L., Harbke, C. R., & Podlog, L. (2013). Moderating variables in the relationship between mental toughness and performance in basketball. *Journal of Sport and Health Science*, 2(3), 184–192. <https://doi.org/10.1016/j.jshs.2012.09.002>
- Pamungkas, Y, T., Mulyono, A., & Hartiwan (2018). The Influence of Imagery on The Improvement of Three Point Shoot Ability in Basketball Games. *Journal of Physical Education , Sport , Health and Recreations*, 7(3), 113–119.
- Raynadil, B., Rachmah, D. N., Akbar, N. (2016). Hubungan ketangguhan mental dengan kecemasan bertanding pada atlet pencak silat di banjarbaru relationship between mental toughness and competitive anxiety in pencak, *Jurnal Ecopsy*, 149–154
- Rovniy, A., & Pasko, V. (2017). The role of psychological qualities in the process of the formation of sports skill, 4(40), 118–121.
- Sarkar, M., Fletcher, D., Sarkar, M., & Fletcher, D. (2014). Psychological resilience in sport performers : a review of stressors and protective factors protective factors, (June), 37–41. <https://doi.org/10.1080/02640414.2014.901551>
- Sheldon, K. M., Zhaoyang, R., & Williams, M. J. (2013). Psychological need-satisfaction, and basketball performance. *Psychology of Sport and Exercise*, 14(5), 675–681. <https://doi.org/10.1016/j.psychsport.2013.05.006>
- Spink, K. S. (2008). Psychological characteristics of male gymnasts : Differences between competitive levels Psychological characteristics of male gymnasts : Differences between competitive levels, (December 2014), 37–41. <https://doi.org/10.1080/02640419008732141>
- Sukamti, E., Hidayat, T. (2009). Upaya pelatih dalam mengatasi kecemasan atlet senam sebelum perlombaan pada pekan olahraga pelajar nasional

- 2009, 100–109.
- Tahmasebi Boroujeni, S., Mirheydari, S. B. G., Kaviri, Z., & Shahhosseini, S. (2012). The Survey of Relationship and Comparison: Emotional Intelligence, Competitive Anxiety and Mental Toughness Female Super League Basketball Players. *Procedia - Social and Behavioral Sciences*, 46, 1440–1444. <https://doi.org/10.1016/j.sbspro.2012.05.317>
- Van Rossum, J. H. A. (1996). Psychological characteristics of elite athletes according to top level coaches. *High Ability Studies*, 7(1), 15–23. <https://doi.org/10.1080/0937445960070103>
- Wattimena, F. Y. (2015). Hubungan motivasi berprestasi dan kecemasan terhadap prestasi panahan ronde recurve pada atlet panahan di Indonesia. *Motion*, Volume VI, No.1, 109–122.
- Wicaksono, P. (2013). Kontribusi konsentrasi terhadap hasil shooting under basket.
- Yazid, S., Kusmaedi, N., Paramitha, S. T (2016). Hubungan konsentrasi dengan hasil pukulan jarak jauh ( long stroke ). Indonesia, U. P., Setia-budhi, J., & Bandung, N , 50–54.
- Yulianto, F., Nashor, F. (2006). Kepercayaan diri dan prestasi atlet tae kwon do Daerah istimewa Yogyakarta *Jurnal Psikologi Universitas Diponegoro* Vol.3 No. 1, Juni 2006, 3(1), 55–62.