



The Relationship between Personality of Single and Double Athletes of Badminton Toward Achievement Level in PB. Djarum

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Abstract

Sport psychology especially regarding athlete mental processes becomes an increasingly decisive contributor in the coaching and improvement of athlete achievement. An athlete should be viewed individually since the personality of each athlete is different. This research used quantitative non-Experimental method. The data analysis technique used MANOVA, at the significant level (α) 0,05. The population was 214 badminton athletes and the samples was 35 athletes upper 17 years old, it was used purposive sampling technique based on characteristics (goal set by the researcher). The instrument of the research used questionnaire from SPQ 20 (Sport Personality Questionnaire). The result of Manova analysis showed that there was a relationship between personality of single and double athletes toward their achievement on personality aspects: achievement, conscientiousness, visualization, self-efficacy, self-talk, self-awareness, and ethics. There was a difference personality between single and double athletes, the value of seven personality aspects has sig value, 0,05. The conclusion of the research was there was a relationship between personality of single and double athletes of badminton in PB.Djarum. The researcher's suggestion is the result of the relationship personality between single and double athletes toward their achievement in PB.Djarum is expected to be continued by other researchers and sportmen with different problem so it can obtain better research result.

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INTRODUCTION

An aspect of coaching and improving sport achievement that cannot be ignored is the presence of psychological factor. There are many either athletes or coaches who still prioritize physical and skill only, to the exclusion or less give special attention to matters involving mental factor. It is reinforced from the research result by Yulianto (2006) showed that there was a significant relationship between self-confidence and achievement of Tae Kwon Do athlete. Then, a research by Supriyanto (2013) stated that concentration training could improve sport achievement toward swimming athlete. It means that those results prove that athlete psychic factor has an important influence toward achievement.

In fostering athlete's psychis or mental aspect, it should firstly realized that every athlete should be viewed individually, they are different each other. The role of personality in sport psychology is very important to know the description of personality owned by an athlete. A male or female athlete either in an individual or group is an individual who has their own uniqueness. They have their own talents, behavior pattern, and background that affect them specifically.

All emotional symptoms such as: fear, anger, anxiety, stress, hope, pleasure, and so on can affect changes in one's physical condition. Psychic symptom will affect the performance of athlete achievement. Therefore, the influence of emotional disorders should be noted because emotional disorder can affect overall psychological balance, and will be effected toward athlete's achievement.

In doing the sport activities to get high achievement, it is needed the function of certain psychological aspects, for instance: to get high achievement in archery, an athlete should be able to focus properly, be confident, be calm, be able to concentrate even though there is wind, sound, and other disturbances. To be a platform diver who has high achievement, an athlete should have high confident, courage, concentration, strong will, good motion coordination, and sense

of beauty, all will be disturbed if the athlete is mentally disordered.

Badminton is one type of game sport that is quite famous in the world. There are two forms of games in badminton, they are single and double. In double game, two shuttlers is two entities that must perform well. In order to play as well as possible, they must trust each other's ability, cover each other's weaknesses, understand the task and function in the tactics that will be carried out consequently in the game. In single game, it puts more emphasis on self-employed/independent, whereas in double game, it puts more emphasis on mutual cooperation.

PB. Djarum is one of badminton clubs that successfully managed world-class athletes. Among them are the badminton legend of the world, namely Liem Swie King, Alan Budi Kusuma, Cristian Hadinata, Icuk Sugiarto, and others athletes who have been carried out the good name of Indonesia in the world, namely Liliana Natsir, Tontowi Ahmad, Mohammad Ahsan, Debby Susanto.

According to Cristian Hadinata, one of talent guide in PB.Djarum said that there were three main criteria that should be met by a shuttler before entering in PB.Djarum. Those criteria were posture, physical, and mental. The shuttler that has those criteria would be an Indonesian badminton athlete (bola.com, 2015).

In badminton coaching, there is no scientific benchmark in determining an athlete to play in single number or double number till now. Beginner athletes are usually dropped off on a single number by the coaches. Mostly, the determination of single and double are only based on the coaches' observation and physical skill.

Based on the phenomenon above, the researcher was interested to know how the personality from the badminton athletes in PB. Djarum either single athletes or double athletes. Therefore, the researcher took a title "The Relationship between Personality of Single Athlete and Double Athlete of Badminton Toward PB.Djarum Achievement Level."

METHODS

The research used quantitative approach non experimental, the data collection technique used in this research was Sport Personality Questionnaire 20 (SPQ 20) from Myskillprofile (2016). It was a questionnaire contained 168 questions to know the psychological personality for the athletes with 20 psychological scales, and used by many psychological researchers.

The population in this research was single and double athletes of PB. Djarum. The total single and double athletes in PB.Djarum were 214 athletes. The sampling technique of the research was purposive sampling that is a sampling technique based on characteristics (goals) which determined by the researcher. The provisions to be sample were single and double athletes uper 17 years old, having achievement as the first, second, or third winner in province,

national, and international. In this research, the sample was 35 athletes (20 female athletes and 15 male athletes), there were 13 single athletes and 22 double athletes. There were 13 athletes of province level, 15 athletes of national level, and 7 athletes of international level..

RESULTS AND DISCUSSION

The socio-demographic characteristics of the research could be seen in table 4.1, i.e the total samples were 35 athletes (20 females and 15 males), 13 single athletes (7 females and 6 males), 22 double athletes (13 females and 9 males), 13 province level athletes (3 females and 10 males), 15 national level athletes (13 females and 2 males), and 7 international level athletes (4 females and 3 males).

Table 1. The Characteristics of Research Sample (n=35)

Characteristics	Single	Double	Province	National	International	General
n (Total)	13	22	13	15	7	35
n (Male)	6	9	10	2	3	15
n (Female)	7	13	3	13	4	20
Average Age (year)	19,46	18,50	18	18,67	20,86	18,86

Table 2 showed significantly that there was different personality average between the single and double athletes toward seven personality aspects: *achievement* (sig. 0,01 < 0,05); *conscientiousness* (sig. 0,00 < 0,05); *visualization* (sig. 0,04 < 0,05); *self-efficacy* (sig. 0,00 < 0,05); *self-talk* (sig. 0,00 < 0,05); *self-awareness* (sig. 0,01 < 0,05); and *ethics* (sig. 0,00 < 0,05).

The double athlete was higher than the single athlete, on *achievement* aspect (motivation for being success and willing to sacrifice to get achievement) was 3,89 for the double athletes and 3,50 for the single athletes. *Conscientiousness* (thorough preparation, discipline, and based on the planning) was 4,56 for the double athletes and 3,90 for the single athletes, *visualization* (the use of imagery, quiet and performance) was 4,06 for the double athlete sand 3,68 for the single athletes, *self-efficacy* was 3,94 for the double athletes and 3,95 for the single athletes, *self-awareness* was 4,18 for the double athletes and 3,72 for the single

athletes, *ethics* was 4,49 for the double athletes and 3,95 for the single athletes. The double athletes were higher on personality aspects: *personality: goal setting, managing pressure, power, agresivitas, impression management* but they were not significant.

In general, there was no mean difference of psychological characteristics between team sport and individual sport. However, there was a significant psychological characteristics on psychology aspects, for instance on motivation, - self-confident, team attention, had significant differences than anxiety control, mental preparation and concentration, had no significant difference in archery, soccer, volleyball, tae kwon do, athletics, and takraw (Dimiyati dkk, 2013).

Weinberg and Gould (2007) explained that motivation was a direction and intensity from an effort done by an athlete. As the direction of behavior, it meant that motivation had a role as a determinant of what the athlete was doing. For

instance, a young athlete wanted to to win a national championship. The behavior shown by him was affected by his desire; whether he decided to increase the portion of physical exercise or technique, or to meet a sport psychologist for consultation in supporting his performance in the field.

Table 2. The Description of Types Group Statistics (Single and Double)

Variables/Groups	Single		Double		F	Sig.
	X	SD	x	SD		
Achievement	3,50	0,47	3,89	0,29	8,99	0,01
Adaptability	3,69	0,68	4,08	0,57	3,25	0,08
Competitiveness	4,12	0,53	4,37	0,36	2,88	0,10
Conscientiousness	3,90	0,55	4,56	0,40	16,58	0,00
Visualization	3,68	0,53	4,06	0,50	4,42	0,04
Intuition	3,11	0,66	3,50	0,60	3,23	0,08
Goal Setting	3,03	0,39	2,92	0,48	0,48	0,49
Managing Pressure	3,03	0,39	2,92	0,48	0,48	0,49
Self-Efficacy	3,41	0,48	3,94	0,36	13,61	0,00
Fear of Failure	3,56	0,66	3,77	0,77	0,67	0,42
Flow	3,67	0,54	3,88	0,50	1,24	0,27
Stress Management	3,60	0,50	3,71	0,56	0,30	0,59
Emotion	3,21	0,53	3,49	0,60	1,88	0,18
Self-Talk	3,90	0,57	4,45	0,36	12,69	0,00
Self-Awareness	3,72	0,45	4,18	0,42	9,02	0,01
Ethics	3,95	0,48	4,49	0,48	10,25	0,00
Empathy	3,03	0,55	3,13	0,54	0,26	0,61
Relationship	3,18	0,41	3,25	0,40	0,26	0,62
Power	2,60	0,57	2,38	0,52	1,37	0,25
Aggressiveness	2,71	0,69	2,68	0,65	0,02	0,90
Impression Management	3,72	0,71	3,54	0,59	0,70	0,41

A research done by Schure, Asley, and Joy (in Cox, 2002) showed clearly that personality profile of team sport athletes was different with individual sport athletes, and team sport athletes played indirect interaction (eg basketball) and direct interaction (eg volleyball). In general, team sport athlete had more anxious, dependent, open-ended, and alert, but they were less sensitive and inaginative than individual sport athletes. The athletes with direct interaction (eg football), they were more independent and unselfish than the athletes with direct interaction. (eg volleyball). Some literatures showed that the athletes from one branch of sport were different in character and personality compared by athletes from another branch of sport.

Personality Differences Based on Achievement Level (Province, National, and International)

The personality differences based on the achievement level could be seen in table 3.

Table 3. The Description of Athlete Level Statistics (Province, National, and International)

Variables/Groups	Province		National		International		F	Sig.
	x	SD	X	SD	x	SD		
Achievement	3,71	0,30	3,73	0,41	3,83	0,60	0,22	0,80
Adaptability	4,02	0,47	3,85	0,65	3,96	0,91	0,25	0,78
Competitiveness	4,29	0,33	4,30	0,41	4,19	0,70	0,15	0,86
Conscientiousness	4,25	0,55	4,30	0,61	4,46	0,49	0,34	0,72
Visualization	3,96	0,44	3,82	0,49	4,06	0,80	0,52	0,60
Intuition	3,23	0,64	3,36	0,61	3,57	0,76	0,62	0,54
Goal Setting	2,80	0,28	2,89	0,38	3,40	0,58	5,78	0,01
Managing Pressure	2,80	0,28	2,89	0,38	3,40	0,58	5,78	0,01
Self-Efficacy	3,64	0,45	3,75	0,52	3,92	0,46	0,75	0,48
Fear of Failure	3,26	0,77	3,96	0,53	3,95	0,71	4,52	0,02
Flow	3,92	0,33	3,58	0,46	4,04	0,78	2,60	0,09
Stress Management	3,51	0,49	3,76	0,37	3,76	0,85	0,85	0,43
Emotion	3,23	0,53	3,38	0,49	3,68	0,81	1,36	0,27
Self-Talk	4,28	0,49	4,09	0,53	4,52	0,48	1,82	0,18
Self-Awareness	3,92	0,40	3,97	0,51	4,27	0,54	1,34	0,28
Ethics	4,11	0,59	4,33	0,47	4,54	0,55	1,61	0,22
Empathy	3,29	0,46	2,89	0,40	3,14	0,81	2,09	0,14
Relationship	3,22	0,33	3,19	0,41	3,29	0,53	0,15	0,86
Power	2,44	0,41	2,45	0,52	2,50	0,84	0,03	0,97
Aggressiveness	3,02	0,62	2,40	0,52	2,71	0,76	3,62	0,04
Impression Management	3,71	0,49	3,44	0,68	3,77	0,77	0,91	0,41

Notes: *x*: Average; *SD*: Standard Deviation; *F*: Probably Value; *Sig.*: The Level of Significance (0,05)

Table 3 showed significantly that there was different average of personality between province, national, and international athletes on four personality aspects: *goal-setting* (*sig.* 0,01 < 0,05); *managing pressure* (*sig.* 0,01 < 0,05); *fear of failure* (*sig.* 0,02 < 0,05); and *agressiveness* (*sig.* 0,04 < 0,05). While 17 other personality aspects had different aspect but it was not significant.

Province athletes had higher value than national and international athletes on personality aspects: *adaptability*, *empathy*, and *aggressiveness*. National athletes had higher value than province and international athletes on personality aspects: *competitiveness* and *fear of failure*. International athletes had higher level than province and national athletes on personality aspects: *achievement*, *conscientiousness*, *visualization*, *intuition*, *goal setting*, *managing pressure*, *self-efficacy*, *flow*, *emotion*, *self-talk*, *self-awareness*, *ethics*, *relationship*, dan *power*. Sedangkan aspek *stress management*, national and international athletes

had the same average and it was above the province athletes.

The appearance of an athlete was an interaction between some factors, such as technique, tactict, physical, and mental aspects (Jones, Hanton, & Connaughton, 2002; Boompa & Haff, 2009; Stolen et al, 2005). A research in personality aspect whih was more general than psychological aspects showed that there was different personality among wrestlers, swimmers, baseball athletes, basketbal athletes, and football athletes (Singgih et al, 1996). Along with this, Singer (in Cox, 2002) sait that based on observation done toward baseball athletes and tennis athletes, it was found there were different personality aspects on team sport athletes and individual sport athletes. The other research result done by sport branches of football, wrestling, gymnastics, and karate showed that their personality characteristics were different (Kroll & Crenshaw, in Singer Murphey, & Tennant, 1993) According to Williams and Reilly (2000) based on the result of their study on football, there were some psychological characteristics which needed to be possessed by young athletes, namely arousal level control, high confidence, focus on high task, and the capacity to perform passionately.

According to Nicholls, Polman, Levy, et al (2009), the high factor of championship had an influence on the high level of mental toughness. It showed that generally martial athlete had good mental toughness. The research result from Pero, Minganti, Caprinica, & Piacentini (2013) also proved that self efficacy, one of mental toughness component owned by experienced athletes, would be more confident and not afraid of the risk of injury, indicating lower anxiety of match anxiousness.

International athletes had more complex personality aspects, many of them believed that self confidence would bring successfull in activities. Self confidence could be built by hard working, practising, and good planning. Weinberg and Gould (in Komarudin, 2015:75) stated that self confidence could be improved by applying some techniques that were completing performance, appearing confident, thinking

confidently, practicing imagery, doing physical exercise, preparing because preparation was one sign of success on athletes because they knew what they would do so they would prepare themselves in order they did not fail, and lastly improving self discipline because they should try to improve self discipline in practicing process. It would help improve their confidence.

CONCLUSION

Based on the analysis result and discussion above, it can be concluded as follows: (1) There is a relationship between between personality and achievement of single double athletes of badminton in PB. Djarum. The average of personality between single and double athletes on seven personality aspects had sig value , 0,05. (2) there is personality difference between single and double athletes of badminton in PB. Djarum. There was different average of personality between single and double athletes , it was proven from the analysis result, the value of seven personality aspects had sig value = 0,05. (3) Province athletes have high value on personality aspects: *adaptability, empathy, and aggressiveness*. While national athletes have higher value on *competitiveness dan fear of failure*, international athletes have higher value on: *achievement, conscientiousness, visualization, intuition, goal setting, managing pressure, self-efficacy, flow, emotion, self-talk, self-awareness, ethics, relationship, and power*.

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