

Personality Profile of Athletes with Disabilities Central Java

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Abstract

The problem of this study is that there is differences that occur because the level of disability of athletes with disabilities such as the training process, skill level, age factors, factors of competitive experience, and the task of movement that must be performed between sports that are different from each. This research is research using mix methods approach. The population of this study is all National Paralympic Committee Indonesia (NPCi) Athletes from central Java from various cities / districts in Central Java. Data collection techniques: questionnaires, questionnaires and interviews. This research instrument uses SPQ 20.. Data analysis techniques; kolmogrov-smirnov test prerequisite test and multi-variate analysis of covariance hypothesis test (mancova)). (1) personality or personality of NPCi athletes with disabilities in Central Java Province in either category; (2) the personality or personality of athletes with physical disabilities is better than that of athletes with sensory disabilities; (3) there are differences in the personality or personality of athletes with physical disabilities with athletes with sensory disabilities with the results of the equal variances assumed sig.2-tailed test $0.042 < 0.05$; (4) the personality or personality of individual sports disability athletes is better than that of group sports disability athletes; (5) there is a difference in the personality or personality of individual sports athletes with group sports athletes with equal variances assumed sig.2-tailed test results of $0.015 < 0.05$.

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INTRODUCTION

Achievement is required a long process, it takes several factors to achieve maximum achievement, namely physical factors, which include strength, speed, endurance (Indra, 2015).

Psychological factors that support the appearance of athletes include tactics, motivation, concentration, tension, anxiety and distrust (Diono, 2012). Such as relaxing exercises and also motivational giving, giving a significant influence on performance in the world of sports is the application of psychological training methods (Komarudin, 2015).

Wijayanti (2012) explained that sports become an event to add friends and aim to become champions, not only men who become the majority for sports but also women and all circles both children to adulthood, from the middle to middle to upper middle economy, and from normal children to children with special needs.

Children with special needs are children who have abnormalities / deviations from the average condition of normal children generally in terms of physical, mental and social behavior characteristics (N. Abdullah, 2013) (Salika, 2020).

Children with special needs (special needs children) can be interpreted simply as slow children (slow) or mangalami disorders (retarded) which is very difficult to succeed in school as children in general (Sagama, 2020).

Not all human beings are born in perfect conditions, some of them are born with various limitations or disabilities, both physical and psychic (Lora, 2015) (Haq, 2016). No parent wants the birth of a child with a disability. The birth of a child with special needs does not know comes from a wealthy family, an educated family, a poor family (Rachmansyah, 2018).

The negative view of society is what causes parents who have children with physical disabilities or disabilities to be unconfident, unable to accept their child's situation, and not to let the child in the community environment (Latuconsina, 2014).

Sports disabilities with running time since it began to be introduced in Indonesia many people with disabilities began to emerge, Nugroho (2019) predicted that people with disabilities who often exercise will have a higher level of confidence. Those who exercise, anger and stress levels will be lower than those with inactive disabilities. One of the big games in the world is paralympic according to (Mataruna et al., 2015).

Paralympic Games as an opportunity to develop awareness about people with disabilities and also their integration in all areas of society, including sports (Hakim, 2017) (Selviana, 2017). Sports activities for people with disabilities to accommodate athletes with disabilities, the establishment of national Paralympic Comitee Indonesia (NPCI), National Paralympic Comitee Indonesia (NPCI) is the only organization in the field of sports specifically for people with disabilities (Nuhayati, 2016).

NPCI is the only Indonesian disability sports platform authorized to coordinate and build any and all sports activities of Disabled persons throughout the jurisdiction of the Republic of Indonesia (Hati, 2015).

The advantages can improve mood, reduce anxiety and depression, increase self-esteem, and feelings of greater self-confidence. There are many differences due to the level of disability such as the training process, skill level, age factors, competing experience factors, and the task of movement that must be performed between sports that are different from each other. Similarly, between team sports and individual sports.

Each disabilities has its own personality and different. Each type of sport has different examples of direct interaction (football), they are more independent and unselfish compared to athletes from sports that are indirect interactions (volleyball). Various literature explains one of them that athletes from various sports that their character and personality type are different (Cox, 2007) .

The characteristics of the game, the nature of the sport contained in the sport of teaming will differ from the characteristics and properties

of the sport contained in the individual sports. Each disability has its own characteristics according to the level of deficiency and has its own differences.

METHOD

This research is a research mix methods, which is a research step by combining two forms of approach in research, qualitative and quantitative in a research activity, so that more comprehensive, valid, reliable, and objective data will be obtained.

The subject of this investigation is YPAC Central Java athletes who are still actively participating in training and conducted in about 1 month at the National Paralympic Committee Indonesia (NPCI) Central Java Province which is centered in Surakarta City.

The population of this study is all athletes national Paralympic Committee Indonesia (NPCI) Central Java Province which amounts to about 120 athletes from various cities / districts in Central Java Province.

The determination of this research sample is using Cluster Random Sampling. This sampling technique is used to determine the sample when the object to be studied or the data source is very extensive.

The research instrument uses a questionnaire test consisting of 168 questions with possible answers based on respondents' habits, by selecting 5 categories namely: never, sometimes, moderately, often, very often, and always. SPQ 20 measures 20 dimensions of mental strength divided into 4 areas: achievement and competitiveness, confidence and resilience, interaction and sportsmanship, power and aggressiveness.

Data collection techniques in this study used various techniques, namely interviews, observation and documentation. These three techniques are used to obtain data and information that support and complement each other about the Personality Profile of NPCI Athletes in Central Java.

Data analysis techniques calculation of averages and standard deviation of the data

obtained, will then be tested the normality of the data using Kolmogorov-Smirnov, dan to answer the hypothesis then used inferential statistical analysis, namely multi-variate analysis of covariance (MANCOVA) using General Linear Models (GLM). MANOVA is able to reveal differences that MANOVA does not display separately, thus increasing the chances of finding changes as a result of different treatments and their interactions.

RESULT AND DISCUSSION

This study was used to examine the personality profile or personality of NPCI disabled athletes in Central Java Province. The data obtained is then analyzed to provide an in-depth picture of the personality profile or personality of NPCI athletes in Central Java Province which is reviewed from athlete disability and athlete sports athletes' Personality Profile of NPCI Athletes in Central Java.

The results of the study show that the personality or personality of the NPCI athlete's personality in Central Java Province is in the good category. the results of the NPCI athletes with disabilities in Central Java Province in the following table:

Tabel 1. Personality results NPCI Central Java

Category	Score	F	%
Excellent	5	0	0
Good	4	21	77.78
Keep	3	6	22.22
Less	2	0	0
Very Less	1	0	0
Sum		27	100

Personality Profile of NPCI Disability Athletes in Central Java Province of Athlete Disability

The results of this study were obtained from 27 NPCI athletes from Central Java Province who were the subjects of the study, with the results of the description of the

personality or personality of npc i athletes in Central Java Province.

The personality of athletes with disabilities NPCI Central Java Province in the category of good. The results are influenced by (1) no NPCI disability athletes in Central Java Province have a very good category, less and very less, (2) most athletes with disabilities NPCI Central Java Province has personality or personality in the category of good, (3) only some athletes with disabilities NPCI Central Java Province has personality or personality in the moderate category.

SPQ-20 results showed that: (1) 16 out of 21 variable answers to sport personality questionnaire questions resulted in a score of 4 which was well categorized; (2) as many as 5 out of 21 variable answers to sport personality questionnaire questions result in a score of 4 in the moderate category; (3) no variable answer result of sport personality questionnaire question resulted in a score of 4 which was categorized as very good, less or very less.

Good results personality or personality owned by athletes with disabilities NPCI Central Java Province is also supported by the results of interviews that researchers conducted to sports coaches and administrators of NPCI Central Java, are as follows:

Coach

We as coaches see that no athlete does not struggle, all sacrificed in training to achieve maximum achievement. They fight against his ego and his friend to be the best. They prepare everything with totality. We are just facilitators to cultivate motivation, confidence, and good fighting mentality. (Natoinal Paralympic Committe Indonesia/ NPCI central Java coach interview, 2020)

Central Java NPCI Manager

We as administrators are only as a bridge or intermediary that becomes a goal between coaches and athletes. We appreciate whatever the results of the form of achievement that has been achieved by athletes, because we realize athletes have struggled to sacrifice all good All athletes sacrifice time, family achievements and NPCI Central Java. All the shortcomings both

of all the services and facilities provided they are able to receive and adapt well. So we believe that our athletes have psychological, physical and good techniques to support the achievement of maximum achievement that can be given to NPCI central Java (npci management interview central Java, 2020).

Personality Profile of NPCI Disability Athletes in Central Java Province of Athlete Disability

he results of the study stated that there are differences in the personality or personality of athletes with disabilities NPCI Central Java Province reviewed from the disability suffered by athletes can be concluded that athletes with physical disabilities have personality or personality that is more compared to athletes with sensory disabilities.

This difference occurs not only because of the difference in the number of samples available, but because of the difference in the average number of scores obtained. The difference is due to; (1) the personality or personality of the physically disabled athlete has a value with a very dominant good category; (2) 13 of the 18 athletes categorized as physically disabled have personality or personality in either category, and the remaining 5 athletes have personality or personality in the moderate category; (3) the personality or personality of sensoryly disabled athletes has a value with a more dominant moderate category; (4) 6 out of 9 athletes who are categorised as sensory defects have personality or personality in the medium category, and the remaining 3 athletes have personality or personality in the medium category.

Differences in personality defects or personalities of athletes with disabilities NPCI Central Java based on the variable SPQ 20, as follows; (1) the personality or personality of the physically disabled athlete is better than the personality or personality of the sensoryly disabled athlete; (2) the personality or personality of the physically disabled athlete has more good category value than others; (3) 15 of the 21 answers of SPQ20 variables are well

category, and as many as 6 answers are SPQ20 variables in the medium category; (4) the personality or personality of sensoryly disabled athletes has a value with a more dominant moderate category; (5) 12 out of 21 athletes who are categorically disicient sensorily have personality or personality in the moderate category, and the remaining 9 results of spq20 variable answers are well categorized.

Personality Profile of NPCI Disability Athletes in Central Java Province of Athlete Disability

The results of the normality test data through Shapiro-Wilk resulted in avariable significance value of athletes' known defects greater than 0.05. Thus, researchers can conclude that all research variables are normally distributed. Furthermore, homogeneity test results obtained a significance value (sig.) of 0.307. The value of Sig, $0.307 > 0.05$, can be decided that the variance of the data is the same or homogeneous.

The results of the hypothesis test were conducted to test the correctness of the statement statistically.. the result of the value at assumed equal variances is known that the sig.2-tailed value < 0.05 . So as the basis in decision making in the independent test sample t-test can be concluded that H_0 is rejected and H_a accepted. it can be concluded that there are differences in the personality or personality of athletes with disabilities NPCI Central Java Province is reviewed from among athletes' disabilities.

Personality or personality is very important to know or learn because personality is very closely related to the pattern of acceptance of the social environment to a person and sports activities also form a personality (Raharjo et al., 2018).

Differences in characteristics are more specialized obstacles in responding to the stimulus provided by the environment to perform motion, imitate motion, and even some are physically disturbed so that he can not do the right directional movements. In addition, they have problems in sensory, motor, learning, and

behavior that can hinder the physical development of the student (Hakim, 2017).

Research conducted by Mazzoni, Purves, Southward, Rhodes, & Temple (2009) showed a form of support to motivate children with disabilities by training them to do wall climbing indor, and the results are significant in improving the self-efficacy of children with special needs, when a child with special needs already has self-confidence that penetrates the limits of their physical and mental abilities will easily face all the challenges that exist in front of them.

The criteria for determining the type of byraga for children with intellectual disabilities (ID) are fine motor and rough motorperspectives. This may be one of the most contentious issues in disability sports and also one of the most difficult to find the right solution that all parties desire, which differently impacts the functional abilities of individuals in different ways and at different levels, but in almost all cases the impact usually leads to competition. The disadvantages in this sport are especially true when compared to sportsmen who are not disabled, but may also be true when compared to athletes with different disorders or even athletes with similar or similar disorders. Therefore, it is necessary to put criteria in place in order for success to be determined by 'skill, fitness, strength, endurance (Liver, 2015).

Personality Profile of NPCI Disability Athletes in Central Java Province from Athlete Sports

The results of differences in personality or personality of athletes with disabilities NPCI Central Java Province reviewed from the sports branch pursued by athletes can be concluded that athletes who pursue individual sports have personality or personality that is more than athletes who pursue the sport of teams.

This difference occurs not only because of the difference in the number of samples available, but there is a difference in the average number of scores obtained. The difference is due to; (1) the personality or personality of athletes who pursue the sport of indivisu has a value

with a very dominant good category; (2) 12 of the 19 athletes categorized as physically disabled have personality or personality in either category, and the remaining 7 athletes have personality or personality in the moderate category; (3) the personality or personality of athletes who pursue team sports has a value with a more dominant moderate category; (4) 5 out of 8 athletes who pursue team sports have personality or personality in the medium category, and the remaining 3 athletes have personality or personality in either category.

Based on the influence of the variable sports personality questionnaire (SPQ 20) questions that are directly related to the personality or personality of athletes. the researchers concluded that; (1) the personality or personality of athletes who pursue individual sports is better than the personality or personality of athletes who pursue team sports; (2) the personality or personality of athletes who pursue individual sports has more good value than others; (3) 15 of the 21 answers of SPQ20 variables are well category, and as many as 6 answers are SPQ20 variables in the medium category; (4) the personality or personality of athletes who pursue team sports has a value with a more dominant moderate category; (5) 14 out of 21 spq20 variable answer results are personality category or personality in medium category, and the remaining 7 spq20 variable answer results are categorized as personality or personality in either category.

Differences in Personality Profile of NPCI Disability Athletes in Central Java Province from Athlete Sports

The results of the normality test data through Shapiro-Wilk resulted in a variable significance value of athletes' known defects greater than 0.05. Thus, researchers can conclude that all research variables are normally distributed. Furthermore, homogeneity test results obtained a significance value (sig.) of 0.307. Sig value, $0.610 > 0.05$, then it can be decided that the variance of the data is the same or homogeneous.

The results of the hypothesis test are conducted to test the correctness of the statement statistically. The hypothesis test in this study used an independent sample t-test to look for differences in the personality or personality of athletes with disabilities NPCI Central Java Province reviewed from the sports branches that athletes tekuni.

The results of the hypothesis test were conducted to test the correctness of the statement statistically.. the result of the value at assumed equal variances is known that the sig.2-tailed value < 0.05 . So as the basis in decision making in the independent test sample t-test can be concluded that H_0 is rejected and H_a accepted. it can be concluded that there are differences in the personality or personality of athletes with disabilities NPCI Central Java Province reviewed from between sports pursued.

These results are in line with research conducted by Malinauska (2014), where results showed that participants of sports teams scored higher on Extraversion than individual sports athletes along with their tables and athletes could also use them to help determine which sports they were more successful at based on their personalities. individual and group sports i.e. team sports are higher on variable goal setting, imaging and self-talk, which investigates and compares individual and team sports, the data found in this study reinforces the fact that individual sports are more reaching and controlling emotions than group sports, group sports athletes are characterized by being more extroverted and by the fact that athletes present lower stress levels (Raharjo et al., 2018).

Team sports with sports have no meaningful differences (Effendi, 2016). However, there are significant differences in psychological characteristics as follows: football athletes have the best motivation, confidence and mental preparation compared to other sports athletes. Tae kwon do athletes have the best anxiety control and concentration compared to other sports athletes, but have the lowest motivation. Volleyball athletes have the highest team attention compared to other sports athletes, but have the lowest concentration, confidence

and mental preparation. While athletic athletes have the lowest level of team attention, and pencak silat athletes have the lowest anxiety control compared to other sports. Psychological and behavioral factors include motives for achievement, intelligence, self-actualization, independence, aggressiveness, emotion, confidence, motivation, spirit, sense of responsibility, social sense, desire to win and so on (Dimiyati et al. 2013).

The general psychological characteristics between team sports and individual sports are no meaningful differences. However, there are significant differences in psychological characteristics in aspects of psychology, for example in the aspects of motivation, confidence, team attention, have significant differences than aspects of anxiety control, mental preparation and concentration there are no significant differences in the sport of archery, football, volleyball, tae kwon do, athletics, sepak takraw, (Dimiyati et al., 2013).

Athletes who participate in individual sports tend to be more satisfied than athletes who participate in team sports, as they seem to have developed closer, committed, and complementary relationships with their coaches (McGannon et al., 2016).

Arah behavior, motivation also affects the intensity of the behavior it is shown. The intensity of behavior is consistent with the athlete's efforts in achieving the desired goal. In other words, how long the athlete maintains his consistency in showing the behavior he has chosen in order to achieve or realize his goals. This is due to the nature of motivation itself as a process that can be fickle and not settled. Therefore, there are often times when the motivation of athletes decreases and even disappears. Therefore, certain psychological interventions are needed to ensure athletes have a stable motivation, which is not too high at the beginning and then decreases in the middle of the process of trying to achieve goals let alone lose motivation so that athletes feel bored with the exercise routine that must be lived.

The difference is thought to occur due to factors of competitive experience, training

process, skill level, age factor, and the task of motion that must be performed between sports that are different from each other. Similarly, between team sports and individual sports. The characteristics of the game, the nature of the sport contained in the sport of teaming will differ from the characteristics and properties of the sport contained in the individual sports. Other research confirms that there are differences in psychological skills between individual sports and team sports and gender (Cox,2007).

CONCLUSION

This study can be concluded that, (1) The personality results of athletes with physical disabilities are categorized as good, while the personality results of sensory disabilities athletes are categorized as moderate. (2) Athletes with physical disabilities have better personality than athletes with sensory disabilities. (3) The personality results of individual sports athletes are categorized as good, while the results of the personality of athletes in the team sports are categorized as moderate. (4) Individual sports athletes are better than team athletes.

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