

**Negative Social Interaction and Psychological Well-Being on Female Basketball Athletes****Zulfa Nur Umniyah¹✉, Boyke Mulyana², Berliana³, Geraldi Novian⁴**Study Program of Sport Education, School of Postgraduate Studies, Universitas Pendidikan Indonesia, Indonesia¹²³⁴**Article History**Received June 2021
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Published Vol.10 No.(2) 2021**Keywords:**Negatif Social Interaction;
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Exercise can maintain a person's level of Psychological Well-Being (PWB), but on the other hand, it can also have a negative effect. Negative Social Interaction is one of the factors that have a negative effect on individuals from their environment during exercise. In terms of gender, women and sports are interrelated even though women have long been underestimated in sports, especially in sports that are considered masculine sports. This study examines the negative social interactions experienced by athletes in basketball. In basketball, negative social interactions can occur due to the assumption that basketball is a masculine sport, besides that women are considered weaker than men. So this study aims to analyze the impact of Negative Social Interaction (NSI) obtained by female basketball athletes on the Psychological Well-Being (PWB) of athletes. The instruments used were Negative Social Exchange (NSE) and Psychological Well-Being Scale (PWBS) as well as short interviews given to 24 female basketball athletes at Universitas Pendidikan Indonesia (UPI). The results showed that NSI had a significant relationship with the PWB of female basketball athletes. The coach is one individual who plays a very important role in the condition of the athlete's PWB. Not only can it have a negative impact, but NSI can also be turned into a motivation that can encourage athletes to fight harder in the future. Based on the results of the study, it can be concluded that NSI has a significant relationship with the PWB of female basketball athletes.

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INTRODUCTION

Psychological well-being (PWB) is a general concept to describe a person's mental health (Ryff & Keyes, 1995). PWB is even more directed to the form of a person's flexible psychological and emotional state so that a person can enjoy their life (Alamdarloo et al., 2019) and PWB has two important aspects in one's life, namely referring to the extent to which people experience positive emotions and happy feelings (Gautam & Kaur, 2018). More specifically, PWB generally involves several aspects, such as happiness and pleasure, good experiences and finding meaning in life, having a good mood, and positive emotions and satisfaction in life. (Alamdarloo et al., 2019; Gül et al., 2017; Ryff & Keyes, 1995). Specifically, PWB is studied in sport psychology where exercise plays an important role in reducing mental health problems as well as increasing a person's level of psychological well-being (Lordan & Pakrashi, 2014). The results of the study stated that exercise for women was very important because comparing the level of PWB between female athletes and non-athletes showed that female athletes had better PWB than non-athletes because physical activity can increase positive aspects of personality in the form of self-acceptance, positive relationships with others, autonomy, an adjustment in the environment, life goals and personal growth (Alamdarloo et al., 2019).

In addition to the advantages mentioned above, exercise can also be a reason for a decrease in PWB, one of which is when athletes experience Negative Social Interaction (NSI) with their environment when doing sports (DeFreese & Smith, 2014). NSI is characterized by behavior that is unwelcome, intrusive, unhelpful, unsympathetic, or insensitive, rejecting, or ignoring (eg, criticism, coercion, and disagreement) (Newsom et al., 2005). The results of the study stated that NSI will have a negative effect on the welfare level of athletes (DeFreese & Smith, 2014). If the athlete continues to experience NSI, this will make the athlete become stressed and the possibility of the athlete experiencing burnout is even greater (DeFreese & Smith, 2014). In short, burnout is the result of a complex interaction between personal and situational factors, which leads to high perceived stress with a further impact on athlete motivation where if left unchecked, there will be a decrease in motivation even to drop out (Hauswirth & Mujika, 2013).

One of the triggers for negative interactions, especially in basketball, is the assumption

that basketball is a masculine sport or is more suitable for men (Alvariñas-Villaverde et al., 2017). This is due to the characteristics of masculine sports, namely having physical contact, face to face with opponents, dominant strength, or aggressiveness. While 'feminine' sports or those that are more suitable for women are those characterized by expression, elegance, or aesthetics. (Gentile et al., 2018). Even a survey of people's views on the sport's ability of men and women shows that many believe that men have better skills than women overall (Martiny et al., 2015). Especially in Indonesia, women find it difficult to take part in sports due to culture, upbringing, educational environment, and lack of support from the government (Berliana et al., 2021).

Based on the explanation above, the authors are interested in researching the impact of NSI on the level of PWB for female basketball athletes at the Universitas Pendidikan Indonesia (UPI) who experienced several NSIs from their environment because the performance displayed did not match the expectations of some individuals so that players got NSI which could affect the athlete's PWB. The authors suspect that there is a correlation between NSI and PWB in female basketball athletes. The author also feels the need to review this matter because there are still limited literature studies that specifically examine NSI and PWB in female athletes (Trainor et al., 2020), in fact, there has been no research examining this in basketball athletes in Indonesia, so that in this study, the authors give special attention to female athletes who are more dominant in experiencing this problem.

METHODS

The method used in this study is a descriptive method using a quantitative approach with a correlational design. The author uses this method and design because it feels right for the topic of this research. The population in this study were female basketball athletes at Universitas Pendidikan Indonesia (UPI), totaling 24 athletes (biological age 19-22 years & training age > 5 years) which were then taken using a total sampling technique so that the entire population became the research sample. The reason for selecting the population is because the problem under study is found directly in the person concerned.

In this study, the authors used two questionnaires as research instruments adopted from previous studies, namely (1) Negative Social Exchange (NSE) to measure NSI which contains 12 items from 4 domains (unwanted suggestions or

distractions, failure to provide needed assistance, behavior). unsympathetic or insensitive, and rejection or neglect) with a Cronbach Alpha 0.90 asking about the frequency of negative interactions during the month before the sample filled out the questionnaire (Newsom et al., 2005) and (2) Psychological Well Being Scale (PWBS) to measure PWB which contains 18 items covering 6 aspects of wellbeing and happiness (autonomy, environmental control, personal growth, positive relationships with others, life goals, and self-acceptance) using a scale Likert 1 to 7 (Ryff & Keyes, 1995).

In addition, the authors conducted brief interviews with the sample with 3 question items that had been previously consulted with experts in their fields including; individuals who came to mind when filling out the questionnaire, feelings after receiving/feeling it, and self-attitude. After that, the data was processed and analyzed using SPSS version 24 using bivariate correlations.

RESULTS AND DISCUSSION

Based on the results of data processing and analysis, the data are then described and presented in **Tabel 1**.

Tabel 1. Statistical Descriptive

	Mean	Std. Dev	Min	Max
NSI	38.54	2.126	34	42
PWB	49.04	2.971	44	55

*n = 24

Tabel 1 shows a description of the statistical data in the form of the average value, standard deviation, the lowest value, the highest value, and the number of values.

Tabel 2. Normality Testing

	Asymp. Sig. (2-tailed)	Information
NSI	0.200	Normal
PWB	0.078	Normal

Tabel 2 shows the results of the normality test using the Kolmogorov-Smirnov Test. All data > 0.05 so that the data is declared "Normal Distributed".

Tabel 3. Correlation Testing

	r Value	Sig. (2-tailed)
NSI – PWB	0.416	0.043

Tabel 3 shows the results of the bivariate correlation using the Pearson correlation. The calculated r-value is 0.416 with the value of Sig.

(2-tailed) of $0.043 < 0.05$, then H_0 is accepted, which means that there is a significant relationship between NSI and PWB of female basketball athletes.

To clarify the results of data collection and data processing results, interviews were conducted which resulted in a more detailed description of the results of this study. The results of the interview for the first question "Who do you think of when filling out the NSE questionnaire? (Coaches, teammates, parents, playmates, spectators, or others), 15 of the 24 samples stated that they completed the NSE questionnaire when considering negative interactions between the sample and their family and playmates. The other 9 thought about negative interactions with spectators and coaches. This illustrates that negative interactions obtained from the family affect a person's PWB following the finding that conflict between family and work will negatively affect PWB and endanger psychological health and interfere with one's performance (Obrenovic et al., 2020). Meanwhile, the audience was stated to be able to reduce the athlete's PWB level because the feedback given by the audience was in the form of NSI after watching the athlete's performance which was not satisfactory (Avena Koenigsberger, 2017). Just as the coach is the closest individual to the athlete after his teammates on the field, the coach has an important role to play in maintaining the athlete's PWB level (DeFreese & Smith, 2014).

For the second question "How did you feel after receiving NSI?" the majority of the sample stated that they felt annoyed because what they were doing was considered wrong and made their feelings and thoughts uncomfortable, this is because NSI has a big influence on PWB where NSI is one part of social relationships that affect a person's psychological health (DeFreese & Smith, 2014).

As for the third question "What is the attitude taken when receiving NSI?" 10 out of 24 samples stated that they are increasingly challenged to prove others wrong and want to turn NSI into a motivation. While the other 14 felt the opposite, namely a decrease in motivation, this strengthened the finding that by getting NSI athletes would experience a decrease in PWB, one symptom of which was a decrease in the level of motivation of athletes which if left unchecked would cause burn out (Hauswirth & Mujika, 2013). Therefore, it is necessary to minimize the possibility of situations such as getting NSI from various parties so that the athlete's performance and PWB are maintained.

WHO defines health in terms of not only the absence of disease but also as a state of complete physical, mental and social well-being (Edwards & Edwards, 2011), in which Psychological Well-being (PWB) has six subscales namely, self-acceptance, positive interaction with others, independence, adaptation to the environment, goal setting and personal growth (Edwards & Edwards, 2011). One of the factors that influence PWB includes social interaction with the surrounding environment (Gautam & Kaur, 2018) where social interaction can be in the form of positive interactions and negative interactions. Positive interactions aim at positive outcomes and can be used as social support for athletes (DeFreese & Smith, 2014). While negative interactions are characterized by a sense of unwillingness, disturbing, unhelpful, unsympathetic, insensitive or rejecting, and ignoring (Newsom et al., 2005).

This study gives the result that there is a significant relationship between NSI and PWB of female basketball athletes. Which UPI women's basketball athletes get NSI from several parties (coaches, spectators, family, and friends) that cause a decrease in the level of PWB, this is following previous research which states that PWB can be influenced by social interactions, both positive and negative social interactions (DeFreese & Smith, 2014). This is in accordance with research which states that PWB can be influenced by social interactions, both positive and negative social interactions (DeFreese & Smith, 2014). Athletes get NSI from those closest to them, for example getting the words "you don't play as what I expected" also comparing athletes' performance with each other such as "A's ability is better than B" "try to play like her" and even negative stereotypes comments about women's abilities in sports "women's teams really can't be expected" which can make female athletes lose confidence and motivation to show maximum performance (Gentile et al., 2018).

The audience is also one of the givers of NSI to the UPI women's basketball athletes who often think that the UPI women's team is weak and has no hope of becoming a champion or even says that the UPI women's basketball game only uses physical and does not use the brain, playing rude, and unpleasant to be used as a spectacle which indeed most sports lovers are less interested in watching women's sports matches (Petty & Pope, 2019). Not a few also commented on the educational background of athletes, the majority of whom came from sports faculties which sho-

wed negative stereotypes regarding the involvement of women in sports (Kaure & Krane, 2006). Some also stated that women who practice and engage in sports diligently are not real women and sports played by women are not real sports (Koenigsberger, 2017).

However, for some athletes, parents are the givers of NSI which is quite influential for PWB athletes because the main support provider is the family itself (Dorsch et al., 2016). Based on the results of previous studies, it was stated that if a person has a conflict between work and family, it will reduce performance (Obrenovic et al., 2020). Some of the conflicts that occurred in UPI Women's Basketball athletes included suggestions to leave the team so that they could focus more on education and spend time with family. This happened because UPI women's basketball had a practice schedule 5 times a week and some parents objected to this which was the mindset of parents in mainland Asia who thought that women should spend their free time helping parents at home (Tsai, 2017). Tsai (2017) in her research states that the notion that women are better at taking care of household matters causes women to find it difficult to actively participate in sports which results in low levels of activity and participation of Asian women in sports.

This NSI not only gives the feeling of what happened at the moment but becomes a long-term memory for the athlete. This is because social relationships are an important contributor to human psychological health which affects the relationship between stress and burnout as well as PWB levels (DeFreese & Smith, 2014). In sports, NSI can increase the impact of perceived stress on athlete fatigue over time (DeFreese & Smith, 2014) and NSI can also cause burnout which leads to decreased motivation of athletes and even worse causes athletes to lose interest in sports again so they choose to participate and no longer participate in sports (Hauswirth & Mujika, 2013).

CONCLUSION

Based on the results of the study, it can be concluded that NSI has a significant relationship with the PWB of female basketball athletes. The coach is one of the individuals who play a very important role in the condition of the athlete's PWB. Although it has a negative impact on athletes, NSI can also be a motivation that can encourage athletes to fight harder in the future.

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