International Journal of Yoga, Physiotherapy and Physical Education
www.sportsjournal.in
ISSN: 2456-5067
Received: 05-08-2023, Accepted: 20-08-2023, Published: 06-09-2023
Volume 8, Issue 5, 2023, Page No. 1-5

Factors affecting the psychology of professional and amateur women football athletes in Surakarta 2023

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Abstract
Sports psychology is a discipline that teaches psychology as it relates to sports strategy. Olympic progress or achievements, which are developments in health or body, will also have an impact on one's mental state. In addition, it can be recognized that psychological conditions can affect the achievement of physical or mental training goals. Sports success is influenced by these two factors. In recent years, interest in female soccer players and the psychological characteristics that affect their performance have increased especially in Surakarta. The purpose of this study was to analyze 1) the psychological factors influencing Professional Women's Football Athletes and Surakarta Amateur Women's Football Athletes in 2023, 2) Psychological Characteristics of Professional Women's Football Athletes and Surakarta Amateur Women's Football Athletes in 2023, 3) Differences in the effect of stress management, performance evaluation, motivation, and teamwork on Professional Women's Soccer Athletes and Amateur Women's Soccer Athletes in Surakarta 2023. The samples used in this study were 22 professional female soccer athletes and 22 amateur soccer athletes, a total of 44 athletes as a sample. Data collection methods used are using questionnaires and interviews. The researcher used the Psychological Characteristics Questionnaire Related to the Sports Performance Questionnaire (CPRD) which had been used in previous research and the development of a questionnaire where there were additional questionnaire items by the researcher. The data analysis used is descriptive statistical analysis, with a t test to find out the research hypothesis. The results of the study describe that there are factors that affect the psychology of Professional Women's Soccer Athletes and Amateur Women's Soccer Athletes, namely stress management, performance evaluation, motivation, mental abilities and teamwork. These factors are the psychological characteristics of sports that have been carried out by previous studies. Differences in the effect of stress management, performance evaluation, motivation, mental abilities and teamwork on Professional Women's Soccer Athletes and Amateur Women's Football Athletes in Surakarta 2023 have significant differences in all aspects of the psychological characteristics of sports.

Keywords: Atheletes, psychology, women football

Introduction

Psychology is the study of mental or psychological processes. Sports psychology is a discipline that teaches psychology as it relates to sports strategy (Blumenstein & Orbach, 2020) [2]. Olympic progress or achievements, which are developments in health or body, will also have an impact on one's mental state (Samuel, 2015) [13]. In addition, it can be recognized that psychological conditions can affect the achievement of physical or mental training goals (Liu, 2017) [9]. Sports success is influenced by these two factors. The success or failure of athletes participating in high-achieving sports depends on the consequences of a comprehensive set of physical, tactical, technological, and spiritual factors (Kim & Cardinal, 2019) [8]. Morale is the single most important factor that affects the performance of an athlete by paying attention to the leaflet mentioned above. If psychological factors do not account for less than 50% of a project's success, the audience will understand (Schnyder & Hossner, 2016) [15]. To develop the psychological characteristics of athletes, instructors can use psychology training sessions (Hings *et al*., 2020) [7].

Achieving success in sports depends on a variety of psychological factors, including motivation, self-awareness, self-control, timing, mental toughness and conscience (Liu, 2017) [9]. Each team in sports has differences based on the individual psychological characteristics of each athlete. The combination of these three factors, as well as the behavioral athletes that emerge from each sport, will produce the same characteristics. Before starting psychology training, students must understand the specific psychological characteristics of the athletes being trained (Rune Giske *et al*., 2016) [12].

Football is the sport most often played by all Indonesians (Pratama & Fudin, 2020) [10]. People from many different groups enjoy this form of sport very much, whether it is national or international football (Ghozali *et al*., 2017) [5]. Indonesian football has established a national identity. Football serves as a representative of ethnic, religious and cultural diversity (Rama, 2019) [11]. The country of Indonesia as a whole is multiethnic, including the national football team, which features the best players from various regions across the country, representing various ethnic groups. Indonesian football is more than an Olympic sport; it also has its own identity, pride, and rules associated with the nation. At first, PSSI football was recognized as something masculine, especially for women. Football is considered as something unique, unusual, unorthodox, and maybe even taboo (Guntoro *et al*., 2020) [6].

The result is that the general population believes that only men should be allowed to play soccer (Satria, 2018) [14]. As a result, women continued to play women's soccer as women's soccer players continued to emerge. In 1969,

Indonesian women's football began to gain attention thanks to Putri Priangan, the first female soccer player in Indonesia (Doewes & Nuryadin, 2022) [3]. The formation of tertiary institutions in each region to form a women's soccer team. Women's football has a place within the PSSI organizational environment based on the provisions of the PSSi Daily Management Decree No. 71-XII/1978 article 12 paragraph 2, and in a tactical way gave Galanita the oath right to run the game herself (Ariyanto, 2017) [1]. By obtaining this autonomous status, Galanita became an organic institution under the auspices of PSSI but independent in terms of carrying out women's football activities. In sports history, 1969 to 1988 is remembered as a very important year for Indonesian women's football due to difficult traveling conditions. Women's football must find players, set up organizations or clubs, talk to those who are for and against the situation, and get their organization status directly from PSSI (Fitri *et al*., 2021) [4]. In recent years, the interest of female soccer players and the psychological characteristics that affect their performance have increased, especially in Surakarta, therefore the purpose of this study was to analyze the psychological factors that influence professional female soccer athletes and amateur female soccer athletes in Surakarta. There are many factors that influence psychologically, including stress management, the influence of performance evaluation, motivation, teamwork and mental ability, so researchers will analyze the psychological characteristics of female professional soccer players and female amateur soccer players, as well as to determine differences in the psychological characteristics of the two groups (Doewes & Nuryadin, 2022) [3]. There are already professional and amateur teams, namely the women's team as a professional team and the Surakarta women's team in the city of Surakarta. Researchers will use a questionnaire on Psychological Characteristics Related to Sports Achievement (CPRD) by Gime no, Buceta, and Pérez-Llantada. By knowing the psychological characteristics of professional players, the work of coaches and sports technicians, at all levels of competition, can be improved. Therefore, assessing psychological capacity is the first step towards proper psychological training which aims to improve the performance of players, both professional and young, in training.

Methodology

The qualitative descriptive research method is used by researchers to collect data from a population that is represented by a randomly selected sample. Data is collected through data collection instruments, such as questionnaires, interviews, or direct observation. The data obtained were then analyzed descriptively, by calculating the mean, median, and mode values, as well as identifying the distribution and variation of the observed variables. Researchers used a purposive sampling technique where the sampling method in research was carried out with a specific purpose, namely to select a sample according to certain predetermined criteria. In purposive sampling, researchers do not use random methods to select samples, but select samples based on the characteristics or characteristics of the population to be studied.

The researcher used a sample of professional and amateur female soccer athletes. The research instrument used a Psychological Characteristics Questionnaire Related to the Sports Performance Questionnaire (CPRD) which had previously been used for research as many as 55 questions and an additional 10 questions in the questionnaire that had been developed by the researcher. Where is the development Of questionnaire items to strengthen the previous questionnaire and has been validated by a psychologist. Researchers want to compare the average test results of professional women's soccer athletes with amateur women's soccer athletes. The *t* test conducted is the Independent Samples t-test (t-test for independent samples) where this test is used when two groups or data samples are independent of each other.

Results

The research analysis used a questionnaire with 55 questions, then the researcher developed it with an additional 10 questionnaire questions on aspects of psychological characteristics. Data collection was carried out on a sample of 44 professional and amateur women's soccer athletes in Surakarta 2023. In addition, the questionnaire sheet contained athlete data in the form of education levels, player positions and player positions for Professional Women's Soccer Athletes and Surakarta Amateur Women's Football Athletes in 2023. Data are presented in the following table.

Table 1: Sociodemographic data for professionals and amateurs

Educational level					
			Athlete		Total
			Professional	Amateur	
Educational level	Junior High School	Count	0	8	8
		% within Athlete	0.0%	36.4%	18.2%
		% of Total	0.0%	18.2%	18.2%
	Senior High School	Count	3	11	14
		% within Athlete	13.6%	50.0%	31.8%
		% of Total	6.8%	25.0%	31.8%
	College	Count	19	3	22
		% within Athlete	86.4%	13.6%	50.0%
		% of Total	43.2%	6.8%	50.0%
Total		Count	22	22	44
		% within Athlete	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Player Position					
			Athlete		Total
			Professional	Amateur	
Player Position	Midfielder	Count	9	11	20

		% within Athlete	40.9%	50.0%	45.5%
		% of Total	20.5%	25.0%	45.5%
	Attacker	Count	3	3	6
		% within Athlete	13.6%	13.6%	13.6%
		% of Total	6.8%	6.8%	13.6%
	back	Count	7	6	13
		% within Athlete	31.8%	27.3%	29.5%
		% of Total	15.9%	13.6%	29.5%
	Goalkeeper	Count	3	2	5
		% within Athlete	13.6%	9.1%	11.4%
		% of Total	6.8%	4.5%	11.4%
Total		Count	22	22	44
		% within Athlete	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Player Division					
			Athlete		Total
			Professional	Amateur	
Player Division	League 1	Count	22	0	22
		% within Athlete	100.0%	0.0%	50.0%
		% of Total	50.0%	0.0%	50.0%
	Amateur League	Count	0	22	22
		% within Athlete	0.0%	100.0%	50.0%
		% of Total	0.0%	50.0%	50.0%
Total		Count	22	22	44
		% within Athlete	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Professional female soccer athletes have more education at the tertiary level, namely 19 athletes, at the high school education level there are 3 athletes and none at the junior high school level. Amateur female football athletes have more education at high school, namely 11 athletes, 8 junior high school athletes, and 3 athletes at the tertiary education level. Regarding the position of players in professional women's football athletes, there are 9 players as midfielders, 3 players as attackers, 7 players as backs, and 3 players as goalkeepers. In amateur female football athletes there are 11 midfielders, 3 players as attackers, 6 players as backs and 2 players as goalkeepers. A total of 22 professional female soccer athletes play in league 1. Where league 1 is a level 1 professional league standings, where the qualifications are included at the national level. Meanwhile, in amateur women's football athletes, as many as 22 athletes are still in amateur leagues. Where the amateur league is the league with the lowest division level in terms of qualifications.

Table 2: Descriptive analysis of professional women's football athletes

Measuring variable	N	Range	Minimum	Maximum	Means	Std. Deviation
Stress management	22	29	41	70	54,68	8,521
Performance evaluation	22	31	16	47	32,00	8,575
Motivation	22	11	21	32	26,64	2,95
Mental ability	22	13	20	33	24,77	3,69
Teamwork	22	8	22	30	26,86	2,55
Valid N (listwise)	22					

The data in the table above concerns descriptive statistical analysis on professional female soccer athletes, where there is a minimum score in the Stress Management aspect of 41, a maximum value of 70 with an average of 54.68 and a standard deviation of 8.521. In the aspect of work evaluation the minimum score is 16, the maximum score is 47 with an average value of 32 and a standard deviation of 8.575. In the aspect of motivation the minimum score is 21, the maximum score is 32 with an average value of 26.64 and a standard deviation of 2.953. In the aspect of mental ability the minimum score is 20, the maximum score is 33 with an average value of 24.77 and a standard deviation of 3.690. In the aspect of teamwork the minimum score is 22, the maximum score is 30 with an average score of 26.86 and a standard deviation of 2.550.

Table 3: Descriptive statistics of women's amateur football athletes

Measuring variable	N	Range	Minimum	Maximum	Means	Std. Deviation
Stress management	22	37	32	69	46,45	7,787
Performance evaluation	22	25	15	40	26,64	6,814
Motivation	22	17	16	33	25,95	3,897
Mental ability	22	10	17	27	23,23	2,636
Teamwork	22	11	12	23	18,41	3,065
Valid N (listwise)	22					

The data in the table above regarding statistical descriptive analysis on amateur female soccer athletes, where there is a minimum score in the Stress Management aspect of 32, a maximum value of 69 with an average of 46.45 and a standard deviation of 7.787. In the aspect of work evaluation the minimum score is 15, the maximum score is 40 with an average value of 26.64 and a standard deviation of 6.814. In the aspect of motivation the minimum score is 16, the maximum score is 33 with an average value of 25.95 and a standard deviation of 3.897. In the aspect of mental ability the minimum score is 17, the maximum score is 27 with an average value of 23.23 and a standard deviation of 2.636. In the aspect of teamwork the minimum score is 12, the maximum score is 23 with an average score of 18.41 and a standard deviation of 3.065.

Table 4: Results of independent sample t test

Source	df	F	Sig.
Stress management	3	1,41	.002
Performance evaluation	1	0,75	.027
Motivation	1	1,79	.025
Mental ability	1	4,41	.011
Teamwork	1	0,79	.000

From the table data the results of the *t* test with the Independent Samples Test above are as follows:

1. In the aspect of Stress Management, the value of Sig. (2-tailed) is 0.002 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups.
2. In the Performance Evaluation aspect, the value of Sig. (2-tailed) is 0.027 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups
3. On the aspect of motivation, the value of Sig. (2-tailed) is 0.25 where the value is where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups
4. On the aspect of Mental Ability, the value of Sig. (2-tailed) is 0.011 where the value is > 0.05, then Ho is accepted and Ha is rejected. This implies that there is no significant difference between the means of the two groups or samples.
5. In the Team Cooperation aspect, the value of Sig. (2-tailed) is 0.000 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups

Discussion

The stress management aspect has more questions than the other aspects. This is because stress management is closely related to its impact on other aspects of psychological characteristics. Stress can cause intervention in concentrating on someone, this was revealed by Giga *et al*. Where the impact of stress can also affect yourself and the surrounding environment. Stress is a physiological and psychological response to pressure or demands faced by a person. While stress is natural and can be helpful in certain situations, excessive or prolonged stress can negatively impact a person's physical and mental health.

In the category of aspects, professional athletes are higher than amateur athletes. As much as 36.3% compared to amateur athletes as much as 31.8% in athletes with high and very high categories of stress management. This shows that there are differences in stress management in professional athletes and amateur athletes. Descriptive analysis is also supported by data on educational level and player division. Data from the category analysis of Psychological Characteristics of Professional Women's Football Athletes in the aspect of performance evaluation, where the resulting frequency in the aspect of performance evaluation is 9 players or 40.9% with the high category and 2 players or 9.1% with the very high category, while in Athletes Amateur Women's Football is 8 players or 36.4% in the high category and 1 player or 4.5% in the very high category. Professional female soccer athletes have more-high and very high category scores than amateur athletes. This is a measure of the influence of performance evaluation on professional athletes more influential than on amateur athletes. The aspect of performance evaluation has more influence on professional athletes, this is supported by the results of interviews with researchers on professional athletes. The results of the descriptive analysis obtained are the Psychological Characteristics of Professional Female Football Athletes 7 players or 31.8% with the high category and 2 players or 9.1% with the very high category, so that in the motivational aspect 40.9% with the high and very high categories, whereas in the Female Amateur Athletes 4 players or 18.2% are in the high category and 2 players or 9.1% are in the very high category, so that in the motivational aspect 27.3% are in the high and very high categories. This makes professional women's soccer athletes higher than amateur women's soccer athletes. Descriptive analysis data on aspects of mental abilities in professional female soccer athletes are 11 players or 50.0% in the high category and 2 players or 9.1% with the very high category in professional players. Meanwhile, in amateur female soccer athletes, there are 6 players or 27.3% in the high category and 1 player or 4.5% in the very high category. Having the same number and percentage in the high and very high categories of professional women's football athletes, namely 59.1% of players. In a descriptive analysis of the psychological characteristics of professional female football athletes where the resulting frequency in the teamwork aspect is known to be 12 players or 54.5% in the high category. In amateur female football athletes where the frequency produced is 8 players or 36.4% in the high category. From the analysis data, in the high category, professional athletes have a higher frequency than amateur athletes.

In the results of the analysis of differences in the psychological characteristics of Professional and Amateur Women Football Athletes based on Aspects where in the Stress Management aspect the value of Sig. (2-tailed) is 0.002 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups. In the Performance Evaluation aspect, the value of Sig. (2-tailed) is 0.027 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups. In the aspect of motivation, the value of Sig. (2-tailed) is 0.25 where the value is where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a

significant difference between the averages of the two groups. On the aspect of Mental Ability, the value of Sig. (2-tailed) is 0.011 where the value is > 0.05, then Ho is accepted and Ha is rejected. This implies that there is no significant difference between the means of the two groups or samples. In the Team Cooperation aspect, the value of Sig. (2-tailed) is 0.000 where the value is <0.05, then Ho is rejected and Ha is accepted. This stated that there was a significant difference between the averages of the two groups. So it can be concluded that in every aspect there is a significant difference in the psychological characteristics of professional and amateur women's football athletes in Surakarta 2023.

Conclusion

Factors that affect the psychology of Professional Women's Football Athletes and Amateur Women's Football Athletes in Surakarta City in 2023. In the research conducted there are factors that affect the psychology of Professional Women's Soccer Athletes and Amateur Women's Football Athletes, namely stress management, performance evaluation, motivation, ability mentality and teamwork. These factors are the psychological characteristics of sports that have been carried out by previous studies. Psychological Characteristics of Professional Women's Football Athletes and Amateur Women's Football Athletes in Surakarta City in 2023, namely: Stress Management, a person's ability to manage or deal with stress experienced. Stress is a physiological and psychological response to situations or events that are perceived as threatening or challenging. Performance Evaluation affects motivation and stress in a number of ways. On the one hand, positive evaluations can increase motivation and reduce stress, while on the other hand, negative evaluations can reduce motivation and increase stress. Motivation is an internal force or drive that drives a person to take action or achieve certain goals. Motivation is an important factor in achieving goals and achieving achievements. Motivation plays an important role in shaping a person's behavior and performance in various aspects of life, including in the personal, academic, professional, and social spheres. Motivation is the most important thing that every athlete needs to have. This affects all activities with the goals to be achieved by every athlete. Mental ability in the context of psychology refers to an individual's ability to manage and overcome stress, regulate emotions, improve concentration, and maintain focus and motivation to achieve goals. In this case professional and amateur women's football athletes must have good mental abilities in playing and practicing. Teamwork is the ability and process of working together among team members to achieve common goals effectively. Differences in the effect of stress management, performance evaluation, motivation, mental abilities and teamwork on Professional Women's Soccer Athletes and Amateur Women's Football Athletes in Surakarta City in 2023 have significant differences in all aspects of the psychological characteristics of sports.

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