

# Identification of Mental Health and Self-confidence for Students Swimmer to Central Java “Pomprov” 2019

1<sup>st</sup> Sungkowo  
*Sport Coaching Education*  
*Universitas Negeri Semarang*  
 Semarang, Indonesia  
 sungkowo@mail.unnes.ac.id

2<sup>nd</sup> Kaswarganti Rahayu  
*Sport Coaching Education*  
*Universitas Negeri Semarang*  
 Semarang, Indonesia  
 kaswarganti@mail.com

**Abstract**—Mental health can affect everyone, which affects stress or inner stress. In the habit of people experiencing stress, when the demands of life experienced go beyond the limits they have to meet these demands. swimmer can experience high stress when faced with a series of demands that continually interfere with their ability to achieve. A coach is demanded not only to train his physique, but the psychology of the athlete must be trained and the coach must be able to provide the right solution and can reduce the stress for swimmer. Swimmer who have self-confidence will be able to interpret, evaluate abilities possessed by themselves and can encourage achievement success and responsible for what is done and determined The researcher was interested in conducting a study entitled "Identification of Mental Health and Confidence for Student Swimmer of Central Java at the Pomprov in 2019". This research uses descriptive quantitative type. The method used is the test survey method.

**Keywords**—Mental Health, Self-Confidential, Swimmer

## I. INTRODUCTION

### A. Why is the problem important

To produce reliable athletes who have high physical abilities, skills and mentality, mastering techniques, and having tactics and strategies in each match are very difficult. Achievements in the field of sports are influenced by several things, such as the growth of science and technology. Therefore from the old values adopted it seems that it must begin to be modified with new values originating from the inspiration of renewal in the field of coaching. The key to advancing achievement is to begin by seriously handling sports coaching from an early age (golden age). Because, at that time was the most appropriate time to provide basic skills and shape the character of play, foster sportsmanship, and the spirit of never giving up. So that the achievements can be truly maximal.

The maximum availability of facilities and infrastructure will also support the success of an exercise. If facilities and facilities are available, centralization will be easier to exercise. However, if facilities and facilities are not available, a combination of centralization and decentralization can be used. The training camp is very much needed so that

supervision and monitoring of the exercise can be done optimally. The training camp is a place used to galvanize athletes in preparing for events such as PORPROV, POMPROV, POPNAS, POMNAS, PON, SEA GAMES and other events. Here all athletes 'needs are available, for example training facilities and infrastructure, nutritionists who will be athletes' regulators and nutrition supervisors, health experts who will oversee the health of athletes, psychologists and so on. Every time POMNAS approaches, almost every province has a centralized training camp or TC, as well as in Central Java. This is done to prepare athletes both physically and mentally to face the POMNAS event.

There are many aspects that affect differences in life that can affect mental health. Covering various fields is the office life environment, family life, and the life of the surrounding community, as well as one's social role in the community. Examples of negative experiences in these fields, such as an athlete who acts improperly in a turbulent family life, can indirectly erode the psychological family members and athletes themselves have mental health problems.

Social support from friends and family members can also improve mental health. Friends respond with attention, empathy, and advice to people who are experiencing difficulties or loss. They pump up their confidence and self-esteem by giving them confidence and praise. Such groups provide support in a way that allows people who have similar problems to share experiences and emotions. On the contrary, research has shown that negative social interactions, such as constant conflict and disparagement from others, can erode mental health.

Another way to maintain mental health is to involve yourself in physical activity. For example, research shows that regular aerobics will help pump self-confidence, reduce depression and improve concentration. Relaxation techniques, such as deep breathing and meditation also help combat the effects of stress.

Mental health can affect everyone, which affects stress or mental stress. In the habits of people experiencing stress, when the demands of life experienced exceed the limits that

are owned to meet these demands. The significant sources of stress include important events in life, such as parents cheating, divorce, spouse's death, loss of sources of income or sick work and family. The event can drown the athlete's ability to handle problems (coping) and function effectively. Then one source of stress can lead to other stressors, such as when financial difficulties follow job loss [1]

#### *B. How does the study relate to the previous work in the area*

Results from several studies show that genetic factors can determine a person's level of happiness and mental health. Athletes seem to show a characteristic level of psychological well-being; there are athletes who usually feel happy, while others typically tend to be sad or unhappy. Next the researchers found that although the athlete's mood can change in response to positive and negative events, the effect will decrease after some time. For example, athletes who succeed in winning as champions may unexpectedly feel happier at first, but over time, they return to their original level of mental health characteristics. Research also shows that carrying a person's gene, a gene passed down from a parent, can explain more than half the difference in the level of one's mood. Genes also partially determine the range of changes that people feel, from those who experience major mood swings, to those that are stable from day to day [1]

To improve mental health through social support from friends and family members. Friends respond with attention, empathy, and advice to people who are experiencing difficulties or loss. They pump up their confidence and self-esteem by giving them confidence and praise. Such groups can provide support in a way that allows people who have similar problems to share experiences and emotions. On the contrary, research has shown that negative social interactions, such as constant conflict and disparagement from others, can erode mental health.

Another way to maintain mental health is to involve yourself in physical activity. For example, research has shown that regular physical and aerobic activity will help pump confidence, reduce depression and increase concentration. Relaxation techniques, such as deep breathing and meditation also help fight and reduce the effects of stress.

There are nine sources of Sport-confidence, namely: 1. Mastery, which is information received by individuals about their own abilities, can be in the form of verbal persuasion from others so that the individual believes in himself that he is able to overcome problems 2. Demonstration of Ability, the belief that he can show ability to others and can prove that he has a better ability because he managed to defeat the opponent 3. Physical / mental preparation, namely physical readiness and mental readiness felt by athletes 4. Physical Self-Preparation, namely positive individual feelings about the physical body or body image, so that it has a positive effect on individual feelings about him in general. 5. Social Support, which is a support that is beneficial to individuals obtained from their social environment, in the form of expressions, awards, expressions of love, giving information, giving verbal

and non verbal suggestions 6. Coaches' Leadership, which is the leadership of the trainer which includes aspects of decision making, motivational techniques, giving feedback, and directing the group or a team with confidence 7. Vicarious Experiences, namely the observation then mimic the appearance of others who will later be applied to himself 8. Environmental Comfort, namely the comfort of the physical conditions of the environment faced by athletes, such as weather, places to compete, and existing facilities to support matches or training 9. Situational favorableness, namely the feeling that the situation of the match is in accordance with his wishes, for example when the organizers of the competition also support the athlete concerned [2]

In the sport of swimming achievement, athletes must have confidence because of self-confidence have a significant relationship to the performance improvement of athletes. The level of confidence is an indicator of success in every competition, the athlete can carry out his duties properly based on the belief in the abilities that exist in him. Athletes who have confidence will be consistent in the attitude and acting during practice and when competing. It is an athlete's mirror of consistency in its emotional aspect. The athlete who has the confidence will be able to perform interpretation, evaluate his own ability and can drive successful achievement and responsible for what is done and set [3]

One of the most important discussions concerning self confidence is about the sources that become an athlete's confidence. By knowing the source of confidence, then the interested parties (trainers, coaches and others) can find out what interventions can be done to improve the athlete's confidence. Proper intervention will certainly have a positive effect on the performance show by the athlete [3]

#### *C. Implication of the study*

Based on the description above, the authors are interested to conduct research entitled " The Identification of Mental Health and Confidence in Central Java Student Swimming Athletes at the *Pomprov* 2019".

#### *D. Problem Formulation*

Based on the problems that have been found, then the formulation of the problem in this research as follows:  
How many is the Identification of Mental Health and Confidence in Central Java Student Swimming Athletes at the *Pomprov* 2019 ?

## II. MATERIALS AND METHODS

### *A. Study Design*

The research Methods is qualitative research, with research design before and after treatment.. A qualitative approach is an appropriate method to develop as a new approach in sports psychology and practice. Because experiences involving activities and body such as athletes are highly individual. In addition to having different characteristics, the athlete's experience is also influenced by the specific situation he is

facing. While some quantitative data as additional data or supporting data.

The research have two identification : 1. Mental health, 2. Self-confidence. Additional data is done by using measuring instrument questionnaire.

Researchers get a study design that will be carried out with the following picture:

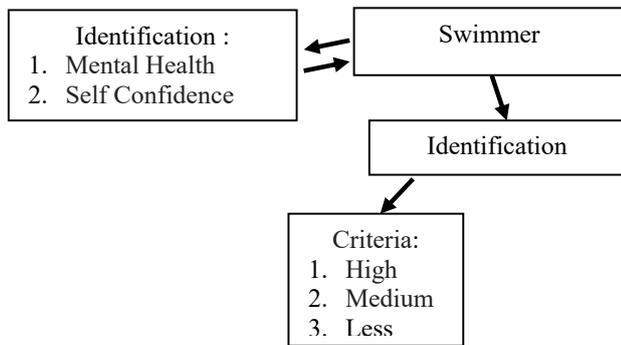


Fig. 1. Study Design

**B. Sampling Procedures**

The population is swimmer of Central java 2019, which amounted to 21 people. Then the sampling technique is the total sampling.

**C. Instruments**

The research have two instrument for identification :

1. Mental health
2. Self-confidence. Additional data is done by using measuring instrument questionnaire.

The instrument of this research is mental health questionnaire which has reliability of  $r = 0,825$  and validity ranged from 0,256 until 0,649. It shows that the gauge is already consistent and it is appropriate to measure the mental health of the swimmer.

The instrument of this research is self-athlete confidence questionnaire which has reliability of  $r = 0,921$  and validity ranged from 0,405 until 0,829 [4]. It shows that the gauge is already consistent and it is appropriate to measure the confidence of the swimmer.

**D. Data Analysis**

The data used for study consists of several things including:

1. Demographic and athlete performance data
2. Data about athlete's mental skills
3. Data on athletes' self-confidence

The main data collection in this research is done by using measuring instrument of Mental Health questionnaire and self-confidence questionnaire.

Further questionnaire as additional data used in this study is a self-confidence questionnaire athlete pool adaptation of

State Sport Confidence Inventory or SSCI. The grid of the measuring instrument used is as follows:

TABLE I. GRID OF MENTAL HEALTH QUESTIONNAIRE

Dimensions	Definition	Item Number
Social	Someone lives interacting with other people, can respect, respect each other with others	3,17,19,21,22,24,26
Responsible	Can give a sense of responsibility to someone, dare to make decisions, be able to overcome existing problems and can provide the right solution	1,8,11,5,15,13,22,25
Emotional	Attitudes that reflect a positive or negative state of behavior, a person's reaction to a problem	2,6,7,9,4,12,14,10,16,18,20
JUMLAH ITEM = 26		

TABLE II. GRID OF SELF-CONFIDENCE QUESTIONNAIRE

Dimensions	Definition	Item Number
Exercise and physical skills	The athlete's belief or trust that he or she possesses the ability to execute the required physical skills to demonstrate successful attachment	1,8,11
Cognitive efficiency	The athlete's beliefs or beliefs that he or she is able to focus, are able to maintain concentration and make decisions to demonstrate success	2,4,5,7,9
Tenacity	The athlete's confidence or trust that he is able to refocus after his appearance, able to immediately rise after a bad performance, can overcome the doubts of problems and decline to show a successful performance.	3,6,10,12,13
TOTAL ITEMS = 13		

**III. RESULTS AND DISCUSSIONS**

**A. Results**

In this chapter will describe the implementation and results of Identification that include: the overview of informants about mental health and self confident. Based on self-confidence questionnaires, it is Identification of mental health score, more can be seen in table as follows:

TABLE III. TEST MENTAL HEALTH

No	Informant	Age	Mental Health	Criteria
1	A	19	85	High
2	B	20	75	Medium
3	C	22	83	High
4	D	23	86	High
5	E	19	89	High
6	F	19	78	medium
7	G	19	85	High
8	H	19	89	high
9	I	20	90	high
10	J	20	90	high
11	K	20	88	high
12	L	19	96	high

13	M	20	74	medium
14	N	21	92	high
15	O	20	72	medium
16	P	21	79	high
17	Q	19	81	high
18	R	20	96	high
19	S	20	87	high
20	T	21	80	high
21	U	20	81	high

Based on self-confidence questionnaires, it is Identification of self confidence score, more can be seen in table as follows:

TABLE IV. TEST SELF-CONFIDENCE

No	Informant	Age	self-confidence	Criteria
1	A	19	98	high
2	B	20	70	medium
3	C	22	93	high
4	D	23	93	high
5	E	19	96	high
6	F	19	71	medium
7	G	19	85	medium
8	H	19	83	medium
9	I	20	80	medium
10	J	20	80	medium
11	K	20	80	medium
12	L	19	82	medium
13	M	20	104	high
14	N	21	102	high
15	O	20	78	medium
16	P	21	89	medium
17	Q	19	62	medium
18	R	20	115	high
19	S	20	85	medium
20	T	21	107	high
21	U	20	97	high

**B. Discussion**

The process of identifying mental health and confidence in swimming athletes has obtained their identification results, each athlete has different criteria. In athletes mental health tends to show average results with high criteria, this has a positive impact on the atmosphere of participating in swimming competitions and has an impact on the best time results. Then the researchers observed from all the contestants, they were focused and there was no burden when competing. From the results of mental health identification with 21 swimmers there are only 4 athletes who have moderate criteria, then 17 swimmers have high criteria.

Furthermore, the results of the identification of athletes' self-confidence when competing showed that there were 12 swimmers who behaved less confidently, this had an impact on the appearance that was not optimal. With a lack of confidence there are several factors that affect the following:

1. Lack of exercise
2. A minimal race experience
3. Rarely do trials with athletes or other clubs
4. Almost never given a mental training program with a coach.

**IV. CONCLUSION**

Conclude of identifying mental health and confidence for swimmer is different. So swimmer need the intervention in the form of effective mental training in improving confidence to swimmer. For this study still apply the same mental training to all swimmer. We recommend for individual mental training programs. Subsequent research needs to adjust the giving of the form and the mental skill portion for each athlete.

**REFERENCES**

[1] S. L. B. K. W. & B. G. M. Shapiro, "Teaching self-care to caregivers: Effect of mindfulness-based stress reduction on the mental health of therapists in training," *Training and Education in Professional Psychology*, vol. 1, no. 2, pp. 105-115, 2007.

[2] R. H. S. G. P. & G.-H. M. Vealey, "Sources of Sport Confidence: Conceptualization and Instrument Development," *Journal of Sport and exercise psychology*, vol. 20, pp. 54-80, 1998.

[3] G. & D. G. Mamassis, "The effects of a mental training program on juniors pre-competitive anxiety, self-confidence, and tennis performance.," *Journal of Applied Sport Psychology*, vol. 16, no. 2, pp. 118-137, 2004.

[4] K. T. Juhriana, "Peran Pelatihan Mental Dalam Meningkatkan Kepercayaan Diri Atlet (The Role of Mental Training in Increasing Athlete's Confidence)," *Journal of Sport and exercise and education (JOSSAE)*, vol. 2, no. 1, pp. 2-17, 2017.