



Psychosocial Aspects in Individual Sport Athletes

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Abstract. A teenager's athletes collide with many things, such as rapid physical, psychological, and intellectual development. This study aims to determine how much the psychosocial aspects of the adolescent athletes of the Special Region of Yogyakarta (DIY) are in individual sports. The type of research used in this research is quantitative descriptive. The method used is a survey with the main instrument in the form of a questionnaire. The population of this study were all athletes in individual sports in DIY. The research sample was obtained through incidental samples totaling 59 DIY athletes from six sports. These sports include athletics, swimming, speed skating, pencak silat, karate, and taekwondo. The research instrument was a Google Form questionnaire distributed via social media. The data analysis technique uses descriptive statistics expressed in percentages. The results of the research and discussion show that the psychosocial aspects of DIY youth athletes in individual sports are included in the always category of 18.35%, the frequent category is 64.22%, the occasional category is 1.83%, and the low category is 15, 60%. These results conclude that the psychosocial aspects of DIY teenage athletes in this individual sport are typical. No abnormalities were found in the athlete's behavior related to their social environment. However, there is also a need for comprehensive assistance for athletes to optimize their performance.

Keywords: Psychosocial, Athletes, Teenagers, Individual Sport.

1 Introduction

Psychosocial theory focuses on the nature of self-understanding, social relationships, and mental processes that support the relationship between a person and their social world. Psychosocial studies look at changing patterns in ego development, including self-understanding, identity formation, social relationships, and worldview across the lifespan. Psychosocial theory explores adolescent psychosocial crises, personal identity vs. identity confusion [1]. This concept highlights an individual's need to find self-definition as well as meaning and purpose that will guide decisions as they transition into adulthood. Erik Erikson describes the psychosocial stages of identity vs. identity confusion. role, and this occurs during adolescence, around the age of 12-18 years. At this stage, adolescents search for a sense of self and personal identity, through intense exploration of personal values, beliefs and goals [2].

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Psychosocial performance in sports focuses on creating a cooperative environment and supporting athletes to experience various emotions through both verbal and non-verbal communication. Based on the research results [3], it is said that adolescent psychosocial problems are more about individual behavior and friendships with peers. Good psychosocial skills will increase resilience, psychological and social development (interpersonal skills, personal resilience, self-confidence and self-esteem) and improve mental health outcomes throughout the life course [4]. Other research shows that psychosocial aspects can support or limit talent development.

The heavy demands and desires of individuals for achievement and also the socialization process which is still hampered by rules make the process of finding the identity of teenage athlete's complex [5]. This existing theme will be turned into research with the aim of finding out the psychosocial aspects of teenage athletes from the Special Region of Yogyakarta who have achievements. The targeted athletes are individual sports athletes who have at least achievements at the provincial level. The sports will be divided into measurable sports and combat sports

2 Method

This research is descriptive research using survey methods. The data collection technique uses a questionnaire. The characteristic of the survey method is that data is collected from respondents using a questionnaire with a formal approach. A questionnaire is one of the characteristics of descriptive research that collects and records data obtained from questionnaires that have been filled out by individual sports athletes throughout DIY.

The sample in this study was DIY athletes in individual sports aged 12-18 years who already had minimum achievements at the provincial level. The number of samples in this study was 59 athletes consisting of 32 male athletes and 27 female athletes. All of these athletes come from six individual sports. The six sports are divided into measurable sports such as athletics, swimming, roller skating and martial arts such as pencak silat, taekwondo and karate. Samples obtained randomly. After obtaining a sample of athletes who met the research criteria, the researchers sent a letter of commitment to the athlete which was approved by the parents. After agreement was obtained, data was collected using a questionnaire

The instrument used in this research was a questionnaire in the form of a questionnaire. The questionnaire used in this research is a closed questionnaire where the answers to the questions have been provided by the researcher so that respondents just have to choose answers that are adapted to their conditions. Development of a questionnaire from Erikson at the Identity Vs stage. Role Confusion. Emphasis is placed on Formation of Identity, Peer Influence, Social Acceptance and Belonging, Experiencing Diversity, Conflict and Resolution. The scale used is the Linkert scale 1-4.

This research uses quantitative data which is analyzed using univariate statistical data analysis techniques (one variable), namely looking for frequency values and average values in the data that has been entered. The data presentation is processed using descriptive statistics and displayed in the form of tables, diagrams, histograms, frequencies and so on.

3 Result

The results of research on intrinsic factors in this study were measured with nine statements with a score range of 1–4. Based on the calculation results, it was found that the results of intrinsic factors included in the always category were 0.0%, the frequent category was 55.55%, the occasional category was 18.52%, the never category was 18.52%.

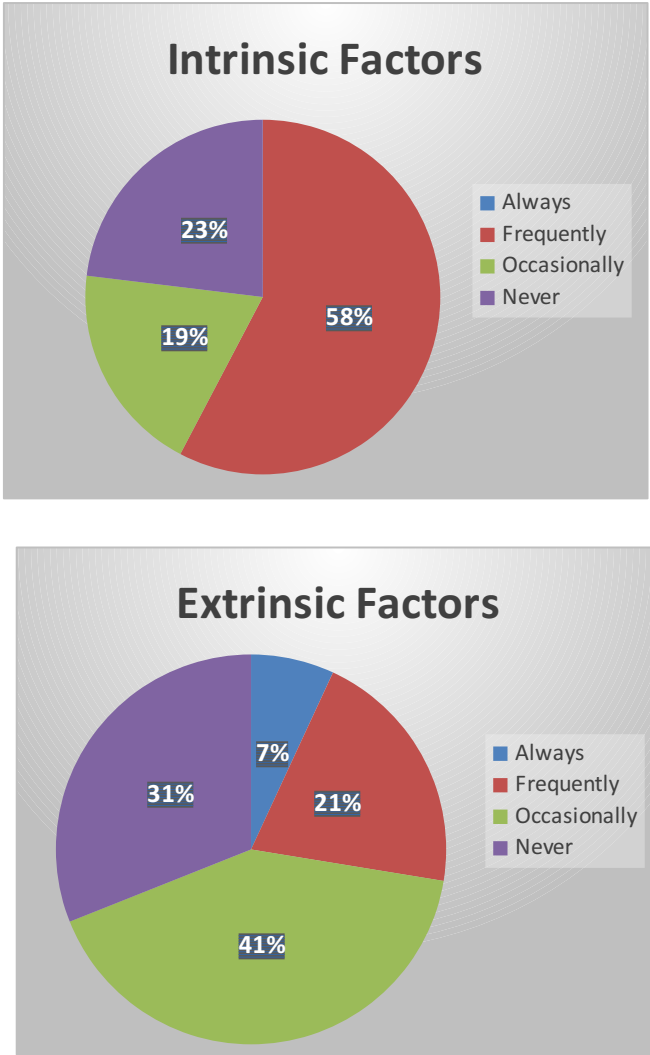


Fig. 1. Tthe intrinsic and extrinsic results

Based on the extrinsic and extrinsic results above, the overall results of the psychosocial aspects of DIY athletes in individual sports aged 12-18 years were obtained. In the research there were a total of 27 statements with a score range of 1–4. The results obtained were 6.70% in the very always category, 48.15% in the frequent category, 29.63% in the occasional category, 18.52% in the never category

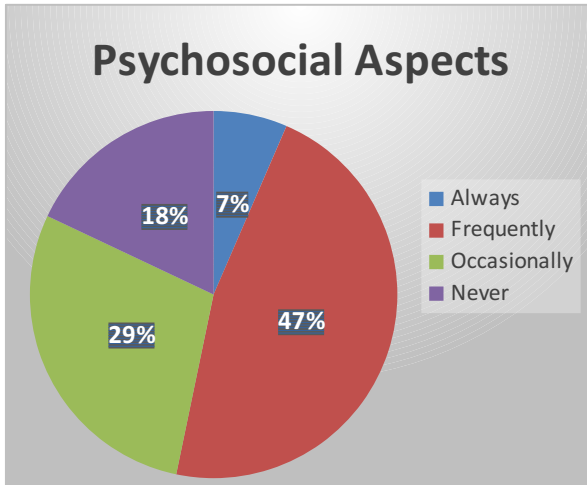


Fig. 2. Psychosocial Aspect

4 Discussions

Based on the research results, it was found that the athlete's psychosocial results were still at a normal stage because no deep abnormalities were found in the athlete's behavior related to their social environment. However, comprehensive assistance is also needed for athletes to optimize their performance. Adolescents are people who grow into adults including mental, emotional, social and physical maturity. Adolescents have a great sense of curiosity and experience a developmental process in preparation for entering adulthood. Things that need to be considered for the future are coping strategies [6]. The coping strategies in question include focusing on emotions (emotion focus coping) or palliation by doing avoidance coping (avoiding problems), relaxation, positive reappraisal (taking positive lessons), and others by coping focusing on problems (problem focus coping) by looking for social support (seeking social support) from parents, friends, coaches.

Discussion of Identity formation: Social relationships provide a context in which adolescents explore various aspects of their identity. They try out different roles within their peer group, allowing them to discover their interests, beliefs, values

and goals [7]. This exploration is key to forming their own unique identity. **Peer Influence:** Peer groups are often a significant influence during this stage [8]. Teenagers often begin to value their friends' opinions more than their parents' opinions. The way a teenager's peer group views them can influence their sense of self and identity formation. **Social Acceptance and Belonging:** Feeling accepted and fitting in with peers can significantly influence a teenager's self-esteem and identity. They are more likely to develop a strong and positive identity if they feel accepted and valued. Feeling excluded or marginalized can lead to role confusion and difficulties in identity formation [9].

Experiencing Diversity: Interacting with diverse people allows teens to broaden their perspectives, challenge their beliefs, and shape their values. This diversity of experiences can also influence the formation of their identity [10]. **Conflict and Resolution:** Social relationships often involve conflict and the need for resolution, providing adolescents with opportunities to explore different roles and behaviors [11]. Learning to resolve these conflicts helps develop their identity and the social skills needed in adulthood.

5 Conclusion

The data obtained in this research did not cover all athletes in individual sports. This research has just described the psychosocial aspects of six measurable individual sports and martial arts. From the data obtained, the problems on the psychosocial aspects of athletes in individual sports are still well resolved. There were no abnormalities found in the athlete's behavior related to their social environment. However, there is also a need for comprehensive assistance for athletes in order to optimize their performance. To compare the psychosocial aspects of teenagers' athletes, it would be a good idea to conduct further research on sports games for both individuals and teams in the same area.

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