

# The Differences of Psychological Characteristics between Male and Female Tennis Players

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**Abstract**—the psychological aspect is the important factor for the successful performance of tennis. The purpose of this study is to determine the difference between the psychological characteristics of male and female tennis players. This study used the survey research design. The data were collected on the day of the competition by 134 tennis players. The psychological questionnaire (motivation, self-efficacy, attitude, anxiety, and stress) was used to know the psychological characteristics of tennis players. The data were analyzed by an independent t-test. The result showed that there were significant differences in psychological characteristics between male and female tennis players ( $p = 0.023$ ). Based on the results, it showed that gender has an influence on the different psychological characteristics of tennis players.

**Keywords**—psychological, tennis player

## I. INTRODUCTION

Tennis performances in Indonesia have generally declined in recent years. This is also recognized by some tennis coaches and athletes. In his interview with RRI, Bonit Wiryawan, a former national tennis athlete, revealed that Indonesia's tennis achievements have declined. The very great last achievement of the tennis court in Indonesia was at the Jakarta Palembang Sea Games 2011 event with the acquisition of 4 gold medals. Thereafter, the Indonesian tennis team fasted gold medal. At the Sea Games 2015 in Singapore, none of the Indonesian tennis teams won a gold medal. At least, Indonesia has won a gold medal in the previous organizers. National tennis coach Dedi Prasetyo also revealed that tennis performances had declined from Indonesia.

Speaking of sports achievements, performance is, of course, a complex process. Many factors need to be considered and trained for optimal performance. Factors affecting performance include physical/health conditions, mastery of techniques and tactics, and psychological factors. Another opinion explains that optimal performance is influenced by physiological factors (physical/ biomotor conditions), biomotor r control (technique), diet and psychological athletes [1]. All of these factors support each other for optimal performance. Sports professionals agree that optimal performance can be achieved not only through physical abilities but also through psychological factors [2]. The quality of the training, which is carried out from the junior level, has a great influence on the success in achieving success. Applying exercises that adapt to the needs of sport

and people, as well as exercises that cover all aspects of support services, can improve the quality training process. The facts on the ground show that the trainer's tendency is still focused on physical training and training in tactical techniques. Mental/psychological exercises are also used, but a smaller or less accurate part is still preserved, so the results of the exercise are not optimal.

The trainer and the athlete need knowledge of the factors that affect performance or maximum performance. Awareness of the importance of psychological factors is needed to improve psychological skills as a supportive factor for maximum performance. This is confirmed by the results of a 2005 study by Baker and Sedwick [3], which found that psychological factors in physical activity were identified as important factors in improving performance. More research is needed on the psychological factors that influence the optimal performance more specifically than a scientific effort to discover the psychological factors affecting the achievement of these achievements, especially in the tennis field. This study aims to determine the relationship and analyze the differences between motivation, attitudes, anxiety, and self-efficacy in the performance of tennis players.

Motivation is a well-known term and tends to be a keyword, especially when it comes to success in various aspects of life such as business success and, of course, in this case, sport. What motivates you can see from the athletes an athlete made from the direction and intensity of the effort.

Sports motivation can be divided into primary and secondary motivation; also it can be based on biological and social motivation. But many experts divide it in two ways, intrinsic and extrinsic. Intrinsic motivation is an inner impulse that causes people to participate. This stimulus is often brought from birth so that it cannot be learned. According to the theory of self-determination, which was also developed by [4], the intrinsic motivation has three levels, namely: (1) knowledge. (2) Compilation, (3) stimulation.

Extrinsic motivation is an impulse that comes from the outside and makes people adapt to the sport. This charm comes from the trainer, teacher, parent, nation or as gift certificates, prizes or money. Extrinsic motivation can be learned and depends on the size of the gain value over time. Extrinsic motivation is usually defined as the motivation that comes from outside. In other words, a person's motivation is controlled by objects coming from outside the individual.

Examples of extrinsic motivation are gifts, trophies, money, praise, etc.

Attitude is a set of functions or properties that are relatively permanent and organized in individuals who influence individual behavior. Attitude is one of the factors that can influence an athlete's success. The attitude wants stability and change. The look provides the necessary stability to function effectively in the company structure while dynamic and changing aspects provide learning opportunities.

As a trainer, physical education teacher, instructor, and head training can be more effective if you know the different levels of the personality structure that are caused by roles in certain situations over behaviors. To understand, directly, how the original personality of a person and the kind of answers or reactions that are often made, motivation, action, and behavior become clear.

According to number [5], anxiety is a negative feeling that has the character of nervousness, fear, fear of something will happen, and no movement or excitement in the body. Fear is a feeling of powerlessness, unconditional pressure that is clear, fuzzy or vague [6], whereas according to [7]) anxiety is an uncomfortable feeling through terms such as concern, worry, and anxiety, which sometimes experience at different levels. According to [8] anxiety is a kind of concern, worry, and fear of something that is not clear and has harmful properties. From some of the previous opinion on the concept of anxiety, it can be inferred that anxiety is a psychological symptom that is characterized by a sense of anxiety, nervousness, anxiety, anxiety experienced by people at different levels.

The basis of the theory of self-efficacy was developed from the social-cognitive theory of Professor Albert Bandura. [9] It suggested that self-efficacy is an assessment of a person's ability or ability to accomplish a task, achieve goals, or overcome obstacles. In addition, it defines self-efficacy as the person's belief in their ability to exercise some sort of control over the functioning of the person and the events in their environment. The definition of effectiveness has several meanings, [10] defines effectiveness, is a self-assessment even if or may work poorly, right or wrong, it may or may not work as needed.

## II. METHODS

This research is a comparative research. When it is connected to the substance, the researcher wants to know how is the relationship between motivation, attitude, anxiety, and self-efficacy on the achievements of athletes' tennis court and a comparison between the regional and national athletes.

The populations in this study were field tennis athletes at the regional and national level in Indonesia. The sampling method used in this study is the random sampling method performed by random or random methods that do not use specific planning.

The instrument in this study is a questionnaire. There are three questionnaires that are used to obtain research data. The questionnaires were: 1) motivational questionnaire, 2)

recruitment questionnaire, 3) anxiety questionnaire and 4) self-efficacy questionnaire. Each question/statement contained in the questionnaire represents each indicator variable that has been determined. The measurement of the variables in the questionnaire is measured with a Likert scale of 1-5. Independent t-test used in this study.

## III. RESULT AND DISCUSSION

After recording the research data on motivation, attitude, anxiety, and self-efficacy! The data obtained from these measurements were then analyzed by independent t-test techniques. The results of the measurement can be seen in more detail in the following description.

TABLE I. INDEPENDENT T TEST RESULT

Category	Sig	Explanation
Male *Female psychological characteristic	0,023	Significant

From the above table, it can be seen that the results of the independent t-test showed that there is a difference in the psychological characteristics of the male and the female tennis player.

Male and female athletes differ not only physiologically, but also psychologically. Mental differences between female and male players are often overlooked. Male players show more signs of motivation and self-efficacy than their female counterparts, but this is well known. The athlete develops mental stress much faster than men.

## IV. CONCLUSION

There are various psychological characteristics between the male and female tennis players. The trainer needs to perform another treatment/training according to the characteristics of the student to achieve the best goal.

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