

## Psychological Characteristics of Athletes at the Students Education and Training Center

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The main objective of this study is to describe the psychological characteristics of the athletes of Archery, Tae Kwon Do, Pencak Silat (Indonesian Martial Art), Soccer, Athletics, Volleyball, and Sepak Takraw in the Center for Student Education and Training (CSET). The data were collected from 104 male and female athletes. The study shows that athletes of Soccer have the best scores in motivation, self-confidence, and mental preparation. Athletes of Tae Kwon Do have the best scores in control of anxiety and concentration, but the lowest scores in motivation. Athletes of Volleyball have the highest scores in team concern, but the lowest scores in concentration, self-confidence, and mental preparation, compared with the athletes from other sports, whereas the athletes of Athletics have the lowest scores in team concern, and the athletes of Pencak Silat have the lowest scores in control of anxiety compared to athletes from the other sports.

*Keywords:* psychological characteristics, CSET athletes

Penelitian ini bertujuan untuk mendeskripsikan karakteristik psikologis atlet Panahan, Tae Kwon Do, Pencak Silat, Sepakbola, Atletik, Bola Voli, dan Sepak Takraw yang berada di Pusat Pendidikan dan Latihan Pelajar (PPLP). Data dikumpulkan dari 104 atlet pria dan wanita di Provinsi Jawa Tengah dan Daerah Istimewa Yogyakarta. Hasil penelitian menyimpulkan bahwa karakteristik psikologis atlet di PPLP adalah sebagai berikut: atlet Sepakbola memiliki motivasi, kepercayaan diri dan persiapan mental yang paling baik dibandingkan atlet cabang olahraga lainnya. Atlet Tae Kwon do memiliki kontrol kecemasan dan konsentrasi yang paling baik dibandingkan atlet cabang olahraga lainnya, namun memiliki motivasi yang paling rendah. Atlet Bola Voli memiliki perhatian tim yang paling tinggi dibandingkan atlet cabang olahraga lainnya, namun memiliki konsentrasi, kepercayaan diri dan persiapan mental yang paling rendah. Sedangkan atlet Atletik memiliki tingkat perhatian tim yang paling rendah, dan atlet Pencak Silat memiliki kontrol kecemasan yang paling rendah dibandingkan cabang olahraga lainnya.

Kata kunci: karakteristik psikologis, atlet PPLP

The Indonesian Government Regulation No 3, 2005 about National Sport System ("Undang-Undang," 2005) explicitly states that the function of Competitive Sport is to construct and develop sport by continuous multistage plan through competition to achieve top performance. It is backed up by sport science and technology Competitive sport should be supported by sports sciences. Haag (1994) wrote that sport science consists of seven foundations, namely Sport Medicine, Sport Biomechanics, Sport Psychology, Sport Pedagogy, Sport Sociology, Sport History, and Sport Philosophy. Sport Psychology

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is one of seven theoretical areas that serve as the body of knowledge of sport science.

Pate, McCleanaghan, and Rotella (1993) specifically state that up to now scientific disciplines that support a perfect sport training is Biomechanics, Psychology of Training and Sport Psychology. Sport Psychology is already used in United States Olympic Committee in training the athletes (Lutan, 1997). Harsono (as cited in Singgih, Monthly, & Myrna, 1996) stated that Sport Psychology related to athletes' emotional processes becomes key contributors in developing and upgrading athlete performance. Junge (2010) stated that "However, successful performance in sports does not only require the athlete to be healthy and physically fit but also mentally prepared to play." In professional golf,