

The Relationship between Personality and Handball Coach-Athlete Intimacy

Indra Prabowo^{1A-D}, Andi Kurniawan Pratama^{2BD}, Aris Risyanto^{31AB}

¹Majalengka University, Indonesia

²Suryakancana University, Indonesia

³Subang University, Indonesia

ABSTRACT

This study aims to determine the relationship between personality types and intimacy of handball coach-athletes. The hypothesis proposed in this study is that there is a significant relationship between personality types and intimacy of handball coach-athletes in facing PON NTT and NTB. The subjects in this study were handball athletes representing West Java in the XXII PON NTT AND NTB totaling 28 people. Data collection using the Personality Type scale To categorize individuals in personality types, researchers used the Myers-Briggs Type Indicator (MBTI) measuring tool with a total of 60 question items and the coach-athlete intimacy scale using the Coach-Athlete Relationship Questionnaire (CART-Q) with a total of 11 questions. The approach to this research is quantitative descriptive. The relationship criteria are based on $p \text{ value} > 0.05$ then H_0 is accepted, H_a is rejected and if $p \text{ value} < 0.05$ then H_0 is rejected, H_a is accepted. So it can be stated that there is a significant relationship between personality type and the intimacy of the West Java handball coach-athletes in facing the XXII NTT and NTB PON.

Keywords: Personality; Intimacy; Coach-Athlete

Corresponding author:

*Indra Prabowo, Department of Physical Education, Universitas Majalengka, West Java, Indonesia. Email: Indraprabowo1990@unma.ac.id

Article History:

Submitted: September, 2024

Accepted: November, 2024

Published: November, 2024

Authors' contribution:

- A) Conception and design of the study;
- B) Acquisition of data;
- C) Analysis and interpretation of data;
- D) Manuscript preparation;
- E) Obtaining funding.

Cite this article:

Prabowo, I., Pratama, A. K., & Risyanto, A. (2024). The Relationship between Personality and Handball Coach-Athlete Intimacy. *Indonesian Journal of Sport Management*, 4(4), 534-542. <https://doi.org/10.31949/ijsm.v4i4.11918>

INTRODUCTION

Sport is an extraordinary, rule-based, competitive, skill-based physical activity or exercise in which there is cooperation to meet the initial goal of the competition, where only the sports participants bear or tolerate the implementation of the constitutive rules of the sport (Borge 2021). One of the many sports is handball.

Since 1904, handball has developed rapidly under the supervision of the IAAF. More and more countries began to include handball in sports activities, one of which was the International Amateur Handball Federation (IAHF) 1928 which coincided with the Amsterdam Olympics group photo (Avery Brundage) United States. In 1946, at the suggestion and invitation of Denmark and Sweden, eight countries announced the formation of the International Handball Federation (IHF).

In recent years, handball has become one of the most popular sports in the world. The development of handball has been greatly influenced by its dynamic gameplay and appeal to spectators. In addition to the world, one of the sports that is starting to be popular and loved by the Indonesian people at this time is handball. This can be seen from the enthusiasm of students and college students. Handball is suitable for all



The Author(s). 2024 **Open Access** This article is licensed under a **Creative Commons Attribution-ShareAlike 4.0 International (CC BY-SA 4.0)**, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence, and indicate if changes were made. The images or other third-party material in this article are included in the article's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this licence, visit: <https://creativecommons.org/licenses/by-sa/4.0/>

ages, because basically the creative idea of the handball game is to emphasize the element of fun.

By Rogulj et al. (2006) definition handball is a team sport game where performance depends not only on the involvement of the team in attacking, but also on involvement in defense. Handball is a branch of sport game played by 7 against 7 led by two referees and both teams competing try to score goals into the opponent's goal. The team that scores the most goals when the playing time ends is the winner of the match. This game is similar to basketball and futsal, the field is futsal and played by hand. (Hapková & Estriga 2019) handball is played on a rectangular field measuring 40 x 20 meters. The goal at each end is limited by a 6-meter curved goal line and only the team's goalkeeper can act or enter the area. The match time is 2 x 30 minutes. Handball is a team game that uses a ball as a tool, handball is included in the invasion game, namely a game where both teams control and defend the object of the game (ball) so that it is always on their team by passing or carrying (dribbling) and trying to get the object of the game from the opposing team by blocking, hindering, and taking the ball to prevent or make a point / goal (Prabowo 2019).

In Indonesia, the highest level of achievement for an athlete is to play in the National Sports Week (PON) which is held every 4 years. In PON XXII, the handball sport was competed for the first time, a pride for every athlete who competed in this event. At a high level, the role of the coach is very important, especially the intimacy applied by the coach to his athletes. There are several factors that affect the performance of athletes, namely the type of sport, the level of the match, the personality traits and the mental condition of the athlete (Gunarsa 2008). In the world of sports, the task of the coach is not simple. In reality, the role of the coach is not only to train runners to be able to run fast, or to train a group of people (teams) to be able to play basketball well.

However, he also educates athletes to be disciplined, work hard, never give up in carrying out every activity and so on. Even when athletes face personal problems, they often come to the coach to help solve them. Increasing youth participation in sports is a very good opportunity to shape the personality of young people or prepare quality young people so that they are able to face life's challenges in the future (Prabowo et al., 2023). On that basis, the duties and responsibilities of the coach are not only on sports matters, but also the responsibility of moral education and also the development of the athletes themselves (Firdaus 2012). According Supriyadi (2016) to the sports environment, the most influential individuals are coaches and fellow athletes: a) During the training and match process, the relationship between coach and athlete brings shared experiences that affect the athlete's personality; b) The closer the relationship between coach and athlete, the higher the degree of imitation of the coach's personality by the athlete; c) Coaches who understand athletes can help athletes who experience conflict. Athlete conflicts usually occur because of differences in personal interests and team interests.

To achieve optimal performance in handball, an athlete is required to have good motor skills and is also supported by other aspects such as knowledge and attitude (Prabowo et al., 2023). The relationship between the coach and the athlete being trained must be reflected in a relationship that embodies a common point of view from the desired aspects. The coach is required to be able to use not only himself as a former athlete, but also develop himself he must equip himself with a set of important supporting abilities, including the ability to fully provide sports knowledge to athletes,

both in terms of psychological motivation of athletes, is very important for the coach (Taufik & Suryakancana 2021).

The importance of intimate coach-athlete relationships can be seen from several cases that have occurred in the world of sports, the relationship between Firman Utina and Benny Dollo is very strong, even Firman is closely associated with the nickname "golden boy" Benny Dollo, because he is often invited to play in one team when the head coach is led by Benny. Benny Dollo was the first coach to launch Firman Utina when he first played with the Persma Manado team. When Benny moved to another club, Firman was included in the team composition plan designed by Benny. Another example of a coach-athlete relationship that has not escaped the media is Cristiano Ronaldo, who doesn't know the name, everyone must know who the name is Cristiano Ronaldo even though they don't like football. Cristiano Ronaldo and Alex Ferguson are one of the special coach-athlete relationships. Starting from Alex Ferguson's insight in bringing Ronaldo to Manchester United, Ferguson managed to hone the abilities of the Portuguese man to become one of the best strikers in the world. Ronaldo received many awards when he was led by Alex Ferguson. Ronaldo also did not hesitate to express his admiration for Alex Ferguson, because he was the one who made him the player he is today.

Humans are unique creatures with all the traits, characters, behaviors, and physical forms. The uniqueness of humans is caused by the differences between humans themselves, this is inseparable from the personality possessed by humans. (Mayer 2007). Personality is a system of parts that are organized, developed and expressed in a person's actions (Firdaus, 2012). Some personality psychology literature states that personality is a set of traits or characteristics that are relatively permanent and organized in an individual, which influences the individual's behavior (Maksum, 2018). Personality is operationally defined as "a set of relatively permanent and organized characteristics in an individual, which influences the individual's behavior. (Supriyadi, 2016) Personality is a hypothetical structure or organization, and behavior is viewed as something that is organized and integrated by personality. Or in other words, personality is viewed as an "organization" that determines or guides our behavior.

Roqib and Nurfuadi (2020) explain that personality is a unique pattern of behavior and way of thinking, which determines a person's adaptation to the environment, which means that there is consistent behavior by individuals in various situations as a result of the interaction between a person's personality characteristics and the social and physical conditions of their environment that may be controlled internally or controlled externally. Meanwhile, according to (Susilawati 2017). Personality is defined as a consistent pattern of behavior and interpersonal processes that come from each person. Meanwhile, according to Larsen & Buss (Mayer 2015) personality is a set of psychological traits and mechanisms in individuals that are organized and last relatively long and influence their interactions with the physical and social environment.

Every athlete wants to feel that they can be cared for and understood personally by their fellow athletes. Athletes want to be recognized both inside and outside the field when training or competing and not as something that is only used during matches. As stated by (Taufik & Suryakancana 2021) to become a coach who is respected by athletes or others (respecting coach) or a respected coach, the coach must have 3 very important aspects, namely: knowledge, experience, character and educational background in accordance with his coaching.

Meizara (2019) personality traits in sports are conducted to better understand the personality of athletes, so that predictions can be made about the possible behavior and performance of athletes facing certain situations in matches to find potential talented athletes in certain sports, so that the highest possible achievements can be achieved. The task of a coach is very broad and is not limited to the task of improving athlete performance alone, but also in developing the moral aspects of athletes. On that basis, in addition to his duties as a coach, the coach also plays a role as an educator, a teacher, a father and a friend to his athlete (Harsono 1988). In line with what is suggested by (Jacobs et al., 2016) the specific problems described by these coaches that prevent them from becoming the coaches they want to be, reflecting current literature that suggests that effective coaches are those who provide optimal encouragement and learning opportunities for athletes and who require effective interpersonal and intrapersonal knowledge and skills (Steelman & Wolfeld, 2018) Coaches with a high feedback orientation tend to understand the value of feedback to athlete development and recognize that their role as coaches is to provide feedback.

From several opinions it can be concluded that indeed every human being has a different nature, attitude, nature, and character from one another. Therefore, the coach can be called a person who is also responsible for shaping athletes to top performance, this will be successful if the coach can directly understand the nature, attitude, character and personality of the athlete. Based on the above phenomenon, it is interesting for researchers to examine the intimacy of coaches-athletes with the personalities of Pelatda athletes in West Java.

METHODS

This study uses a quantitative method with a descriptive type that aims to test the relationship between athlete personality and coach-athlete intimacy. These variables can be measured, usually on an instrument, so that data is obtained in the form of numbers (John w. Creswell n.d.). This descriptive quantitative study used 28 respondents who were used as research samples. Data were obtained through questionnaires distributed to respondents. This study uses personality variables and coach-athlete intimacy. The population of this study was athletes from the West Java regional training center totaling 834 people (Umum & Cabor 2022).

The characteristics of the sample in this study include: 1) are players of the West Java regional training center, 2) have been in Training Camp /training for more than a year, 3) are participating in the handball sports branch of the PON regional training center for the first time, 4) are willing to be respondents in this study. The research technique used in this study is purposive sampling. The purposive sampling technique is carried out using personal opinions to select samples. The sample in this study amounted to 28 handball athletes consisting of 14 male athletes and 14 female athletes.

Data collection in this study used a questionnaire. Questionnaires are data collection techniques carried out by conducting written communication with respondents or data sources (Winarno, 2004). The coach-athlete intimacy scale questionnaire used in this study is a scale compiled by Jowett and Ntoumanis (2004) namely, the Coach-Athlete Relationship Questionnaire (CART-Q) with a total of 11 questions. The type of scale used in this study is the rating scale. That is, using five ranges of answers. Scoring in this technique is divided into five parts numbered 1 to

5. Number 1 indicates inconsistency and number 5 indicates very appropriate to the item given. To categorize individuals in personality types, researchers use the Myers-Briggs Type Indicator (MBTI) measuring tool Mudrika and Psi (2011). The analysis tool used is chi-square to answer the question of the relationship between personality and coach-athlete intimacy.

The method of data collection in research activities reveals facts about the variables studied. The methods used in this study are the intimacy psychology scale and the personality scale. The statistical test used is chi square with a significance level of 95% with a significance value of 5%. The requirements of the chi square test are met, if there are cells with expected values of less than 5 and the percentage is not more than 20% so that H_0 is rejected and H_a is accepted. Used to test the relationship between coach-athlete intimacy and the personality of athletes in the West Java regional training center. Association hypothesis that will answer whether there is a relationship between two variables with a categorical variable measurement scale and unpaired data. The relationship criteria are based on p value > 0.05 then H_0 is accepted, H_a is rejected and if p value < 0.05 then H_0 is rejected, H_a is accepted.

RESULTS AND DISCUSSION

Findings

After conducting research by giving questionnaires to 28 handball athletes. The data obtained is presented in the form of the following frequency distribution table:

Table 1. Frequency Distribution by Gender

No	Gender	Amount	%
1	Woman	14	50
2	Man	14	50
Amount		28	100

Based on the data in table 1. above, it can be seen that the respondents, namely handball athletes, were the same number, namely 14 male and 14 female.

Table 2. Table 2. Frequency Distribution by Age

No	Age	Amount	%
1	< 25 Years	15	54
2	> 25 Years	13	46
Amount		28	100

Based on the data in table 2 above, namely handball training athletes, it can be seen that respondents who are under 25 years old are 15 people (54%) and those who are over 25 years old are 13 people (46%).

Table 3. Frequency Distribution Based on Personality

No	Personality	Amount	%
1	Extrovert	17	61
2	Introvert	11	39
Amount		28	100

Based on the data from table 3. above, namely handball training athletes, it can be seen that 17 respondents (61%) have extroverted personalities and 11 respondents (39%) have introverted personalities.

Table 4. Relationship Between Personality and Intimacy

Personality	Intimacy						Total
	Low		Currently		Tall		
	fo	fe	fo	fe	fo	fe	
Introvert	5	3.5	6	4.7	0	2.8	11
Extrovert	4	5.5	6	7.3	7	4.3	17
Total	9	9	12	12	7	7	28

Discussion

It can be seen that for extrovert and introvert personality types with high athlete coach intimacy, medium athlete coach intimacy and low athlete coach intimacy. A total of 11 people have an introvert personality type, 5 people have low intimacy, 6 people have medium intimacy and 0 people with high intimacy. A total of 17 people have an extrovert personality type, for 4 people low intimacy, 6 people for medium intimacy and 7 people for high intimacy. From the results of the data in table 4. Above, it is said that the West Java handball training athletes have an extrovert personality type. The extrovert personality type directs a person to the objective outside world, namely the world outside of himself. Each person has different nature, character and abilities so that special attention is needed in treating their athletes.

According to (Hauw n.d.) explains that specifically the factors that influence the formation of personality are two, namely: a) Genetic Factors: Factors that have an important role in determining personality, especially those related to unique aspects of the individual. This approach argues that heredity plays an important part in determining a person's personality. b). Environmental Factors: Environmental factors have an influence that makes someone the same as others because of the various experiences they have experienced. In line with what Bandura expressed in (Rosyidi 2015) many aspects of personality function involves the interaction of the person with others. As a result, an adequate personality theory must take into account the social context in which behavior is acquired and maintained. From the results of the chi square test, a p-value of 5.9915 was obtained so that H_0 was rejected and H_a was accepted, which stated that there was a relationship between personality and intimacy of the coach-athlete of the Handball Sports Branch Pelatda. Personality is closely related to intimacy.

Advice for athletes in the relationship between personality and intimacy, athletes who have high intimacy are advised to continue to maintain and develop it for the better and those with low intimacy are expected to increase their intimacy, this is to be better and in accordance with the goals of coach-athlete intimacy. One way to make intimacy closer is to often hold communication both on and off the field, often share stories to strengthen the coach-athlete intimacy relationship.

CONCLUSION

Based on the conclusion of the data from the research results, it can be concluded that the hypothesis stating that there is a significant relationship between personality type and intimacy of the West Java handball coach-athlete training center is accepted.

(Jowett and Carpenter 2015) that good relationship qualities such as closeness, commitment and complementarity inherently contain elements (eg, trust, respect, and cooperation) that function as rules related to tasks and interpersonal. This means that the more extroverted a person's personality type is, the higher the intimacy will be.. and vice versa, the more introverted a person's personality type is, the lower the intimacy. Meanwhile, according to (Gibb 2008) personality, it is defined as the integration of a socially revealed hierarchy of innate and individual habitual reaction tendencies. In line with what was expressed by (Supriyadi 2016) there are several factors that have a major influence on the appearance / playing ability of athletes (in addition to physical, technical and tactical factors), namely: 1. Psychological components, 2. Type of sport, 3. Increase the match, 4. Personality traits. So it can be concluded that the relationship between personality and intimacy of the handball coach-athlete training center, it can be concluded that there is a relationship between personality and intimacy of the coach-athlete.

ACKNOWLEDGEMENT

The activities that are carried out with this research can run with the help and support of various parties, therefore on this occasion, the researcher would like to thank: 1) The Head of the West Java ABTI Regional Management, Mr. Prof. Dr. Yunyun Yudiana, M. Pd for the research permit, 2) The West Java Handball Coach, and 3) The Handball Pelatda athletes who have been willing to be respondents in this research .

FUNDING

Funding using the researcher's personal expenses.

CONFLICT OF INTEREST

There were no conflicts of interest in this study.

REFERENCES

- Borge, Steffen. 2021. "What Is Sport?" *Sport, Ethics and Philosophy* 15(3): 308–30. doi:10.1080/17511321.2020.1760922.
- Firdaus, Kamal. 2012. *No Title* . Padang: Faculty of Sports Science, Padang State University Press.
- Gibb, CA 2008. "The Definition of Personality." *Australasian Journal of Psychology and Philosophy* 18(3): 246–54. doi:10.1080/00048404008541156.
- Harsono, M.Sc. 1988. *COACHING* . Jakarta: CV. Irwan.
- Hauw, Tjung. "TJUNG HAUW SIN - SPORTS PSYCHOLOGY.Pdf."
- Ilona Hapková, Luisa Estriga, Craig Rot. 2019. "Teaching Handball Volume 1: Teacher Guidelines. " : 119.
- Jacobs, Frank, Inge Claringbould, and Annelies Knoppers. 2016. "Becoming a 'Good Coach.'" *Sport, Education and Society* 21(3): 411–30. doi:10.1080/13573322.2014.927756.

- John d. Mayer. 2007. "News And Reviews." *School Organization* 2(4): 403–19. doi:10.1080/0260136820020410.
- John w. Creswell. "Table of Contents PART I - Preliminary Considerations PART II - Designing Research." In *RESEARCH DESIGN THIRD EDITION* ,.
- Jowett, Sophia, and Paul Carpenter. 2015. "The Concept of Rules in the Coach-Athlete Relationship." *Sports Coaching Review* 4(1): 1–23. doi:10.1080/21640629.2015.1106145.
- Jowett, Sophia, and Nikos Ntoumanis. 2004. "The Coach-Athlete Relationship Questionnaire (CART-Q): Development and Initial Validation." *Scandinavian Journal of Medicine and Science in Sports* 14(4): 245–57. doi:10.1111/j.1600-0838.2003.00338.x.
- Maksum, Ali. 2018. "Submitted for the Degree of Doctor of Psychology." (June). doi:10.13140/RG.2.2.18305.76646.
- Mayer, John D. 2015. "The Personality Systems Framework: Current Theory and Development." *Journal of Research in Personality* 56: 4–14. doi:10.1016/j.jrp.2015.01.001.
- Meizara, Eva. 2019. *Sports Psychology (Mental Training)* .
- Mudrika, Nafis, and S Psi. 2011. "Mbti." *Encyclopedia of Clinical Neuropsychology* : 1531–1531. doi:10.1007/978-0-387-79948-3_5359.
- Prabowo, Indra. 2019. "THE IMPACT OF SELF-CONFIDENCE AND ARM POWER ON FLYING SHOOT RESULTS IN HANDBALL GAMES." *JOURNAL RESPECS* . doi:http://dx.doi.org/10.31949/jr.v1i1.1127 .
- Prabowo, Indra, Amung Ma'Mun, Yudy Hendrayana, Berliana Berliana, Andi Kurniawan Pratama, and Edi Setiawan. 2023. "Traditional Sports Culture: A Fun Sport to Change the Physical Literacy of Junior Handball Athletes." *Health, sport, rehabilitation* 9(4): 6–19. doi:10.58962/HSR.2023.9.4.6-19.
- Prabowo, Indra, Didik Subhakti, Prawira Raharja, and Davi Sofyan. 2023. "Journal of Teaching Physical Education in Elementary School." *Journal of Teaching Physical Education in Elementary School* 54(1). <http://ejournal.upi.edu/index.php/tegar/index>.
- Rogulj, Nenad, Mirjana Nazor, Vatroimir Srhoj, and Davor Božin. 2006. "Differences Between Competitively Efficient and Less Efficient Junior Handball Players According To Their Personality Traits." *Kinesiology : International journal of fundamental and applied kinesiology* 38(2): 158–63.
- Roqib, Moh., and Nurfuadi. 2020. *Teacher Personality* .
- Rosyidi, Hamim. 2015. *Journal of Chemical Information and Modeling of Personality Psychology (Traits, Cognitive, Behavioristic and Humanistic Paradigms)* .
- Singgih D. Gunarsa. 2008. *Psychology of Achievement Sports* . ed. Rika Uli Napitupulu. Jakarta: PT BPK Gunung Mulia.

- Steelman, Lisa A., and Leah Wolfeld. 2018. "The Manager as Coach: The Role of Feedback Orientation." *Journal of Business and Psychology* 33(1): 41–53. doi:10.1007/s10869-016-9473-6.
- Supriyadi. 2016. *Sports Psychology*.
- Susilawati, Luh Kadek Pande Ary et al. 2017. "Teaching Materials of BASIC AND ADVANCED STATISTICS THEORY AND CONCEPT Psychology Study Program." *Udayana University*.
- Taufik, Muhamad Syamsul, and Suryakencana University. 2021. *Sport Coaching*.
- General, Chairperson, and Pengprov Cabor. 2022. "To Colleagues 1. General Chairperson of Pengprov Cabor 2. Konida 3. Functional Bodies."
- Winarno. 2004. *Center For Human Capacity Development Jakarta, 2004*. Jakarta: CENTER FOR HUMAN CAPACITY DEVELOPMENT.