# The Contribution of Mental Toughness to Competitive Anxiety in U-15 SSB Tunas Inti at Sungai Penuh City Football Athletes

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**ABSTRACT**

When facing challenges, especially during competition, mental toughness is a positive trait that must be possessed, but competitive anxiety is a negative trait that must be possessed when facing challenges. The purpose of this study was to determine the attitude towards mental toughness and competitive anxiety and how mental toughness influences competitive anxiety in SSB Tunas Inti FC athletes in Sungai Penuh City. This type of research involves quantitative research in the field of statistics. The research design in question utilises an associative approach with quantitative precision. All 195 SSB Tunas Inti U-15 football players from Sungai Penuh City became the subject of this study. Purposive sampling is the method used in collecting data in this study to obtain a sample of 22 athletes who fall into certain categories. In this study, data was collected using an assessment tool that measures competitive anxiety and mental toughness on two different scales. This study uses product moment analysis techniques while testing the hypothesis using a test of determination, especially with the coefficient of determination. Each computation used for the calculations in this study uses SPSS 29.0 statistics. The findings of this study reveal that mental toughness is at the midpoint of the scale (21 out of 22 respondents) and competitive anxiety is at the low point (13 out of 22 respondents). In contrast, the correlation coefficient between mental toughness and competitive anxiety in soccer athletes is shown to be between 0.039 and 0.864 > 0.05. Therefore, it can be concluded that there is no connection between mental toughness and competitive anxiety. To determine the relative contribution between the mental toughness and competitive anxiety variables, a value of 0.039 is used, with this value located at a very low correlation coefficient interval.

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# INTRODUCTION

Football is the most popular sport in Indonesia. According to Irianto (2011), football is a very popular sport both in Indonesia and internationally. Nearly all men, be they children, youth, young adults, or the elderly, play soccer, despite the fact that everyone plays soccer for a variety of reasons, some of which are purely recreational, fitness-related, or just plain fun. In contrast, athletes are those who consistently develop muscle, endurance, agility, balance, flexibility, and the ability to assess competition before it actually starts (Ardini & Jannah, 2017). Three physical, technological, and psychological factors can influence an athlete's intentions (Adisasmito, 2007).

According to Firmansyah (2018), it is important for a person to have good physical and mental health in order to function properly. Athletes not only have to have positive thoughts but also have to maintain mental toughness during competition. In addition to mental toughness, athletes may have competitive anxiety related to their performance in a competition (competitive anxiety, or competitive anxiety). A high level of anxiety can have a negative impact on a person's state of mind. According to Kumar (2016), anxiety is an emotion experienced by a person in the form of worry, distress combined with worry, and despair. According to Weinberg & Gould (2007), anxiety is a bad emotion that is associated with things such as worries, anticipating the future, and engaging in physical or mental activity. An athlete's psychological condition will be affected by performance, especially in emotional areas such as anxiety.

The expression above shows that athletes themselves play an important role in achieving high levels of productivity. In addition, research shows that psychological factors can affect an athlete's performance in a match by as much as 50% (Setiawan et al., 2020). Therefore, athletes must improve their physical and mental abilities in order to perform optimally. The best techniques and strategies will fail if mental intelligence is not developed. Therefore, good physical and psychological conditions do not necessarily give the best results if they are not supported by good mental or psychological conditions. The mental aspect contributes about 80%, and the remaining 20% is another aspect that can be seen in the physical aspect (Gunarsa, 2004).

From the explanation above, it can be concluded that competitive anxiety and mental toughness have a tenuous relationship. This is further supported by the concept of mental toughness, which is being able to endure adversity or being able to cope with stress, sports awareness, or the ability to function well in a team environment, although a positive outlook or strong will to succeed will still exist. always hinders success (Gucciardi et al., 2009). Dimensions of competitive anxiety, such as cognitive impairment, affective disorder, motoric disorder, and somatic disorder, which are constantly agitated, tense, and unable to think clearly when faced with a situation, can be seen compared to this dimension of pressure or difficulty (Smith et al., 2007).

According to the observational data of researchers at SSB Tunas Inti City of Sungai Penuh, the researcher also interviewed the SSB Tunas Inti City of Sungai Penuh coach during the tournament. All participants are observed and supervised during lessons by instructors and players. As it turned out, SSB Tunas Inti City of Sungai Penuh had often made achievements while playing in a number of youth soccer tournaments. The success of SSB Tunas Inti Kota Sungai Penuh in the 2022 U-13 and U-15 Soeratin Cups in Jambi Province will be something big in this situation. The ideal result of SSB Tunas Inti For the U-13s, SSB Tunas Inti can only advance to the semifinals; for the U-15s, they are unable to enter the group stage. Of the 22 athletes in question, 10 of them had experienced discomfort (anxiety), especially when competing. As a result, athletes' match anxiety for the remaining

three to four matches cannot be eliminated. Coach Adi Wijaya, sole coach of SSB Tunas Inti City of Sungai Penuh, assessed that the cause of this situation was anxiety, which included stage fright, anxiety, worry, inferiority, and other behaviours that everyone routinely does. As a result, sometimes athletic training is not very effective. This is due to low levels of athlete hours, trial schedules, infrastructure, and training, poor conditions on the training ground, and other factors.

## MATERIALS AND METHODS

This research is a quantitative study using descriptive statistics that uses previously collected data to illustrate or illustrate data for analysis without making generalisation assumptions that apply to everyone (Sugiyono, 2019). To understand the relationship or association between variable X, which represents mental toughness, and variable Y, which represents competitive anxiety in athletes playing football, quantitative research is needed with the same type of association.

The research design in question utilises an associative approach with quantitative precision. Associative research, according to Sugyono (2017), emphasises the relationship between two or more variables. By using this research framework, a theory that can be applied to explain, analyse, and predict a particular event can be developed. The quantitative learning method is a learning method that uses numerical data as a tool to collect information about what students want to know (Kasiram, 2008).

Each component that will be used to generalise a region is a population. The population element is the topic to be measured or the unit to be studied further. The population in this situation consists of specific examples with the attributes and characteristics that participants are asked to learn before being given feedback (Sugiyono, 2019). Based on the opinion above, the population of SSB Tunas Inti FC Kota Sungai Penuh, which is 195 players, consists of all football players who play there.

While the data collection method used in this study is a questionnaire (questionnaire), According to Sugyono (2019), the general data collection strategy is to provide responses to questions or statements that are intended to be used as part of the curator's portfolio. Conversely, the product moment correlation is used to analyse the data that has been collected, while the Determination Test is used to test the hypothesis.

## RESULTS AND DISCUSSION

### Result

In this study, SSB Tunas Inti FC U-15 football players from Sungai Full City will be evaluated to identify the contribution of mental toughness to competitive anxiety. 22 athletes from the SSB Tunas Inti FC U-15 Team from Sungai Full City were selected as samples for this study. They are as follows:

**Table 1**. Description of Research Subjects

|  | Category | Frequency | Percentage |
|---|---|---|---|
| **Gender** | Man | 22 | 100% |
| **Age** | 13-15 Years | 22 | 100% |

**Source:** results of data processing, 2023

From the table, it is clear that all 22 respondents in this study were male. If the ages of the respondents varied from 13 to 15 years, then they were all considered teenagers.

**Table 2.** Categories of mental toughness and competitive anxiety calculations

| Variable | Mean | Standard Deviation | Cagtegory | Interval | Frequency | Percentage |
|---|---|---|---|---|---|---|
| *Mental Toughness* | 1.95 | 0.213 | High | 74 – 88 | 0 | 0% |
| | | | Medium | 59 – 73 | 21 | 95.5% |
| | | | Low | 44 – 58 | 3 | 4.5% |
| *Competitive Anxiety* | 1.45 | 0.596 | High | 74 – 88 | 1 | 4.5% |
| | | | Medium | 59 – 73 | 8 | 36.4% |
| | | | Low | 44 – 58 | 13 | 59.1% |

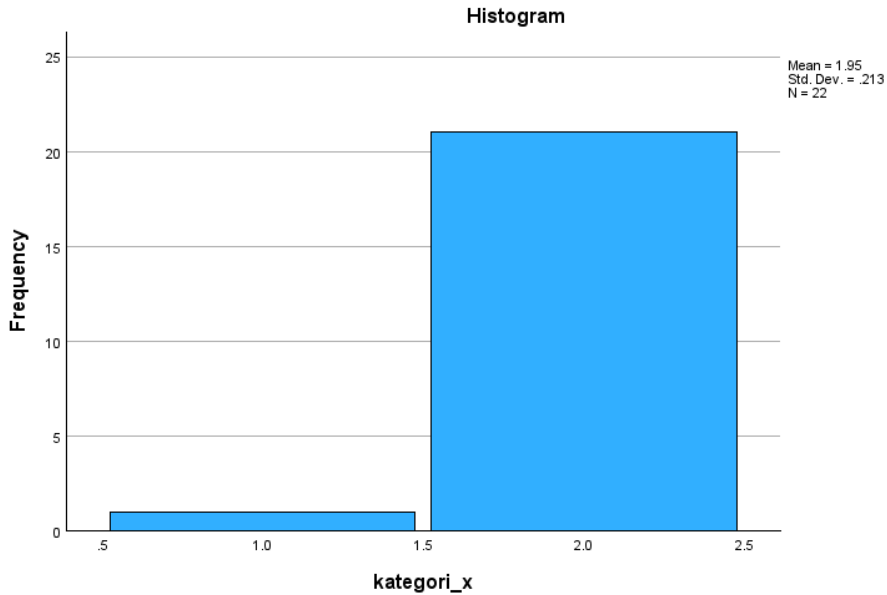**Source:** results of data processing using SPSS.29, 2023



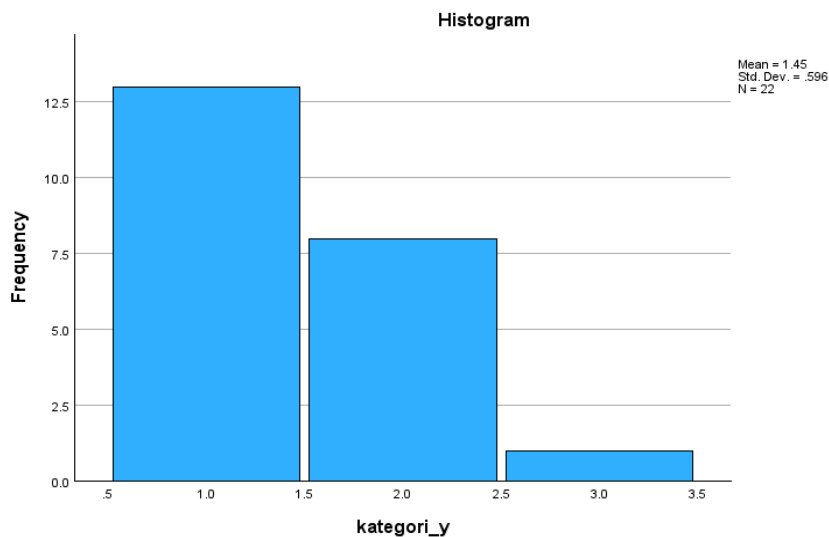**Figure 1.** The level of mental toughness category calculation



**Figure 2**. The level of calculation for the competitive anxiety category

Based on the explanation in the table above, the level of mental toughness categorization of SSB Tunas Inti U-15 athletes in Sungai Penuh City uses a scale of 0 to 100%. Of the 22 participants, approximately 0 had a high level of mental toughness, 21 (95.5%) had a moderate level, and 1 (4.5%) had a low level. Meanwhile, the category of

competitive anxiety level in SSB Tunas Inti U-15 athletes from Sungai Penuh City with a sample size of approximately 22 people of these, approximately 1 respondent, or 4.5%, had a high level of competitive anxiety; approximately 8 (36.4%) people had a moderate level of anxiety; and around 13 (59.1) had a high level of competitive anxiety.

## DISCUSSION

According to the results of the data that has been collected by researchers about differences in mental toughness, there are three categories: high, medium, and low. The results showed that there were 0% of respondents in the high category, 95.5% in the medium category, and 4.5% in the low category. Thus, it can be said that the results of this study indicate that the athletes of SSB Tunas Inti U-15 City of Sungai Full have a level of mental toughness that is consistent in their category, and this level of mental toughness varies between athletes.

According to the results of the data that has been collected by researchers about differences in competitive anxiety, there are three categories: high, medium, and low. The results showed that there were 4.5% of people who were included in the high-risk category, 36.4% of people in the middle-aged category, and 59.1% of people in the high-risk category. Therefore, it can be concluded from the results that there is competitive anxiety among athletes.

The aim of this study is to contribute mental toughness to competitive anxiety in SSB Tunas Inti U-15 athletes from Sungai Penuh City. The results of the data analysis, which is supplemented by a product moment correlation test, are determined by a coefficient of determination (r) of 0.039 and a two-way significance value of 0.864 > 0.05. Therefore, it can be concluded that mental toughness has little effect on competitive anxiety. To find out the relative contribution between the mental toughness and competitive anxiety variables, a value of 0.039 is used, with this value located at a very low correlation coefficient interval. This shows that the hypothesis proposed in this study is not accepted.

## CONCLUSION

Based on the results of research on the contribution of mental toughness to competitive anxiety in SSB Tunas Inti U-15 athletes from Sungai Full City, it can be concluded as follows: The mental toughness test for SSB Tunas Inti U-15 footballers from Sungai Full City is currently underway, with 21 out of 22 respondents This shows that the level of mental toughness needed by soccer athletes is in the moderate category. From a total of 22 respondents, competitive anxiety in athletes is concentrated at a lower level in around 13 respondents. This shows that competitive anxiety among athletes is low. Based on the results of the correlation test analysis, it was determined that there was no relationship between mental toughness and competitive anxiety in football athletes, and the hypothesis put forward in this study was unacceptable.

## CONFLICT OF INTEREST

There are no conflicts of interest in this article.

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