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## Relationship Between Women's Futsal Athletes Life and Competition Performance

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### Abstract

The purpose of this study was to determine the relationship between the lifestyle of women's futsal athletes and their performance in competition. The method used is correlational with a quantitative approach. The population of this study was 50 UKM futsal athletes (Student Activity Unit) STKIP Pasundan Cimahi, the sampling used was purposive sampling, the sample used was 14 UKM futsal athletes (Student Activity Unit) STKIP Pasundan Cimahi. Data collection or instruments used are questionnaires or questionnaires and the format of GPAI analysis (Game Performance Assessment Instrument). The hypothesis data analysis technique is accepted, meaning that there is a relationship between the lifestyle of female futsal athletes and competitive performance with an average lifestyle score of 119 and competitive performance with an average value of 65%.

**Keywords:** Futsal, Lifestyle, Performance

## INTRODUCTION

Pattern life in sport have role Which important For increase And maintain an athlete's performance. Influencing factors performance inside sporting events are food, adequate rest and exercise. In addition to food and enough rest influencing performance is an athlete's lifestyle, for example likes smoking, drinking alcohol, staying up late, etc. A healthy lifestyle is an activity Which aim For guard body from all type disease with method consume healthy food, avoiding alcohol, and exercising so that your weight and body remain stable stay fit (Yogis et al., 2017). For an athlete, a healthy lifestyle that is implemented includes food, Rest Which Enough, And exercise Which routine For reach performance Which maximum moment compete. Most athletes today, when facing competitions, have a third lifestyle The health above is not done well. But in fact, despite the three healthy lifestyle patterns above not done well, the competition performance is still good and optimal, maybe because Spirit which is burning And probably because There is desired goal athlete the achieved.

The influence of lifestyle on an athlete's performance when competing, the first is pattern Eating that must be taken care of, for example, you cannot eat spicy food or oily food like fried food. Second, there should be a pattern of adequate rest for an athlete getting enough rest, namely getting enough sleep and not staying up late, then the third is certainty An athlete needs a training program, because if his diet and rest pattern are maintained even if the athlete does not train, their performance will not be optimal (Yogis et al., 2017) . Based on exposure on, besides program exercise important For a athlete pattern life like notice food and activities need to be considered. But the reality is now most athletes only Just prioritize the exercise program, without realizing that the diet and rest patterns are important Enough greatly affects its performance while competing.

One thing that is needed in futsal is very good performance or performance. Performance or performance is a description of the level of implementation achievement a program of activities or policies in realizing the organization's goals, vision and mission outlined in an organization's strategic planning (Jayakusuma, 2016) . In the sport of futsal performance It has a vision and mission, namely those outlined in a futsal match. Performance compete in futsal will more maximum if pattern life as athlete done with Good.

Factors that influence an athlete's performance come from within and outside the athlete which includes physical, psychological, technical, tactical, trainer, training facilities and infrastructure, social, etc. An athlete's appearance is also greatly influenced by the athlete's lifestyle, such as diet, activity Which must noticed, pattern Rest Which Enough And discipline, And program exercise good one too. For today's athletes, most of them ignore one of the lifestyle patterns above even though their competitive performance is good, but if this lifestyle is carried out well by all athletes, perhaps their performance will be much better than before.

In this research, researchers found empirical data or field data, namely that many female futsal athletes at STKIP Pasundan had good competitive performance but their lifestyle patterns were not maintained, such as maintaining their diet (eating spicy food, eating fried food, etc.), maintaining their

rest patterns (eating patterns). irregular sleep or staying up late), and programmed training (not practicing or rarely practicing leading up to the match). Meanwhile, theoretically, an athlete's healthy lifestyle greatly influences his or her competitive performance on the field.

In a futsal match, what you have to prepare is physical preparation and mental preparation. To be able to prepare well physically when competing in futsal, you need to first pay attention to a good diet and sleep pattern. Warm up first before the match, so that your body can be more easily controlled and free from injury. To prepare mentally well before competing, stay focused on the match that is about to start and don't think about negative things about the match.

STKIP Pasundan Cimahi female futsal athletes often complain about inconsistent performance on the field. This is influenced by the athlete's undisciplined lifestyle habits. So that when training or in a match the performance shown is less than optimal. Theoretically, lifestyle greatly influences an athlete's performance. But there are also athletes whose lifestyle is irregular and whose performance remains consistent and optimal.

## METHOD

Method study This use correlational with approach quantitative. Correlational research (Correlational Studies) is research intended to determine whether there is a relationship between two or several variables. Characteristics of research correlational is that the research does not place too many demands on the research subjects many (Jeklin, 2016) . Because in this research the researcher also looks for the relationship between one variable with other variables. In this research there are two variables, namely, lifestyle as the independent variable (X) and competition performance as the dependent variable (Y). Approach Quantitative is an approach that aims to collect and process data which has been obtained. A quantitative approach allows researchers to collect data numeric through analysis statistics from sample use instrument Which has set.

Data collection uses questionnaires and GPAI (Game Performance Assessment Instrument) during the TUN FC 2023 match at Jatinangor Sports Hall, Sumedang. The population was selected from students of UKM Futsal Putri STKIP Pasundan Cimahi, numbering approximately 50 people. The sampling technique uses purposive sampling technique . Purposive sampling is technique determination sample with consideration certain. Then researcher only take sample 14 player, with player Which enter line up match futsal. Technique

The data collection used was using the GPAI (Game Performance Assessment Instrument) and questionnaires, in order to obtain valid and reliable data answer.

Data analysis in this research is descriptive analysis. Descriptive analysis is statistics Which used For analyze data with method describe or describes the data that has been collected as it is without intending to create it conclusions that apply to the general public or generalizations. In descriptive analysis of data usually displayed in the form of a regular table or frequency table, graph, bar chart, diagram lines, pie charts, measures of data concentration, measures of data distribution and so on

(Azhari, 2017) . The stages in analyzing data are: 1) Average Value and Standard Deviation 2) Test Normality and Homogeneity Test 3) Person Product Moment Correlation 4) Validity Test and Test Reliability.

## RESULTS AND DISCUSSION

### Results

The aim of this research is to determine the relationship between the lifestyles of STKIP female futsal athletes Pasundan Cimahi with competitive performance. This research is included in the research correlational with a quantitative approach, with the design used being research survey. This design is a quantitative research procedure carried out to obtain describes the attitudes, behavior and characteristics of a population obtained through a sample in population.

In this research collecting data for lifestyle patterns with distribute questionnaires or questionnaire And For taking data performance compete with method observe athlete through Games Performance Instrument Assessment (GPAI).

Table 1. Results Questionnaire (Pattern Life) And GPAI (Performance)

Name	Questionnaire (Pattern Life)	Information	GPAI (Performance)	Information
Lizzetia Awani	137	Good	72%	Good
Nurul Sofariah	119	Enough	68%	Good
Virgin Azzahra N	80	Not enough	42%	Not enough
Diana Nuraeni	110	Enough	59%	Enough
Siti Fatima	116	Enough	66%	Good
Siti Wendha NW	137	Good	74%	Good
Patricia Yolanda	127	Good	69%	Good
Nova Fitriani	105	Enough	55%	Not enough
Ana Malika	100	Enough	50%	Not enough
Wida Rafifa A	131	Good	73%	Good
Desi Fitri Yani	132	Good	74%	Good
Reva Octaviani	116	Enough	67%	Good
Luhita Siva	132	Good	74%	Good
Apriani Sustainable	127	Good	70%	Good

Based on the results of the table data above, it can be seen that athletes have different lifestyles OK, there are 7 athletes, 6 athletes are sufficient, and 1 athlete is lacking. Whereas There are 10 athletes who have good performance, 1 athlete is enough, and so on there are less than 3 athletes. Thus, the lifestyle and performance of STKIP female futsal athletes Pasundan Cimahi majority There is in category Good.

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Table 2. Results of the Pearson Product Moment Correlation Test using SPSS 26

Correlations		LIFESTYLE	PERFORMA NCE
LIFESTYLE	Pearson Correlation	1	,973**
	Sig. (2-tailed)		,000
	N	14	14
			4
PERFORMAN CE	Pearson Correlation	,973**	1
	Sig. (2-tailed)	,000	
	N	14	14
			4

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Based on the test table using SPSS 26, it can be seen that the significant value is 0.05, because Lifestyle has a significant value of less than 0.5, namely  $0.000 < 0.05$  and Performance has a significant value of less than 0.5, namely  $0.000 < 0.05$ , so that the data can be said to have a significant relationship.

## Discussion

Based on a theoretical review according to S. Endarwati, S.Pd who explains that a healthy lifestyle is a lifestyle that pays attention to all aspects of health conditions, starting from food and drink, the nutrition consumed and our daily behavior, whether in an exercise routine, which of course will maintain health conditions and will also prevent everything that can cause disease in our bodies, moreover, health is what we all dream of. A healthy lifestyle is a long-term commitment to maintain and do several things to support body functions, so that they have a positive impact on health. A healthy lifestyle as an athlete includes Maintaining a programmed diet, rest pattern and training is related to performance compete in the sport of futsal. The problem that this research wants to reveal is whether There is a relationship between lifestyle and competitive performance. Based on the results of data analysis research, there is a correlation between lifestyle and competing performance of STKIP female futsal athletes Pasundan Cimahi. Results of correlation analysis between lifestyle variables and competitive performance show correlation positive as big as 0.973 with level its significance 0.05. It means magnitude According to Sugiyono (2015:184), the correlation coefficient is at a very strong level, namely 0.80 – 1,000. With the results of this positive correlation, it can be stated that the better the athlete's lifestyle futsal daughter so the more Good also performance compete athlete futsal daughter, thereby also On the contrary, the worse an athlete's lifestyle, the worse the athlete's performance will be. Matter This support hypothesis There is connection Which positive significant between pattern life with competitive performance is acceptable. This means that the better an athlete's lifestyle, the more... the athlete's competitive performance is also good . On the other hand, the worse an athlete's lifestyle becomes then it gets even worse an athlete's competitive performance. The same as the relevant theory, namely research conducted by (MA Muis, MN Bawono, 2022) with the title "Analysis of the Lifestyle of the Putri Kartini Yuk



Lamongan Futsal Team during the Covid 19 Pandemic". So that it can produce novelty, the lifestyle of a female futsal athlete really influences her competitive performance on the field.

Based on the results of data analysis, it can be seen that the UKM STKIP Pasundan Cimahi athletes own pattern life Which regular Which is at in category Good that is as much 7 athlete (121 – 137).

This shows that the majority of STKIP Pasundan Cimahi female futsal athletes have a pattern life Which regular. Then seen from performance compete, majority athlete SMEs STKIP Pasundan Cimahi are in the category Good also that is as much 10 athlete (66% - 74%).

Results study about connection between pattern life with performance compete shows a significant positive relationship with the level of relationship in the high category ( $r = 0.973$ ). The level of correlation coefficient is in the interval between 0.80 – 0.1000. So From the results of the correlation test between lifestyle and competitive performance, it shows that performance Competing is not entirely influenced by lifestyle, but is also influenced by other factors. factor in outside pattern life.

## CONCLUSION

Based on the research results obtained by data analysis and hypothesis testing, So it can be concluded that there is a significant relationship between lifestyle and competitive performance. With lifestyle results with an average score of 119 and performance competing with the average value is 65%, so the relationship between lifestyle and competitive performance is very large, because when their lifestyle is good, their competitive performance will also be good, and vice versa when pattern his life Bad so performance compete also will Bad.

Lifestyle greatly influences the competitive performance of a female futsal athlete. Study This can help and provide information to all athletes, especially STKIP female futsal athletes Pasundan Cimahi in his lifestyle as a true athlete, that is a lifestyle very influential to performance compete. A athlete Also capable correct self Alone, as well as athletes can apply pattern his life as a person athlete.

Based on the conclusions, several suggestions can be put forward as follows: Coaches can take better care of their athletes to maintain their lifestyle as an athlete, so that their performance is maximized, for players it can be a reflection for themselves, especially athletes whose lifestyle does not reflect that of an athlete. So that they can evaluate themselves in maintaining their true lifestyle as an athlete, and for future researchers to be able to solve the problem of why many athletes cannot maintain their lifestyle as an athlete

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