



Psychological Analysis of Indoor Hockey Athletes when Competing Against Superior Teams

Raihan Bima Octavian¹, Ruslan Rusmana², Rama Adha Septiana^{3*},

^{1,2,3} Physical Education, Health, and Recreation Study Program, STKIP Pasundan, Cimahi, West Java
40512, Indonesia

Abstract

The purpose of this study was to determine the psychological quality of indoor hockey athletes when competing against superior teams. The population in this study were STKIP Pasundan indoor hockey athletes, who amounted to 25 people. The sampling technique used is total sampling, by taking the entire population as a sample. The instrument in this study used the sport competition anxiety test (SCAT). The research method used is descriptive quantitative with a survey approach. Data collection techniques through Google Form distributed through the Whatsapp application and analyzed using the percentage formula with the requirements for calculating data analysis using the calculation of the average value. The results of the research analysis show that there are differences in the level of psychological quality among athletes. 1 athlete showed excellent quality (4%), 10 athletes showed good quality (40%), 9 athletes showed sufficient quality (36%), 2 athletes showed poor quality (8%), and 3 athletes showed very poor quality (12%). Thus, it can be concluded that the psychological quality of the STKIP Pasundan Cimahi indoor hockey team athletes is in a good category, although there is a need to improve the quality of 2 athletes with poor quality (8%) and 3 athletes with very poor quality (12%). This information can be a guideline for coaches and athletes to further develop the psychological aspects of athletes in order to achieve optimal performance.

Keywords: Psychology, Anxiety, Indoor Hockey, Competition.

INTRODUCTION

At recent days Lots type sport has growing, no only sport popular still even foreign start Lots interested. One of moderate exercise develop and start exist in Indonesia that is sport *Hockey* which is shaded by the organization named FHI (federation Indonesian hockey) (Purwati, MI; Mahardika, I,M, 2021), Meanwhile in America they make A organization called USAH (*USA Hockey*) there they create a program ie '*hockey for life*' Initiative This started in 2009 by USAH in AS effort For create culture with adopt practices world's best (Smolianov et al., 2020) . *Hockey* is sport originating game from two sources namely Ancient Persia and Ancient Egypt. Sport known modern *hockey* originate from England later spread to various countries in the region Europe (Senaputra, 2017).

Game *hockey* can played by men and women from all class and age , branch sport team or teams played by two squads and their wins calculated from many number of balls entered to goal against (Jaelani et al., 2023). Then exercise *hockey* differentiated become 3 tigers that is *Fields Hockey*, *Indoor Hockey*, *ice hockey* (Auliya & Muhammad, 2016). Main tools in game *Hockey* that is aiming stick For move the ball. There are two types *Hockey* that is developing in Indonesia

, namely *indoor hockey* and *outdoor hockey* (Hockey et al., 2023). However in study This will discuss *indoor hockey*, inside *indoor hockey* only a number of technique basics that can be used that is *dribble, push, stop ball, flick*, and *shooting* (Feri Nuriyansyah, 2019).

Then in this study the researchers wanted to examine the psychology of indoor hockey athletes. psychological sport own central role related with achievement performance athlete. In sports achievement, psychology sport becomes very important Because through discipline knowledge the will can understood How symptoms psychology (eg : nervous , no believe yourself , no focus or concentration) indicated athlete (Effendi, 2016) . There are experts put forward that "*Sport and exercise psychology is the scientific study of people and their behavior in sport and exercise context*" (Afta, 2015). If connected with sport achievement , understanding This clear show that appearance (*performance*) a athlete influenced by various factor psychological. Good influence positive in terms of appearance become neither, nor negative in terms of appearance become bad . This is factor psychological, which is often called factor psychic or mental factors (Irwanto & Romas, 2019).

From opinion on can concluded that psychology athlete can fickle depends situation. Worry is one of the symptom identical psychology with Negative feelings arise with feeling suspense, unsettling anticipation from threat but in situations where it is not clear (Mellani & Kristina, 2021). A expert, identify that worry is one of from emotions that have great influence to How athlete undergo match (Issues, 2017). From symptoms negative that, then will prevented and controlled, so athlete can show appearance the best when compete on the field (Guntoro et al., 2020).

Worry compete is one of reaction emotions in each individual in face perceived pressure threatening and annoying athlete. Every individual athlete own level worry different competitions in accordance with worry in face problems encountered (Darmawan & Susanto, 2021). Worry compete influential directly on *the performance* that occurs to a person athlete (Sosa, 2007). Competing athlete often try in a way simultaneously For Manage the anxiety that comes and tries grow pattern think positive, so thoughts and emotions negative ignored For help its performance (Darmawan & Susanto, 2021).

On a branch other sports already Lots research about worry in face match. Based on experience writer moment face indoor hockey game when oppose team superior Certain own rate more anxiety big compared face team normal. So research This own update that is research worry competing with STKIP Pasundan indoor hockey athletes Cimahi for researchers know rate worry colleagues One his team This. Due based on phenomenology that occurs as we become 1st place winner compete in the UNJ Sports National Championship in May 2023. However after that event, we experienced decline with only get 3rd place in the Garut indoor hockey national

championship month October 2023 which incidentally contains more clubs strong (team featured) compared with the UNJ Sports Festival.

Therefore That researcher interested For know psychology indoor hockey athletes include factor his anxiety when compete face team superior so that can become reference For analysis information more continue and make efforts For reduce anxiety in indoor hockey athletes when face to face with team superior. If indoor hockey athletes face off with team superior usually their mental atan down drastic so that give rise to excessive anxiety and not believe self For win.

METHOD

Research methods used in study This is method descriptive quantitative. Population in study This is athlete STKIP Pasundan *indoor hockey* Cimahi. A total of 25 athletes joined in team STKIP Pasundan *indoor hockey* Cimahi. Then researchers use total sampling technique with take all over population Then made sample in study This that is as many as 25 people. Instrument research used is *The Sport Competition Anxiety Test* (SCAT) is based on a modification of M Endang's book entitled "Tests and measurements sports" (Endang Sepdanius, S.Si., M. Or Dr. Muhamad Sazeli Rifki, S. Si., M. Pd Dr. Anton Komaini, S. Si., 2019) . Researcher do study with spread questionnaire / questionnaire worry compete through *Google form* kapada UKM *Hockey* STKIP Pasundan athlete Cimahi, with Respondents totaling 25 people. Distributed questionnaire in the form of a link sent direct to respondents through application *whatsapp* totaling 21 items of statements and questions.

RESULTS AND DISCUSSION

Results

After do data analysis using SCAT instrument for know quality psychology compete athlete STKIP Pasundan *indoor hockey* Cimahi. From the instruments used author, totaling 21 questions There is influencing indicators quality psychology compete athlete that is includes Experience Factors Compete 3 questions (14%), Thoughts Negative 2 questions (10%), Coach factor 4 questions (19%), Influence Spectator 3 questions (14%), Opponent 3 questions (14%), Referee 1 question (5%), Infrastructure 1 question (5%), Weather 2 questions (10%) and Environment Family 2 questions (10%). Result of data analysis as following :

Table 1. Experience Compete

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Experience Compete	120	79	30	35	12	276	375	0.74

In table 1 above can seen that experience compete team STKIP Pasudan *indoor hockey* Cimahi Amounting to 0.74 (74%) which is present as many as 120 Very Good, 79 Good, 30 Fair , 35 Poor, and 12 Very Poor. By whole Experience competing with the STKIP Pasundan *indoor hockey* team Cimahi of 0.74 (74%) or is at a good level .

Table 2. Thoughts Negative Compete

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Thought negative compete	14	37	12	51	14	128	250	0.51

In table 2 above can seen that thought negative compete team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.51 (51%) which is present as many as 14 Very Good, 37 Good, 12 Fair , 51 Poor, and 14 Very Poor. By whole Thought negative competing with the STKIP Pasundan *indoor hockey* team Cimahi of 0.51 (51%) or is at a sufficient level .

Table 3. Role of Coaches When Competing

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
The Role of the Coach When Competing	58	87	47	64	39	295	500	0.59

In table 3 above can seen that role coach moment compete team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.59 (59%) which is present as many as 58 Very Good, 87 Good, 47 Fair , 64 Poor, and 39 Very Poor. By whole role coach moment competing with the STKIP Pasundan *indoor hockey* team Cimahi of 0.59 (59%) or is at a sufficient level .

Table 4. Influence Viewer

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Influence viewer	41	34	24	62	40	201	375	0.54

In table 4 above can seen that influence viewer moment compete team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.54 (54%) which is present 41 Very Good, 34 Good, 24 Fair , 62 Poor, and 40 Very Poor. By whole influence viewer moment competing with the STKIP Pasundan *indoor hockey* team Cimahi of 0.54 (54%) or is at a sufficient level .

Table 5 . Influence more opponents superior

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Influence more opponents superior	43	48	18	70	31	210	375	0.56

In table 5 above can seen that influence more opponents superior team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.56 (56%) which is present as many as 43 Very Good, 48 Good, 18 Fair , 70 Poor, and 31 Very Poor. By whole influence more opponents seeded STKIP Pasundan *indoor hockey* team Cimahi of 0.56 (56%) or is at a sufficient level .

Table 6. Influence referee

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Influence referee	45	32	15	6	0	98	125	0.78

In table 6 above can seen that influence referee team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.78 (78%) which is present 45 Very Good, 32 Good, 15 Fair , 6 Poor, and 0 Very Poor. By whole influence referee for the STKIP Pasundan *indoor hockey* team Cimahi of 0.78 (78%) or is at a good level

Table 7. Influence facilities and infrastructure .

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Influence facilities and infrastructure	65	44	3	0	0	112	125	0.90

In table 7 above can seen influence facilities and infrastructure team STKIP Pasundan *indoor hockey* Cimahi Of 0.90 (90%) which is present 65 Very Good, 44 Good, 3 Fair , 0 Poor, and 0 Very Poor. By whole influence facilities and infrastructure for the STKIP Pasundan *indoor hockey* team Cimahi of 0.90 (90%) or is at a very good level .

Table 8. Weather factors

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Weather factor	66	92	12	18	6	194	250	0.78

In table 8 above can seen factor weather team STKIP Pasundan *indoor hockey* Cimahi Amounting to 0.78 (78%) which is present a total of 66 Very Good, 94 Good, 12 Fair , 18 Poor, and 6 Very Poor. By whole factor STKIP Pasundan *indoor hockey* team weather Cimahi of 0.78 (78%) or is at a good level .

Table 9. Influence environment family

Indicator	Very good	Good	Enough	Not enough	Very less	Total	Max	Score
Weather factor	62	51	12	36	13	174	250	0.70

In table 9 above can seen influence environment family team STKIP Pasundan *indoor hockey* Cimahi Of 0.70 (70%) which is present as many as 62 Very Good, 51 Good, 12 Fair , 13 Poor, and 13 Very Poor. By whole factor STKIP Pasundan *indoor hockey* team weather Cimahi of 0.70 (70%) or is at a good level .

Overall average indicator anxiety experienced by athletes team STKIP Pasundan *indoor hockey* Cimahi moment compete face team superior is at a score of 0.678 (67.8%) or in category Good . Temporary For chart anxiety experienced by athletes team STKIP Pasundan *indoor hockey* Cimahi moment compete face team superior can seen in figure 1 below This :

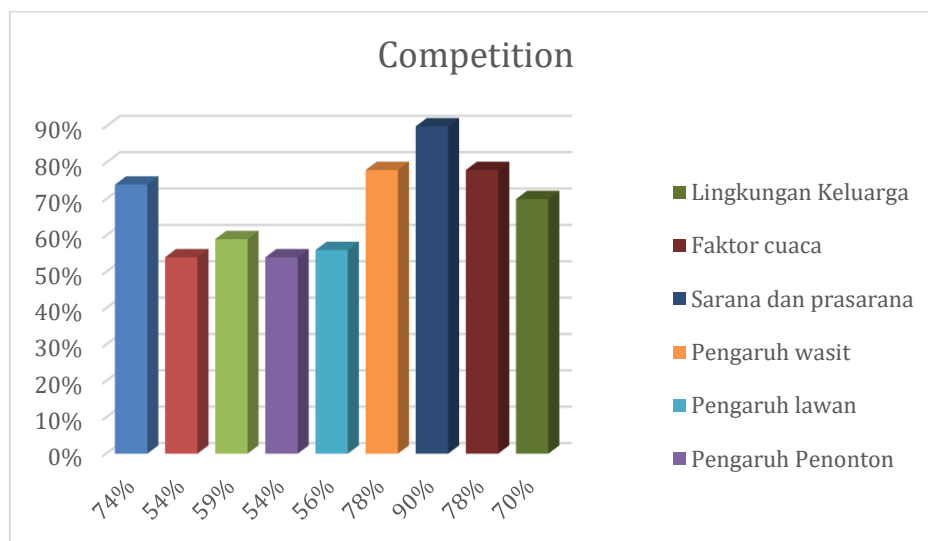


Figure 1. Bar chart worry compete

Discussion

Based on results have been displayed above, visible that worry compete athlete STKIP Pasundan *indoor hockey* Cimahi are in the category OK, so own quality psychology have a good fight . For maximizing performance, athlete must own ability necessary psychology For develop and improve ability technical and strategic them, for get profit from instructions, for regulate attention processes For focus on relevant cues with tasks, and for guard excitement physiological in range adaptive so that No lower function motor (Christensen & Smith, 2018). Experience is very influential moment do match, fine in fight exercise nor play moment match actually, then from those are the athletes must get used to in train like No underestimate enemy, so habit the Can carried over to the real match.

However there are also mental factors, inner mental compete have very important role in match. Strong mentality will make athlete play with relax (Fadhli, 2021). This also happened moment non technical before match started usually player tend divert attention they for a moment, so focus on the moment match can be maximized or No distracted by anything. Besides that there is also thought negative that can be result appearance Enough Lots symptoms, such as depression,

fatigue chronic, easy anger, restlessness, impotence, and quality low work (Akhmad Olih Solihin, 2021).

In indicators There is statement it needs role coach moment match a trainers who are capable and experts in their fields, and are equipped with knowledge gained from training / coaching clinic, so athlete feel more believe self If own figure coach like This (Budiman et al., 2021). After It has influence Viewer refers to impact viewer to performance a athlete, with possibility impact positive and negative (Goltsman, 2023). This is often the case happens in the field match who knows flustered moment compete or become the more passionate about players or athlete. Besides that Athletes can too influenced its performance If face team superior. Athletes who know that the opponent will faced is athlete rank above it or superior from him, then in heart small, athlete the will arise confession will his inability For win (Lismadiana, 2017).

The referee is on duty for interpret, understand, and interpret fair play in a match however not missed too if referee own error in take decision and even can fishing emotion to athlete (Supriady et al., 2022). Besides that for *indoor hockey athletes* facilities and infrastructure of course enough important as one of the support in success of the competition process because indoor hockey has to be played on a flat field without damage or waves on the field so that the ball does not rise (Solihin, 2022). Various condition environment, weather cold and hot weather moment ongoing match , which can be one factor influential key to results match (Yustika, 2018). Influence from environment family give encouragement to athlete for get anxious or can give a sense of trust self depends situations and conditions that occur in family (Siswanto et al., 2019).

In addition to the factors described on there are also other things required that is Skills play. Skills play in sport *indoor hockey* consists from three criteria main that is taking decision (*decision making*), ability execution (*skill execution*) and support (Budiman et al., 2022). Third matter the very important, regardless from That There is importance fitness physique. So that Can bring up trust self athlete in every the match. Athletes in every branch sport need fitness physical good physical For support application techniques and tactics moment train or competition, fitness good physical is one of method For reach performance (Supriadi et al., 2023). However Darling very in study previously in 2019 concluded that level fitness athlete STKIP Pasundan hockey Cimahi is at in Less category (Hidayat, 2019).

CONCLUSION

In a match it's very important a athlete own quality psychology so that can control his anxiety with good to get it control body with Good without affected by negative. However aspect others must pay attention to achieve good performance team STKIP Pasundan *indoor hockey* Cimahi must own technique good playing condition Excellent physical condition, strong

competitive strategy and good team management. That matter become important for writer Because in accordance the real phenomenology of team management STKIP Pasundan *indoor hockey* Cimahi not enough adequate Because all performed by athletes, from athletes, and for athlete so that athlete a little disturbed his focus for compete. So hope writer so can evaluation For improve internal human resources structure team STKIP Pasundan *indoor hockey* to be achieved maximum achievement at national level or international.

REFERENCE

- Afta, M. (2015). Psikologi Olahraga. In *Ilara* (Vol. 2, Issue 2, pp. 25–26).
- Akhmad Olih Solihin. (2021). Hubungan Tingkat Stres dan Tingkat Kepercayaan Diri terhadap Gerak Tari Siswi SMP *The Relationship between Stress Level and Self Confidence Level against Junior High School Student Dance Movements* Akhmad Olih Solihin. *Journal of Physical and Outdoor Education*, 3(1), 9–16.
- Auliya, rafika firdani, & Muhammad, heryanto nur. (2016). Peranan Tingkat Kondisi Fisik dan Keterampilan Bermain Hockey dalam Pencapaian Prestasi. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 08(02), 2. <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/issue/archive>
- Budiman, A., Rama Septiana, A., Riandzi, M., Adha Septiana, R., & Syiam, M. R. (2022). Tingkat Keterampilan Bermain Tim Nasional Hockey Outdoor Putra Indonesia *Skill Level of Playing Indonesian Men's National Outdoor Hockey Team*. *Journal of Physical and Outdoor Education* ,4(2),130–139. <http://dx.doi.org/10.37742/jpoe.v4i2.177%0A> <https://www.jpoe.stkippasundan.ac.id/index.php/jpoe/article/download/177/209>
- Budiman, Rusmana, R., & Hardin, D. B. (2021). Coaching Clinic Pelatih Futsal. *Jurnal Aksara Raga*, 3(1), 47–49.
- Christensen, D. S., & Smith, R. E. (2018). Leveling the playing field: can *psychological coping resources reduce the influence of physical and technical skills on athletic performance* *Anxiety, StressandCoping* ,1(6),626–638. <https://doi.org/10.1080/10615806.2018.1506646>
- Darmawan, & Susanto, I. H. (2021a). Hubungan Antara Ketangguhan Mental dengan Kecemasan Bertanding Pada Atlet Beladiri Lamongan. *Jurnal Kesehatan Olahraga*, 9(01), 295–302.
- Darmawan, & Susanto, I. H. (2021b). Hubungan Antara Ketangguhan Mental dengan Kecemasan Bertanding Pada Atlet Beladiri Lamongan. *Jurnal Kesehatan Olahraga*, 9(01), 295–302. <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/37782/37535>
- Effendi, H. (2016). Peranan psikologi olahraga dalam meningkatkan prestasi atlet. *Nusantara (Jurnal Ilmu Pengetahuan Sosial)*, 1, 27.
- Endang Sepdanius,S.Si.,M.Or Dr. Muhamad Sazeli Rifki, S.Si.,M.Pd Dr.Anton Komaini, S.Si., M. P. (2019). Test dan pengukuran Olahraga. *Revista Brasileira de Linguística Aplicada*, 5(1), 1689–1699.
- Fadhli, N. R. (2021). Performa *Smash* Bola Voli Dalam Event Liga Mahasiswa Ditinjau Dari Antropometri Dan Pengalaman Bertanding. *JSES : Journal of Sport and Exercise Science*,

4(1), 1–10. <https://doi.org/10.26740/jses.v4n1.p1-10>

- Feri Nuriyansyah. (2019). Hubungan Antara Kekuatan Otot Lengan, Kekuatan Otot Tungkai Dan Kelentukan Pergelangan Tangan Dengan Hasil Dribble Permainan Hoki Pada Mahasiswa Bimpres Putra Penjaskesrek Universitas Lampung.
- Goltsman, M. (2023). Dampak Psikologis Kehadiran Penonton Terhadap Atlet.
- Guntoro, T. S., Kurdi, K., & Putra, M. F. P. (2020). Karakter kepribadian atlet Papua: kajian menuju POPNAS ke-XV. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 6(1), 40–58. https://doi.org/10.29407/js_unpgri.v6i1.13638
- Hidayat, Y. (2019). Tingkat Kebugaran Jasmani Atlet Hoki *Indoor* STKIP Pasundan Cimahi. *Jurnal Olahraga*, 5(2), 119–126. <https://doi.org/10.37742/jo.v5i2.104>
- Hoki, E., Di, R., & Malang, S. (2023). Jurnal Pendidikan Jasmani Olahraga dan Kesehatan <http://jurnal.anfa.co.id/index.php/PJKR> Bulan,10 Tahun 2023 Vol 2, No2 . 2(2009), 22–29.
- Irwanto, & Romas, M. Z. (2019). Profil Peran Psikologi Olahraga Dalam Meningkatkan Prestasi Atlet di Serang-Banten Menuju Jawara. Prosiding Seminar Nasional IPTEK Olahraga, 2(1), 1–14. <https://ejournal.unibabwi.ac.id/index.php/semnassenalog/article/view/610>
- Jaelani, K., Wahidah, I., & Zaman, I. B. (2023). Pengembangan Media Latihan Teknik Dasar Indoor Hockey Berbasis Aplikasi Android. *Intelektiva*, 4(6), 1–12.
- Lismadiana. (2017). Peranan Latihan Mental Dalam Pertandingan Bulutangkis. *Angewandte Chemie International Edition*, 6(11), 951–952., 1–15.
- Masalah, I. A. L. B. (2017). *Indah Permata Hati*.
- Mellani, & Kristina, N. L. P. (2021). Tingkat Kecemasan Anak Remaja Pada Masa Pandemi Covid-19 Di Sma Negeri 8 Wilayah Kerja Puskesmas Iii Denpasar Utara Tahun 2021. *NLPK Mellani*, 12–34. <http://repository.poltekkes-denpasar.ac.id/7453/>
- Purwati,M.I ; Mahardika, I,M, U. (2021). Evaluasi program pembinaan *hockey* di Kabupaten Bangkalan. *Jurnal Prestasi Olahraga*, 4(1), 1–11.
- Senaputra, R. P. (2017). Survei Tingkat Kebugaran Jasmani Siswa Yang Mengikuti Ekstrakurikuler Hoki Ruangan Di Sma/Smk Se Kabupaten Sidoarjo. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 05(03), 697–704. <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/article/view/20449>
- Siswanto, B., S, S. K., Sulaiman, & Sugiarto. (2019). Peran orangtua dalam meningkatkan olahraga prestasi. In *Prosiding Seminar Nasional Pascasarjana (PROSNAMPAS)*, 2(1), 153–156.
- Smolianov, P., Marc-Aurele, C., Norberg, J., Dion, S., Schoen, C., & Jensen, J. (2020). *Comparing the practices of US hockey against a global model for integrated development of mass and high-performance sport*. *Sport in Society*, 23(3), 399–415. <https://doi.org/10.1080/17430437.2020.1696523>
- Solihin, A. O. (2022). *Physical Education , Health , and Recreation Study Program Students ' Level of Satisfaction with Sports Infrastructures and Facilities at STKIP Pasundan*. *Wibowo 2009*, 78–81.

- Sosa, A. (2007). Kecemasan Mempengaruhi Performa Atlet Dalam Bertanding. *Ятыамат, 66112y*(235), 245. [http://digilib.unila.ac.id/4949/15/BAB II.pdf](http://digilib.unila.ac.id/4949/15/BAB%20II.pdf)
- Supriadi, D., Friskawati, G. F., & Karisman, V. A. (2023). Physical Fitness of Futsal Athletes in Competition Preparation. *International Journal of Human Movement and Sports Sciences, 11*(1), 71–76. <https://doi.org/10.13189/saj.2023.110109>
- Supriady, A., Schiff, N. T., & Setiawan, D. (2022). Tingkat Pemahaman Atlet Olahraga Tradisional terhadap Sikap Fair Play. *Journal of Physical and Outdoor Education, 4*(1), 63–74. <https://doi.org/10.37742/jpoe.v4i1.151>
- Yustika, G. P. (2018). Fisiologi Sepakbola Dalam Cuaca Panas. *Jurnal Kedokteran Syiah Kuala, 18*(2), 128–134. <https://doi.org/10.24815/jks.v18i2.18007>