



The Influence of Mindfulness Sport Performance Enhancement Training on Self-Confidence in Petanque Athletes

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Abstract

This research aims to determine the effect of mindfulness sport performance enhancement training on self-confidence in athletes of the sport of petanque. The research method used is the experimental method with a pre-test/post-test approach. The instrument used in this research is a questionnaire. The population used in this study consists of all the petanque athletes from the West Java training center, totaling 10 individuals. The sample used in this study is the petanque athletes from the West Java training center, also totaling 10 individuals. The sampling technique used is "saturation sampling." From the research results, it can be concluded that there is an influence of mindfulness sport performance enhancement training on the self-confidence of athletes in the sport of petanque.

Keywords: Training, Mindfulness Sport Performance Enhancement, Self-Confidence, Petanque Athletes.

INTRODUCTION

Sport is a physical activity that aims to maintain and train the body, both physically and mentally. In Indonesia, sports have developed rapidly, especially those that are easy and affordable to do, ranging from traditional to modern sports (Eko Cahyono & Nurkholis, 2018). In addition to being a fun activity, sports indirectly contribute to a healthy body. People who engage in physical activity regularly get overall health and physical fitness benefits. Most sports in Indonesia emerged from activities practiced by communities in certain areas, often as part of local culture or commonly known as traditional games (Mulya, 2020). Simple and easy to play tend to spread quickly, such as petanque. This sport was introduced to Indonesia in 2011. In the same year, the Indonesian Petanque Federation (FOPI) was founded on March 18, 2011 (Yarmani & Defliyanto, 2020). The performance of an athlete in achieving achievements is not only about physical problems, in the sense that athletes who have superior physical fitness are certain to be the athletes who will win the match or competition. But in fact, it is multifactorial. According to Ari, W, K, et al. (2021) there are at least three basic factors that are believed to influence athlete performance, namely physiological, anthropometric, and psychological factors. Physiological factors are related to biomotor potential and abilities, for example speed,

strength, agility, and endurance. Anthropometric factors relate to body measurements, for example height, weight, arm length, the level of urgency of which varies for each sport. And psychological factors relate to mentality, motivation, self-confidence, and others.

According to Suganda (2017), currently humans cannot be separated from sports, one of the sports that is currently popular with various groups of people in Asia and even the world is petanque. Petanque is a form of boules game whose goal is to throw an iron ball as close as possible to a wooden ball and the feet must be in a small circle (FOPI JATENG, 2016). Petanque is a sport that does not only rely on physicality. But also mental health and strong self-confidence. Therefore, athletes must train psychologically in order to achieve good achievements.

Mental in the psychology dictionary put forward by Kartono & Gulo (in Rahardianto, 2020) explains that mental refers to the problem of thoughts, reason or memory, the adjustment of organisms to the environment, and specifically refers to adjustments that include symbolic functions based on individuals. While mental health is a condition that allows for optimal development both physically, intellectually and emotionally, as long as it is in accordance with the circumstances of others. (Moeljono Notosoedirdjo and Latipun, 2016). As an athlete, self-confidence is the main capital to be able to achieve maximum achievement and is useful for maintaining the best abilities that are possessed so that the athlete continues to display maximum performance. Basically, self-confidence is a belief in one's own abilities without the help of others (I. Firmansyah, Rahayu, & Sultoni, 2018), and is able to achieve certain achievements or goals for an athlete (Mylsidayu in Khoirunnisa & Amaliyah, 2018). So athletes with high self-confidence will be able to control themselves well, on the other hand, if an athlete has low self-confidence, they will easily experience anxiety. With self-confidence, players can feel comfortable, calm and not easily intimidated by opponents and always be optimistic.

This condition will lead athletes to poor performance, increasing the possibility of losing. Therefore, preparation is needed in the form of mental training that aims to train the athlete's mentality to be ready to face the match and produce good performance. One form of mental training is Mindfulness Sport Performance Enhancement (MSPE) (Pineau, et al., 2014).

According to Basuki Wibowo (in Zufri, 2017), he is of the opinion that athletes are people who pursue a particular sport and make it a profession. According to Kumbara, Metra and Ilham (2018), athletes always want to achieve maximum results in every performance. Sudibyo (in Effendi, 2016), stated that in order to achieve high achievement,

athletes must have self-confidence, believe that they can and are able to achieve the expected achievements.

In Indonesia, there are various places where athletes train and achieve achievements, one of which is PPLP. According to Sriyono (2014), PPLP or the Student Sports Education and Training Center is a national sports nursery school, which is used to find, foster, and hone sports talents at school age which will later produce quality athletes. PPLP itself is a place where selected athletes who excel from each region gather to be fostered and forged to become quality and successful athletes later.

According to Sudibyo Setyobroto (in Tangkudung and Mylsidayu, 2017), self-confidence is the main capital for an athlete or sportsperson to be able to advance because achieving high achievements must begin with believing that they are able and capable of surpassing previous achievements. Wijaya (2018), found that athletes with high self-confidence are able to achieve. Top athletes tend not to feel that they have shortcomings. He feels that his abilities are sufficient, and in his various appearances he tends to try to maintain his self-esteem. Based on interviews conducted by researchers, it was found that several athletes had low self-confidence, this was reinforced by the statement of the coach at the West Java Pelatda Petanque Athlete who said that there were several athletes who were not physically and mentally ready to face the match, one of which was decreased self-confidence which resulted in them not being included in the match. Thus, optimizing self-confidence for athlete performance is very important, because optimal self-confidence can show maximum achievement. Optimal self-confidence is believed that athletes can achieve the maximum goals that have been set, which are balanced with hard work. Athletes who have optimal self-confidence, all problems that come to affect themselves and their appearance, can be controlled that can be avoided by growing their self-confidence, so that the athlete's peak performance can be achieved optimally.

Anticipating the above problems requires the right form of training. Psychological factors greatly influence an athlete's performance, even though the athlete has a good physique and has done technical training carefully and optimally, but if there is no or lack of motivation to achieve, the results are often disappointing. One approach that is increasingly popular and has relevance in this context is Mindfulness Sport Performance Enhancement (MSPE).

Mindfulness Sport Performance Enhancement (MSPE) is considered a viable alternative approach to prepare athletes for optimal performance. This is because MSPE prevents an athlete from the precisely counterintentional error that can potentially occur when using other techniques due to the process of tracing negative experiences in the past

(Gorgulu, 2019). The advantage of training with MSPE can occur because the training focuses on goals, on the present moment, and without judging the experience that occurs.

MSPE, which lasts 6 weeks with 6 meetings, has been shown to have a significant impact on the self-confidence of petanque athletes. This is done through several forms of training such as candy training, diaphragmatic breathing, sitting meditation, body scan, mindful yoga, and sports meditation. This influence is shown by the significant influence of MSPE training on the three dimensions of CSA, namely Cognitive Anxiety, Somatic Anxiety, and Self-confidence.

Birrer et al., (2012) assume that mindfulness interventions change behavior by helping individuals deal with cognitive and emotional processes. Mindfulness intervention directs a person to be able to be open to negative thoughts, resulting in positive coping in negative conditions in various conditions and daily life. Based on the description and elaboration of the above phenomenon, the researcher feels it is important to make this a research material with the title "The Effect of Mindfulness Sport Performance Enhancement Training on Self-Confidence in Petanque Athletes".

METHOD

The research method that will be used in this study is an experimental method with a pre-test-post-test approach. The experimental method conducts experimental activities on the variables being investigated, to obtain a result from a cause and effect under certain conditions.

The population in this study were all 10 West Java Pelatda petanque athletes. The sampling technique used was saturated sampling.

In this study, the research instrument chosen was a questionnaire. The questionnaire was used to determine the effect of mindfulness sport performance enhancement training on self-confidence in athletes.

The research procedure used in this experimental study consists of several stages, namely research preparation, research implementation, and posttest and data processing. In this study, the means score between the posttest and pretest will be distinguished. The score used to calculate the difference between the posttest and pretest. In detail, the research results discuss data descriptions, analysis test requirements including normality tests and variance homogeneity tests, and research hypothesis tests.

RESULT AND DISCUSSION

Result

The effect of mindfulness sport performance enhancement training on self-confidence in petanque athletes. While the independent t-test is to test the difference in the effect of good and bad mindfulness sport performance enhancement training on self-confidence in petanque athletes, with the help of the SPSS application program, the results of the hypothesis test are presented as follows:

Table 1. Hipotesis Result

Coefficients ^a					
Unstandardized Coefficients		Std. Error	Standardized Coefficients	t	Sig.
Model	B				
1	(Constant)	-1,891		-,452	,683
	Akhir	,965	,874	6,873	,000

Hypothesis test X against Y needs to state all paired samples t-test rules. If the Sig value > from α 0.05 then the data can be declared insignificant, and if the Sig value < from α 0.05 then the data can be declared significant. Because the results of the hypothesis test X against Y have a significant value of 0.000, it can be stated that X against Y has a significant effect or it can be interpreted that the effect of mindfulness sport performance enhancement training on self-confidence in petanque athletes has a significant effect.

Discussion

The results of this study show how a new sport performance training approach, Mindfulness Sport Performance Enhancement (MSPE), affects sport performance and specific performance-related psychological characteristics of self-confidence in petanque athletes. This type of athlete was chosen because it was hypothesized that a self-paced, closed-skill, objectively assessed sport that requires a high level of mental focus and fine motor movements would allow for optimal analysis of the effectiveness of MSPE. Overall, the results suggest that MSPE has potential as an intervention to be used with athletes to improve performance, awareness, and self-confidence aspects in petanque.

MSPE has a positive impact on athletes involved in individual and team sports, specific skills, and objective assessments. This is because these athletes require significant mental focus and good motor skills. Athletes who practice MSPE can more easily stay in the flow zone because they can more clearly evaluate their performance. This suggests that

MSPE affects the athlete's flow state which is related to the athlete's peak performance and zone (Haase et al., 2016).

Mindfulness interventions reduce distractions by increasing calmness of mind and body through increased self-awareness of one's physical and psychological state. This can stop the domino effect of negativity by working non-judgmentally on awareness and actively embracing all experiences related to thoughts, feelings, and body sensations. For example, good mindfulness makes athletes not have to wait to feel confident, be in a feeling, or feel ready enough to perform optimally (Baltzell & Akhtar, 2014). Initial studies have revealed several benefits of mindfulness for athletes. One of them is to make it easier for athletes to process muscle memory, feelings, and cognition. In addition, this benefit will prevent athletes from being in autopilot mode by increasing attention, affection, and behavior according to conditions (Kaufman et al., 2018). Referring to the description above, research on how the impact can be given from the application of Mindfulness Sport Performance Enhancement (MSPE) is important. Especially considering the facts in the field that there are still many athletes who have difficulty managing their anxiety when facing a match.

In accordance with previous research conducted by Walker (2016) that mindfulness meditation given to adolescent athletes who were participants showed significant positive results on mental toughness, self-confidence and self-control. Rouser (2012) to observe and be aware of thoughts, feelings, perceptions, and sensations, describe them in words, act consciously, be non-reactive to personal experiences, be non-judgmental of personal experiences. This shows that the increasing importance of psychological aspects in athletes with the Mindfulness Sport Performance Enhancement (MSPE) training technique approach that affects the mental health of athletes. Mindfulness Sport Performance Enhancement (MSPE) has an important role in improving athlete performance by helping athletes achieve good self-confidence and a study also shows that Mindfulness Sport Performance Enhancement (MSPE) can help athletes improve, increase focus and help improve emotional balance so that Mindfulness Sport Performance Enhancement (MSPE) training is considered effective for protecting the mental health of athletes because in the world of competition athletes will receive a lot of pressure. Mindfulness Sport Performance Enhancement (MSPE) training teaches athletes how to apply mindfulness skills in sports through repeated practice and discussion of mindfulness training, including walking meditation tailored to the participant's focus sport.

In addition, the results of feedback at each meeting after the treatment process, athletes said that they became more aware of the importance of psychological aspects in

improving performance in undergoing the training process and facing competitions. Athletes also understand the importance and benefits of doing mental training in facing training programs and preparing themselves for matches.

Based on the results of the discussion, further research is needed using a larger sample so that it can be generalized widely. In addition, further research can also use other variables because based on several previous studies it has been shown that mindfulness sport performance enhancement training is also effective in improving several psychological aspects of athletes such as self-control in athletes (Aherne, Moran, & Lonsdale, 2011), sports achievement, increased self-confidence (Walker, 2016).

CONCLUSION

From the results of the study, it can be concluded that there is an influence of mindfulness sport performance enhancement training on self-confidence in petanque athletes. Because the results of the hypothesis test X against Y have a significant value of 0.000, it can be stated that X against Y has a significant effect or it can be interpreted that the influence of mindfulness sport performance enhancement training on self-confidence in petanque athletes has a significant effect.

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