



UNDERSTANDING THE FACTORS THAT DECREASE ATHLETE PERFORMANCE FOOTBALL

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ABSTRACT

Performance is the ability or result of work in doing something or an activity task. This study aims to understand the performance factors of soccer athletes, this study was conducted in Cimahi City, North Cimahi, West Java. This study uses a narrative qualitative method. Based on the results of open interviews conducted with respondents. Interviews conducted by the author in May are one of the data collection methods for this study. The author conducted interviews with several respondents who have insight and experience related to soccer, with the aim of obtaining more detailed information about the decline in soccer athlete performance. Based on the results of the study, it shows that the performance of soccer athletes is influenced by factors such as physical (endurance, muscle strength, routine training), technique and tactics (coach instructions and personal initiative), mentality (personal rituals for focus and confidence), as well as field conditions and match atmosphere that have an impact on the game and player psychology.

Key words Performance, Athletes, Football

INTRODUCTION

Performance is the ability or result of work in doing something or an activity task. From the author's point of view, the performance of football athletes can be one of the factors that determine the success of the team and the athlete's career. But according to the author's view as well, the decline in the performance of football athletes can affect the success of the team and the athlete's career, and can cause losses for the team and athletes. Although the factors that affect the decline in the performance of football athletes have not been thoroughly understood. Thus, this writing can be able to contribute to the performance of football athletes and increase the success of teams and athletes. In the game of football, maximum performance is needed for a player, who aims to be able to achieve the best results in every match [1], when good performance can make athletes become players who are highly relied on by the team and have an impact on the team they defend.

Football is included in a game that involves 2 teams playing on one field [2]. The game of football is played by 11 players from each team. The goal of the soccer game of each competing team is to try to put the ball into the opponent's goal as much as possible. In the game of football there are several positions, namely, goalkeeper, defender, midfielder, and forward. Each position has its own position. The goalkeeper is the only player allowed to hold the ball with his hand as long as it is still in the penalty box area [3], the defender guards the backfield area from the

opponent's attack, the midfielder is in charge of passing the ball from midfield to the enemy area, and will be completed or completed by the forward by making a kick towards the opponent's goal to score.

Those are some of the positions in football that we know, in this day and age each position not only maintains one zone but can petrify other zones. Then in the game of football there are people who play it professionally, they are athletes who play football not only as a game but as a job.

The factors that an athlete must have in order to achieve an achievement are physical, technical, tactical and mental [4]. Therefore, every athlete must maintain their condition, starting from the physical condition that must be trained in order to have good condition during the last match, there are also techniques and tactics that continue to be trained or improved to maintain performance in the team they defend because each athlete has different abilities, and lastly must have a good mentality because having a good mentality can help improve performance during training and competing. Such as well-known football athletes, namely *Cristiano Ronaldo* which we know as *CR7*, he is an example of a football athlete who has good physical condition starting from his posture and excellent stamina to support his physical condition during training and matches in 2024 he has entered the age of 39 years which is a relatively old age as a football athlete but he can still top performance to date.

In contrast to Mario Balotelli who had a brilliant career when he was young but dimmed at mature age. The player who is known to have the Super Mario call in 2024 has entered the relatively old age of 33, but he cannot maintain his form and has to leave the top European league. Therefore physical, technical, and mental factors are very important for football athletes because physical condition means the body's ability to support technique [5]. Basic football technique skills such as kicking, controlling, heading, and dribbling are basic as football athletes therefore must still maintain basic football techniques.

With a good mentality being a provision for a football athlete because he has a good mentality to return to his best performance, it seems that Peter Cech has suffered a head injury that is so severe that it took a long time to recover, and the doctors say that it could end his career. However, with good handlings accompanied by good mentality, the phenomenon that occurred when a player named Peter Cech returned after a long absence and began to play again as a mainstay goalkeeper for Chelsea in his time.

The athlete's performance can be one of the winning factors during the match. Athletes are required to have good stamina so that they do not get tired easily so that they become provisions to achieve victory when competing [6]. Having good stamina and equipped with good technique is a good thing for athletes when they have a career at the professional level, but there

are also many professional football athletes who have a decline in performance at a mature age such as Balotelli, who is known at the top of the European league, there is also a local player in the Indonesian competition, namely Kurnia Meiga, a player who is known as the goalkeeper of the Indonesian national team, experienced a very severe career decline at a mature age as a guard goalkeeper He chose to retire due to a very mysterious injury, but there are also news that he does not maintain his performance off the field such as hanging out with an inappropriate environment. The author is very interested in this because not many people know what factors can cause the performance of an athlete to decrease, a phenomenon that has occurred recently in the world of Indonesian football league or national team as we know that many foreign players enter the Indonesian league and the quota used for positions that are usually placed by local players such as goalkeepers and wing or wing positions. From this I am interested in whether competition is one of the causes of the decline in the performance of an athlete or from other factors such as internal or external, although this is good for the league, whether the addition of foreign player quotas is bad for local players, especially young players who even though they have been given regulations to play for 30 minutes or even 45 minutes per half, From this phenomenon, the author is very interested in writing and exploring what factors can cause the performance to decline.

As described above, it could be that the cause of the decline in the performance of football athletes is not only in physical condition and also technique here, the author wants to know more about what and what factors can cause it because the field or *point of view* of each athlete will definitely be different, thus of course the answer will be different. Based on the description of the phenomenon above, the decline in the performance of football athletes is not only in techniques and tactics but also includes physical conditions, social environment, psychology and nutrition as well as possibilities from external or internal athletes. By studying this, hopefully the author can understand more deeply about what factors can cause a decline in athletes' performance, especially in football. Based on this description, the author is interested in writing about Understanding the Performance Factors of Football Athletes.

METHODS

In this study, searching and collecting data requires the right method to get the right data. Research methods are the various ways that researchers use to collect their research data. In this study, the author uses a narrative qualitative descriptive method.

Research Instruments in Qualitative Research, namely interviews containing a list of questions or topics to be discussed in qualitative interviews. The interview guide provides a framework for researchers to ask relevant and in-depth questions to the research participants. The interview guide may also contain sample questions that can be used as a guide for the researcher.[64]

Research instruments are also an important component of research. In this study, the instrument used, namely interviews, aims to gain a deep understanding of the experience, views, and perspectives of individuals related to the phenomenon to be researched[64]. The instrument used in this study is an open interview, an open interview is also known as an independent interview. Open-ended interviews can be used to dig up information that can be obtained. The following are the interview guidelines in this study, including the following:

Table 1. Interview Guidelines Grid

Yes	Aspects	Indicator	Sub Indicators	Question Item
1	Internal	Physical Condition	Physical factors in competing	1
		Technique	Special techniques in competition	1
		Tactics	Specific tactics in the match	1
		Mental	Confident of winning the match	1
2	External	Match Atmosphere	Atmosphere in the match	1
		Field Conditions	Competition facilities	1

RESULTS AND DISCUSSION

This study shows that the performance of football athletes is influenced by a combination of physical factors, technique, tactics, mentality, and external conditions such as the field and spectator support. These findings reinforce the theory that competitive sports such as football are multidimensional, not just relying on technical skills alone [72]. In the context of physical factors, structured training plays an important role in supporting endurance and muscle strength, in accordance with the periodization theory in athletic training [73]. On the other hand, the mentality and spirituality aspects of the players become very important internal factors in helping them manage pressure and stress during the competition [74]. In addition, the findings on the influence of field quality and spectator attendance underline how the match environment plays a major role in determining the quality and performance of the game, this is in line with various studies that discuss the phenomenon Home Advantage and the importance of adequate match infrastructure [75]. On the other hand, the mentality and spirituality aspects of the players are very important internal factors in helping them manage the pressure and stress during the competition.

CONCLUSION

Based on the results of research conducted on football athletes through in-depth interviews, the following can be concluded. Physical factors are the main aspects that support athletes' performance on the field. Physical endurance or Endurance Muscle strength, especially the legs, and regular physical exercise are essential in supporting the game for 90 minutes of the game. Then the techniques and tactics used by the players mostly refer to the coach's instructions.

However, some players also develop personal tactics based on playing position and experience, such as performing Cutting inside, one-on-one, and Crossing. Next is mentality and psychological preparation are other important elements. Some players perform personal rituals such as praying, listening to music, or reading the Quran to increase focus and confidence before a match. Another factor is that the conditions of the field greatly affect the quality of the game. Uneven, slippery, or potholed fields can cause technical errors and increase the risk of injury. The atmosphere of the match and the presence of spectators have a significant psychological impact, either positively adding to the spirit or negatively causing pressure, depending on the mental readiness of the players.

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