



The psychological skill characteristics of Indonesian volleyball players from player positions

Khoirul Anwar Pulungan^{1*}, Satya Perdana², Arief Ibnu Haryanto¹, Meri Haryani¹, Sulasikin Sahdi Kadir¹

¹ Universitas Negeri Gorontalo. Jl. Jend. Sudirman No.6, Dulalowo Tim, Kota Tengah, Gorontalo 96128, Indonesia

² Universitas Negeri Yogyakarta, Colombo Street No.1, Yogyakarta, 55281, Indonesia

* Corresponding Author. E-mail: khoirul.anwar2021@ung.ac.id

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Abstract: This study means to decide: (1) the characteristics of the psychological capacities of Indonesian volleyball players, (2) the nature of the psychological capacities of Indonesian volleyball players concerning what is going on. The kind of investigation utilized in this test is enlightening quantitative investigation, utilizing a procedure survey. with a causal-like survey focusing on the arrangement. The populace in this study were Indonesian volleyball players who participated in the eighteenth Asian Games in 2018 in Indonesia adding up to 28 Indonesian players comprising of 14 male players and 14 female players, with a commonplace time of male volleyball players matured 25 years and normal football players. volleyball. The assortment of data on volleyball for ladies matured 20 purposes The Psychological Skills Inventory for Sport (PSIS) survey. The data checking system utilizes inferential parametric estimations utilizing a one-way ANOVA test for contrast planning, with a significance level of 0.05. These outcomes show: (1) The nature of the psychological capacities of Indonesian people's volleyball players taking part in the 2018 XVIII Asian Games are for the most part in the high and medium grouping, with a common score of 142.92 independently for men and a regular score for ladies of 126, 9; (2) There is no monstrous difference in the psychological expertise credits of Indonesian volleyball players in regards to position, with the worth of Sig. 0.930 > 0.05.

Keywords: psychological skill characteristics, volleyball players, position.

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INTRODUCTION

Volleyball is a game that is seen as maybe of the most notable game on earth (Kurt, Catikkas, omurlu, & Atalaq, 2012). Esearch coordinated by Nielsen Game contemplated that Indonesia is the world's number two country concerning its income in volleyball, with a degree of 77%, Indonesia just lost to Nigeria which got a for each centage of 83% in regards for its potential benefit in volleyball. This suggests that volleyball is the most renowned game in Indonesia (Joni, 2017).

In Sports Psyche research, intellectual abilities are seen as capacities that control contemplations, sentiments, and direct (Davidson & Edward, 2014). There were many aides who had no information about the attributes of the player's mental limits, as well as its application as intellectual abilities arranging Simao, Claudia, 2013). The control of the mentor in working with the improvement of players to get a development or arranging related with intellectual abilities is fundamental for the player's psychological strength (Gurciardi, Gordon, Dimmock, 2009). The impact of psychological circumstances on players is basically overall around as colossal as specific and fundamental limits (Taylor, Wilson, 2005). (Weinburg & Gould (2011) communicated that like physical and explicit preparation, visionary basis for players moreover should be ready for an expansive period of time. Intellectual abilities arranging facilitatively impacts the show part of each and every situation in volleyball (Jooste, Steyn & Van Den Berg, 2014).



Volleyball isn't just about who runs the speediest, who is the most grounded, and who is the most serious. Physical, imperative, explicit, and men-tal limits should see volleyball players with each other an unfeeling level (Hagan, Pollmann, & Schack, 2017). Predictable execution in volleyball match-ups isn't just impacted by central examples of physical and fundamental places yet likewise intellectual abilities which are composed into arranging and challenge plans also (Olmedilla, Torres, Gaercia, Ducoing & Ortega, 2018). The qualities of intellectual abilities of a player can impact the way he/she plays volleyball which is unequivocally connected with fair play perspectives and besides the bet of injury that could happen (Junge, Dvorak, 2000). World class volleyball players got high scores in intellectual abilities, for example, being more ready to control fear and valiance which are more huge than limits that could hurt them. First rate players have better affiliation and body sha-pe, speed, consistent quality, skipping ability, artfulness, inspiration and tension control, as well as specific limits wandered from players at lower levels (Nasrulloh et al., 2021; Tenenbaum & Eklund, 2013).

Other than intellectual abilities, to saw suitable and non-useful contenders, position is one of the immense social elements in persistent games that should be considered (Katsikas, Argeitaki & Smirniotou, 2009). Thibault et al, (2010)) imparted that in the as-pect of ladies' certifiable strength, it wouldn't beat the constraints of men, as in the bits of running, bouncing, and swimming. By the by, in the piece of intellectual abilities, as per Mahoney, Gabriel, & Perkins, (1987), there are contrasts among spiker and blocker players, for example, fearlessness of ladies will in general be lower than certainty of men. (Deaner, Balish, & Lom- bardo, 2016) conveyed that spiker players have higher inspiration showed up diversely according to blocker players. There are contrasts in the mental qualities of libero and thrower players, libero players are better at controlling feelings and relaxing than ladies (Katsikas, Argeitaki, & Smirniotou, 2009).

The revelations associated with the range of characteristics of mental capacities considering position perspective are at this point confined (Hagan, Pollman,& Schack, 2017). Considering the composing study as referred to above, it is extremely entrancing to focus on extra the association between the psychological capacities of most excellent volleyball players at whatever point considering the position perspective. Hence, the request was arranged whether there are contrasts in the characteristics of the psychological capacities of volleyball players to the extent that situation To uncover the characteristics of mental capacities, the instrument embraced by Mahoney et al., (1987) was utilized, in particular " The Psychological Skills Inventory for Sport (PSIS)". This instrument was coordinated taking into account potential mental viewpoints which furthermore influence the show, to be explicit motivation, trust, anxiety control, mental plan, bunch thought, and concentration. This instrument was once used to check portions of the psychological capacities of Olympic players, notwithstanding the way that it collected potential gains and disadvantages during in its new development (Rozan, Tenenbaum, 2007). Thus, the justification behind this study is to break down the characteristics of the psychological capacities of volleyball coordinate ups with respect to position. The revelations associated with the characteristics of mental capacities of volleyball match-ups are assessed considering position perspective so the shortfall of mental capacities could be found, in this way it can give information to the coaches to chip away at the psychological capacities of both spiker, libero, hurler and blocker volleyball players.

METHODS

The methodology utilized in this study was a review causal-near plan, which comparatively called an ex-post facto research. In this original situation, the evaluation is an overview that endeavors to reveal the qualities of intellectual abilities of Indonesian volleyball players who were secured with the eighteenth Asian Games.

The instance of this study was 28 Indonesian volleyball players who have played at the occasion sport overall on Asia that is eighteenth Asian Games in 2018 in Jakarta and Palembang containing 14 male volleyball players and 14 female volleyball players, with the common season of male volleyball players was 25 years and the typical time of female soccer players was 20 years.

The instrument of this study used The Psychological Skills Inventory for Sport (PSIS) scale, which was taken on from Mahoney et al. (1987). This instrument contains 44 things that uncover 6 pieces of mental capacities, as follows: (1) Motivation (8 things); (2) Self-Confidence (8 things); (3) Anxiety Control (8 things); (4) Mental Preparation (6 things); (5) the significance of the group (7 things);

and (6) Concentration (7 things). Before it was applied on Asian Games, the going with advances have been facilitated: (1) the instrument was made a comprehension of by english specialists into Indonesian; (2) the disentangled instrument were evaluated by 3 prepared experts; and (3) the instrument were had a go at 76 players who have close to credits with the examination respondents and not the part centered around steadiness and vility of the resulrs of the test on mental expertise instruments are kept in Table 1. Table 1 shows that the psychological capacity instruments are real and trustworthy. The instru-ments of the delayed consequences of the test were used for research on volleyball players.

Table 1. The Validity and Reliability Result Instrument

Psychological Skills	The Number of Items	Coefficient of Validity (Aiken's V)	The coefficient of Reliability (Cron- bach's Alpha)
Motivation	8	0.67	0.79
Self-Confidence	8	0.63	0.77
Anxiety Control	8	0.77	0.91
Mental Prepara- tion	6	0.83	0.92
Team emphasis	7	0.66	0.80
Concentration	7	0.73	0.85

This examination was driven beginning from the consent to information gathering from 2018 Asian Games volleyball players in Jakarta and Palembang. Information mix was done when the players have been participating in a break at the inn, on 10-21 August 2018 for male volleyball players in Jakarta and female volleyball players in Jakarta. The information was gathered utilizing an outline. Before the players wrapped up the instruments they have gotten a short clarification related with the clarification and significance of wrapping up the reviews which ought to be driven genuinely as per the mental state of the player. After the information have been collected, the going with stage was figuring out the information concerning the characteristics of the mental limits of volleyball players. The information were examined by the sensible quantifiable framework, autonomous model t-test utilizing SPSS variety 20 programming and cross strategy methodologies. The principles recipe for mental capacities was shown in Table 2.

Table 2. The rules recipe for mental abilities was displayed

Interval	Category	Explanation
(Mi + 1,8SD) - (Mi+ 3SD)	Very High	Mi = Ideal Mean
(Mi 0,6) - (Mi + 1,8SD)	High	Sdi = Ideal Standard De- viation
(M-0,6SD) - (Mi + 0,6SD)	Medium	ST = The high-est score
(Mi- 1,8SD) - (Mi - 0,6SD)	Low	SR = The low-est score
(Mi-3SD) - (Mi-1,8SD)	Very Low	

RESULT AND DISCUSSION (70%)

The mental qualities of Indonesian Male volleyball Players at the XVIII th Asian Games 2018 are displayed in Table 3.

Table 3. mental qualities of Indonesian Male volleyball Players at the XVIII th Asian Games 2018

Aspects	Average score (scale 1-5)	Score	Explanation
Motivation	4.44	35,50	Very High
Self-Confidence	3.89	27,21	High
Anxiety Control	3.55	24,86	High
Mental Prepara- tion	3.55	21,64	High
The Importance of the Team	3.43	13,71	High
Concentration	3.39	20,36	High
Total score		142,92	High

Characteristics of intellectual abilities of male volleyball players had a commonplace of 142,92 and standard deviation of 17,92. The ordinary score of intellectual abilities attributes of male volleyball players was 142,92 and was named the high request. The inspiration got the most raised score and was

named a particularly high plan. The other five mental focuses fall into the rich. Table 3 likewise shows that fixation got the most irrelevant score wandered from the other mental perspectives with a common score of 3.39, trailed by 'the importance of the social event' point of view with a conventional score of 3.43.

The mental qualities of Indonesian Female volleyball Players at the XVIII th Asian Games 2018 are displayed in Table 4.

Table 4. Mental qualities of Indonesian Female volleyball Players at the XVIII th Asian Games 2018

Aspects	Average score (scale 1-5)	Score	Explanation
Motivation	4.12	32,93	High
Self-Confidence	3.30	23,07	Medium
Anxiety Control	2,74	19,21	Medium
Mental Preparation	3,29	19,71	Medium
The Importance of the Team	3.23	12,93	Medium
Concentration	3.18	19,07	Medium
Total score		126,9	Medium

The qualities of intellectual abilities of female volleyball players had an ordinary of 126,9 and standard deviation of 17,33. The normal score of intellectual abilities qualities of female volleyball players was 126,9 and was named a Medium gathering. The inspiration got the most basic score and was named a particularly opulent. The other five mental focuses fall into the high request. Table 4 moreover shows that fixation got the most immaterial score separated according to the next mental perspectives with an ordinary score of 3.18, follo-marry by 'the importance of the social event' point of view with a generally common score of 3.23.

Table 5. Independet T Test Characteristics f Psychological Skills Indonesian Volleyball Players

karakteristik	Levene's Test for Equality of Variances	t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)
Equal variances assumed		4,332	,075	4,032	26	,005
	Equal variances not assumed			4,032	18,274	,009

Table 6. One way Anova Statistical Results Characteristics of Psychological Skills Indonesian volleyball players reviewed based on position

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	124,121	3	41,374	,148	,930
Within Groups	6727,736	24	280,322		
Total	6851,857	27			

Table 6 shows that sig. 0.930 > 0.05, So it very well may be reasoned that at an importance level of 0.05 there is no massive distinction in the qualities of the mental abilities of Indonesian volleyball players concerning position. Speculation Testing on the Examination of Mental Abilities of volleyball Players In light of position Viewpoint. Speculation testing was directed utilizing the anova one way. In view of the SPSS yield above, it very well may be seen that the score worth of Sig. = 0.930 > 0.05. Consequently, Ho is dismissed. Thus, it very well may be inferred that at the 0.05 importance level, there were no massive distinction between the mental abilities of volleyball players in light of position.

Information investigation on the mental abilities of volleyball competitors in view of position viewpoint was done utilizing cross-arrangement. By utilizing crosstabulation, we could analyze the mental abilities of volleyball competitors by position. The score range utilized for every viewpoint was

1-5, implying that the higher the score got, the better the mental abilities. The accompanying Figure 1 shows the table and outline, the outcomes from cross-organization.

One distinction in men contrasted with ladies, other than their coordinated movements, is their mental abilities. Spiker are more extreme in doing an active work than blocker. In any case, the principal distinction among thrower and libero is in the inspiration to work out; in many games, men have higher mental athletic abilities than libero (Papanikolaou, 2014). One of the variables that can influence the ski-related information moved by a fledgling skier is position, on the grounds that the distinction between spiker, thrower, libero and blocker, notwithstanding coordinated movements, is its mental qualities (Goswami, Sukanta, & Sarkar, 2016).

Generally, the qualities of mental abilities of spiker, thrower, libero and blocker volleyball players in the Indonesian Public Group accomplished a low score, regarding the mental abilities, for focus and the significance of the group. This ought to Critical.

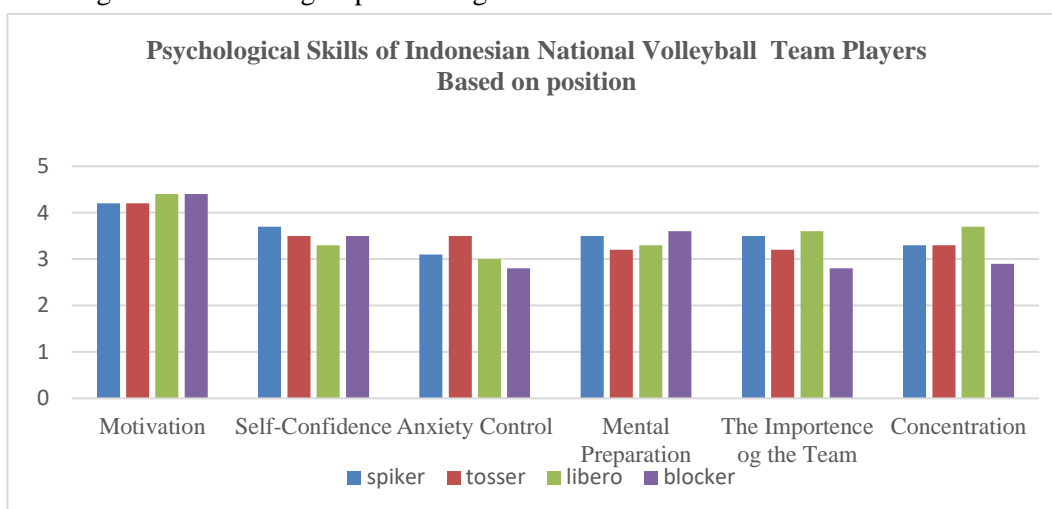


Figure 1. Mental Abilities of Indonesian Public Volleyball Crew Players In light of position be of specific worry to the training group to keep up with the consistency of the player's mental abilities.

Fixation and significance of the group are significant variables in accomplishing the objective. Mental abilities preparing is expected to further develop fixation and the significance of the group. It was found that mental abilities preparing plans, which comprised of unwinding, symbolism, and self-talk, prompted an expansion in consistency in each mental expertise variable, particularly for midfield position players, the discoveries recommend that mental abilities preparing facilitatively affects the part of execution in each situation in volleyball (Jooste et al, 2014).

In view of Figure 1, generally speaking, there is huge contrast in the mental abilities of spiker, thrower, libero and blocker volleyball players in the Indonesian Public volleyball Crew. Nonetheless, there are a few parts of mental abilities which could be named 'predominant' between spiker, thrower, libero and blocker volleyball players. spiker volleyball players are superior to blocker volleyball players with regards to inspiration and self-assurance angles. thrower volleyball players have preferred mental abilities over libero volleyball players regarding mental arrangement, the significance of the group, and fixation viewpoints. In the mean time, thrower volleyball players and spiker volleyball players both have great tension control by getting a similar typical score. There was no huge distinction in mental abilities between spiker, thrower, libero and blocker volleyball players in the Indonesian Public Group volleyball players were additionally affected by the instrument. The instrument, during its turn of events, encountered the upsides and downsides (Razon & Tenenbaum, 2007).

The significance of the social event and focus viewpoints got the most reduced scores both by righteousness of spiker, thrower, libero and blocker volleyball players. It is to Papanikolaou Zissis (2014) explanation which said that female volleyball players in Philadelphia, USA have a higher force of intrateam fight than male volleyball players, a volleyball trainer should have the decision to focus in more tirelessly on each thrower volleyball player and dependably offers a positive environment to all players. This truly designs that there is a contention in a social event that will affect the bits of focus and the significance of the get-together.

In the piece of the significance of the social occasion, they were extraordinarily disrupted when their accomplices gave a negative showcase. It shows that there was shock inside them. That can impacted their show. Standard coaches fought that shock during the game or match will expand the adrenal compound which builds the introduction of a player or competitor (Brunelle, Janelle, & Tennant, 2008). That makes the energy conveyed enormously. There were primer spotlights on showing that uncontrolled shock stretched out players' defenselessness to injury and dull appearance during matches (Junge et al, 2000). Basic feelings like strain, ruined assumption, and stun would discourage the focus and mental perspectives (McCarthy, Allen, & Jones, 2013). Those components make the centralization of the player lessens, in like manner achieving horrendous appearance while playing in the field.

This deficiency of focus has a negative impact in the group's exhibition. Concentration is a vital part of a match. The significance of fixation was underscored in writing in which a few scientists contended that competitors who center around focus and keep away from pessimistic close to home unsettling influences would succeed in a match (Perry, 2005). The significance of fixation, with regards to mental abilities, is one of the primary variables in acquiring achievement, as (Jooste et al, 2014) that focus expertise is a significant essential for outcome in sports and fixation is the component that recognizes effective and fruitless competitors.

The part of mental readiness in the score accomplishments of spiker, thrower, libero and blocker volleyball players requires a psychological activity or preparing. There was a proof that a competitor needs mental preparation, symbolism as a component of mental abilities in sports, and mental preparation apparatuses that can be advantageous to the outcome of a competitor, particularly in fortifying actual execution during contests (Sadeghi, Jamalis, Ab-Latif, & Chahrdah Cheric, 2010). Furthermore, Sadeghi et al., (2010) made sense of that volleyball is one of the games which connected with mental elements and mental preparation, then, at that point, portrayed that psychological preparation previously, during, and after the opposition is exceptionally advantageous for volleyball players. volleyball, as different games, not just requires an elevated degree of actual execution yet in addition mental preparation and mental abilities. The review showed that mentors don't have the foggiest idea what sort of mental preparation which can help volleyball players to further develop execution during contest and preparing (Jalali-Ghomi, 2012).

In the piece of fearlessness, thrower volleyball players have best certainty over spiker volleyball players. This isn't staggering given that male competitors generally show a higher conviction level than spiker competitors contenders Hays, Thomas, Maynard, & Bawden, 2009). The low degree of bravery will decrease inspiration by Najah & Rejeb (2016) imparted that a raised degree of trust will increment inspiration, increment center focuses and ruin the impacts of uneasiness in a game. The most persuading diversion for the show in soccer is inspiration. Without inspiration, the presentation of all volleyball players will diminish thinking about the different strains and issues past volleyball itself. For the most part, volleyball players are ceaselessly referenced achievement and impression of dread toward dissatisfaction, when players are nonappearance of certainty, then, these players could also require inspiration and motivation (Papanikolaou Zissis, 2014).

CONCLUSSION

The conclusion in this study is that the qualities of the mental abilities of volleyball players in view of position viewpoint have a huge distinction. there were no tremendous contrast between the mental abilities of spiker, thrower, libero and blocker volleyball players. it very well may be seen that the score or worth of Sig. = 0.930 > 0.05. By and large, without a doubt, there were no massive distinction in the mental abilities of Indonesian Public spiker, thrower, libero and blocker volleyball Crew players. The most lessened scores accomplished by Indonesian public spiker, thrower, libero and blocker volleyball crew players were in the bits of the importance of get-together and fixation. In the bits of inspiration and certainty, the spiker volleyball players had a higher score than thrower, libero and blocker volleyball players. In the mean time, in the bits of tension control and mental planning, thrower volleyball players had higher scores than spiker, libero and blocker volleyball players. Alt-hough the outcomes in this study is a dangerous outcome (zero yields), it ought not be considered as a wellspring of frustration, yet a wellspring of data which should be facilitated into genuine information.

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