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Psychological Characteristics Of High School Women's Futsal Athletes In Bengkulu

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Abstract

This research was conducted on the basis of a lack of knowledge about the psychological characteristics of high school female futsal athletes in Bengkulu City. This study aims to determine the Psychological Characteristics of High School Female Futsal Athletes in Bengkulu City. This type of research is descriptive research with survey method. The subjects of this study were all athletes who were active in the high school women's futsal club in Bengkulu City consisted of 3 schools namely SMAN 1 Bengkulu City, SMAN 6 Bengkulu City and SMAS Muhammadiyah 4 Bengkulu City which amounted to 57 athletes. Instruments and data collection techniques used in this study were questionnaires and interviews. The data analysis technique used was descriptive analysis with percentages. The results stated that the percentage of questionnaires in general was 56% good, the motivation aspect questionnaire was 65% very good, the self-confidence aspect questionnaire was 44% good, the anxiety control aspect questionnaire was 42% quite good, the mental preparation aspect questionnaire was 35% good, the teamwork aspect questionnaire was 46% very good, the concentration aspect questionnaire was 37% quite good and the interview was generally 54% good. It can be concluded that, aspects of the psychological characteristics of high school female futsal athletes in Bengkulu City that need to be improved and improved are aspects of anxiety control and concentration.

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INTRODUCTION

Sport is a vital aspect of human development, contributing not only to physical health but also to emotional and social well-being (Aalto et al., 2024; Trepanier et al., 2024). Among the many types of competitive sports, futsal has gained popularity in recent years, especially in school environments where students are encouraged to engage in athletic activities to enhance their overall capabilities (Brewer & Chatterton, 2024; Lin et al., 2024). Futsal, as a fast-paced indoor team sport, requires more than just physical skill; it demands strong psychological attributes such as motivation, confidence, anxiety control, mental preparation, teamwork, and focus. These psychological factors play a crucial role in an athlete's ability to perform consistently and optimally, particularly in high-pressure situations (Nijenhuis et al., 2024; Tanwar & Kalpana, 2024).

In the specific context of female high school futsal athletes in Bengkulu City, Indonesia, limited research exists that explores the psychological traits that may affect performance outcomes. While these athletes often participate actively in competitions and training, little is known about the extent to which psychological characteristics are developed, understood, or applied in their routines (Fahr et al., 2024; Rico-Lara et al., 2023; Yapici-Oksuzoglu & Egesoy, 2021). Preliminary observations revealed issues such as lack of self-awareness, low self-motivation, anxiety before matches, inadequate concentration during games, and minimal team support. These conditions can ultimately hinder athletic performance and prevent athletes from achieving their full potential (Hernandez & Voser, 2019; Nakonechnaya & Romanina, 2014).

Previous studies have examined psychological skills across various sports and demographics. For instance, research by Mahoney et al. (1987) using the Psychological Skills Inventory for Sports (PSIS) has highlighted the significance of mental skills in differentiating elite athletes from non-elite ones. Similarly, studies in other team sports have emphasized the importance of mental toughness, confidence, and stress regulation as crucial components of high performance. However, research focusing on female youth athletes in school-based futsal settings remains sparse, especially in Indonesia.

This study offers a novel contribution by providing a comprehensive analysis of the psychological characteristics of female futsal athletes at the high school level in Bengkulu City. Unlike previous works, this research combines both quantitative and qualitative data to examine six key psychological aspects using the PSIS framework, while also capturing athletes' perspectives through structured interviews (Guntoro et al., 2023; Lincoln et al., 2024). The novelty of this research lies in its focus on a specific, underrepresented population female adolescent athletes in a developing regional context and its goal to inform coaches, educators, and sports psychologists about the psychological support needed for young athletes to thrive in competitive environments (Donnelly et al., 2024; Hafidz et al., 2024).

Despite the growing recognition of psychological factors in athletic performance, the integration of psychological training into school sports programs in Indonesia remains limited (Camilleri, 2024; Filho & Bigliassi, 2024; Sánchez et al., 2024). Coaches and educators tend to prioritize physical conditioning and technical skills, often overlooking the mental aspects that are equally crucial for success. This imbalance can leave student-athletes ill-equipped to handle competitive pressure, manage setbacks, or sustain motivation. By systematically identifying the psychological profiles of female futsal players, this research not only fills a critical gap in the literature but also serves as a practical foundation for developing targeted psychological training

interventions. These findings can assist coaches in creating more holistic development plans that nurture both the physical and psychological dimensions of their athletes, thereby fostering stronger, more resilient teams.

METHODS

This research uses a descriptive quantitative approach with a survey method to analyze the psychological characteristics of female futsal athletes in high schools within the city of Bengkulu. The study was conducted at three high schools: SMAN 1 Kota Bengkulu, SMAN 6 Kota Bengkulu, and SMA Muhammadiyah 4 Kota Bengkulu, involving a total of 57 active female futsal athletes. The data collection was carried out using two primary instruments: questionnaires and interviews.

The questionnaires used were based on "The Psychological Skills Inventory For Sports" (PSIS) adapted from Mahoney, Gabriel, & Perkins (1987). This instrument measures psychological traits such as motivation, self-confidence, anxiety control, mental preparation, teamwork, and concentration. The questionnaire consists of 38 statements, where participants rated their responses using a Likert scale with five options: always, often, sometimes, rarely, and never. The responses were analyzed to categorize the psychological traits of the athletes.

In addition to the questionnaire, interviews were conducted using a structured interview guide. This approach helped to gather more in-depth qualitative data regarding the athletes' experiences and attitudes toward their psychological traits in sports. The interviews focused on understanding the athletes' motivation, self-confidence, anxiety management, mental preparation, teamwork, and concentration during their futsal training and competitions.

Data validity and reliability were also carefully assessed. Expert judgment was used to validate the content of the instruments, ensuring the accuracy and relevance of the questionnaire and interview guide. Further, a trial run of the instruments was conducted to evaluate their reliability, and statistical analysis revealed high validity and reliability coefficients, confirming that the instruments were suitable for use in this study.

The data analysis was performed using descriptive statistics, primarily focusing on percentage calculations to summarize and categorize the athletes' psychological characteristics. This approach allows for a comprehensive understanding of the psychological traits of female futsal athletes in Bengkulu's high schools. The results provided valuable insights into areas of strength and areas requiring improvement, particularly in anxiety control and concentration, which were identified as aspects needing further development for optimal athletic performance.

RESULT AND DISCUSSION

This research was conducted at SMAN 1 Bengkulu City, SMAS Muhammadiyah 4 Bengkulu City and SMAN 6 Bengkulu City, with data collection techniques using questionnaires, interviews and documentation obtained from female futsal athletes of high school in Bengkulu City. The following are the results of the research that has been carried out:

1. Questionnaire Results

Table 1. Results of the questionnaire in general

No	Interval	Category	Frequency	Percentage
1	162 – 190	Excellent	14	25%
2	131 – 161	Good	32	56%

3	100 - 130	Pretty Good	11	19%
4	69 – 99	Not Good	-	-
5	38 – 68	Bad	-	-
SUM			57	100 %
MEAN			148,68	
MEDIAN			146	
MODUS			140	

It can be concluded that athletes who have very good psychological characteristics are 14 people (25%), athletes who have good psychological characteristics are 32 people (56%), athletes who have good psychological characteristics are quite good 11 people (19%) and there are no athletes who have psychological characteristics in the category of poor and not good. So from the results of the questionnaire, it can be concluded that the psychological characteristics of female futsal athletes at high schools in Bengkulu City are categorized as good.

2. Interview Results

Table 2. Interview Results of General Psychological Characteristics

No	Interval	Category	Frequency	Percentage
1	26-30	Excellent	23	23%
2	21-25	Good	31	54%
3	16-20	Pretty Good	3	5%
4	11-15	Not Good	-	-
5	6-10	Bad	-	-
SUM			57	100%
MEAN			25,74	
MEDIAN			25	
MODUS			25	

It was concluded that athletes who had very good psychological characteristics amounted to 23 people (23%), athletes who had good psychological characteristics amounted to 31 people (54%), athletes who had quite good psychological characteristics 3 people (5%) and no athletes who had psychological characteristics in the category of poor and not good. So from the results of the interviews psychological characteristics in general, it can be concluded that the psychological characteristics of female futsal athletes at high schools in Bengkulu City are categorized as good.

Table 3. Interview Results of Specific Psychological Characteristics

No	Aspects of Psychological Character	Number of Interview Scores	Percentage
1	Motivation	262	18%
2	Confidence	259	18%
3	Emergency Management	205	14%
4	Mental	251	17%
5	Teamwork	270	18%
6	Koncentration	220	15%
Total		1467	100%

It can be concluded that the psychological characteristics of athletes in the motivation aspect got a score of 262 (18%), the confidence aspect got a score of 259 (18%), the anxiety control aspect

got a score of 205 (14%), the mental aspect got a score of 251 (17%), the teamwork aspect got a score of 270 (18%), and the concentration aspect got a score of 220 (15%). So from the results of the psychological characteristics interview, it can be concluded that there are 3 aspects of psychological characteristics that have a high score, namely; Aspects of teamwork, motivation, and confidence aspects which have a percentage score of 18% each. While aspects of psychological characteristics that have a low score number have 3 aspects, namely; mental aspect 17%, concentration aspect 15% and anxiety control aspect 14%.

DISCUSSION

The findings of this study reveal that the overall psychological characteristics of female futsal athletes in high schools across Bengkulu City are categorized as "good," with certain aspects showing stronger development than others. Specifically, motivation and teamwork emerged as the most well-developed psychological traits, with motivation receiving the highest score (Silvino et al., 2024; Wu et al., 2024). This indicates that the athletes possess a strong internal drive to succeed and are highly engaged in team dynamics, which are critical for a sport like futsal that relies heavily on coordinated team efforts. High motivation levels also suggest that these athletes are likely to be responsive to coaching strategies and goal-setting initiatives (Chang et al., 2024; Yamagata & Malhotra, 2024).

the study also highlighted significant challenges in two key psychological areas: anxiety control and concentration. These aspects received the lowest ratings, suggesting that many athletes struggle to manage pre-competition nervousness and maintain focus during training or matches. Such psychological barriers can severely impact performance, especially in high-stakes games where mental composure is essential (Baumann et al., 2024; Moore et al., 2024). This aligns with previous research that identifies anxiety and attentional control as common issues among young female athletes, particularly in team sports where external pressures and expectations are high (Papatheodorou et al., 2024; Sañudo et al., 2024).

The relatively moderate scores in self-confidence and mental preparation also suggest that while athletes believe in their capabilities to some extent, they may lack structured psychological readiness before competitions. This may be influenced by limited exposure to mental skills training or insufficient psychological support within the school sports system. Interviews further supported these findings, with many athletes expressing uncertainty about their mental state before games and a lack of awareness regarding psychological strategies for performance enhancement (Donahue & Resch, 2024; Glover & Waterman, 2024).

the study emphasizes the importance of implementing structured psychological training programs alongside physical and tactical training (Humińska-Lisowska, 2024; Sell et al., 2024). By addressing weaker psychological areas such as anxiety management and concentration, coaches and educators can significantly enhance the athletes' readiness and resilience in competitive scenarios. These findings highlight the need for a more holistic approach to athlete development in school-based sports, particularly for young female athletes whose psychological needs may differ from their male counterparts.

CONCLUSIONS

Based on the results of this study, it can be concluded that the psychological characteristics of female futsal athletes in high schools across Bengkulu City vary across different aspects. Overall, the athletes demonstrated a good level of psychological readiness, particularly in terms of motivation and teamwork, which suggests a strong internal drive and the ability to collaborate effectively in a team setting. However, the aspects of anxiety control and concentration were identified as the most underdeveloped, indicating a need for targeted psychological interventions in these areas. The findings also revealed moderate levels of self-confidence and mental preparation, highlighting the importance of enhancing mental readiness before competitions. Therefore, this study affirms the necessity of integrating psychological training into school sports programs to support the holistic development of female athletes. By strengthening these psychological traits, particularly in managing stress and maintaining focus, athletes will be better equipped to achieve their full performance potential.

CONFLICTS OF INTEREST STATEMENT

Regarding this study, the author declares that there is no conflict of interest.

AUTHOR CONTRIBUTIONS

Study concept and design: Puput Eka Novianti. Acquisition of data: Syahrastrani Syahrastrani. Analysis and interpretation of data: Nugroho Susanto. Drafting the manuscript: Zulfahri Zulfahri. Critical revision of the manuscript for important intellectual content: Puput Eka Novianti. Statistical analysis: Puput Eka Novianti.

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