



**PERSONALITY OF VOLLEYBALL ATHLETES FACULTY
STUDENT ACTIVITY UNIT (UKMF)
PGRI UNIVERSITY OF PALEMBANG**

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Article Info

Abstract

Article History:

Received September 2020

Revised September 2020

Accepted September 2020

Available online September 2020

Keywords:

Athlete Personality, Emotional Stability, Discipline, Self-Confidence, Volleyball.

This study aims to determine the personality of the Volleyball athletes at the Faculty Student Activity Unit (UKMF) PGRI Palembang University. As seen from the emotional stability, discipline, and self-confidence. This research method is descriptive research. The instrument used to collect the data was a questionnaire using a Likert scale which was given to 34 volleyball athletes in the faculty student activity unit (UKMF) of PGRI Palembang University with total sampling technique. The results showed that the personality of the Volleyball athlete in the faculty student activity unit (UKMF) of PGRI Palembang University, seen from emotional stability, discipline, and self-confidence, which was at a percentage of 79% and was in good criteria.

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ISSN 2685-6514 (online)

ISSN 2477-331X (print)

DOI : 10.33369/jk.v4i2.12527

INTRODUCTION

Volleyball is a sport that is classified as a big ball game and is in great demand by students and Indonesians, because this sport is indeed an alternative sport that is quite easy to master and can be played anywhere without expensive costs. Volleyball is a fun sport and can be played anywhere with any number of players, players can give a great individual appearance, but these players are part of the team. Based on that, this sport is very suitable when applied at school because volleyball sports contains elements that are in line with the objectives of physical education learning in school.(Risma Putri Siti Ayu, Dlis Firmansyah, 2020). Explaining that volleyball is a fun sport and can be played anywhere with any number of players, players can give great individual performances, but these players are part of the team.

To improve the performance in volleyball, there are four components that must be considered, namely; physical condition, technique, tactics, and mental (psychic).The definition of achievement according to the Indonesian dictionary (online) is the result that has been achieved, done, done and so on(Irwanto & Romas, 2019). Another opinion said that sports achievements can be achieved if the existing coaching system can be planned and implemented well(Gustopo Bayu Laksana, 2017).

According to (Syafuddin, 2011)The ability of a person or athlete in a competition or competition is basically determined by four factors, namely; physical conditions, techniques, tactics, and mental factors (psychic). Another opinion states that: "from the preparation stage to the athlete coaching process, apart from the physical and technical aspects, the psychological aspects should not

be neglected in developing athletes.(Sudibyo, 2002). One of the psychological coaching that needs to be developed for an athlete is personality development. Personality is very important for an athlete, especially a volleyball athlete, because with a personality, the athlete will be able to control himself, resist giving up easily, feel anxious, and can stabilize emotions.

As stated(Syahrastani, 1999)that: "on this basis, the ideal athlete is an athlete who also has an ideal personality, namely a harmonious convergent of organbiolic, psycho-educational, sociocultural and spiritual functions. Personality (personality) comes from the Greek persona which means mask, and personare which means to penetrate. Mask is considered as something that is attached to the individual to strengthen the character, movements, and what is said(Setiyawan, 2017). Another opinion also says that personality really needs to be known and studied because personality is closely related to the pattern of acceptance of a person's social environment(Murdiansyah, 2015).

There are several personality criteria which are known that the personality of a volleyball athlete is mature and healthy, namely: hard work, persistence, commitment, independence, assertiveness, and controlling feelings: expansion of self-feeling, discipline, sense of responsibility, not being arrogant, obeying rules, being able adjusting in a state of training or competing, having a warm relationship with fellow volleyball athletes, always committed, having a high level of self-mastery and ability, having emotional security, realistic perceptions, having self-understanding, having a unifying philosophy of life, knowing who they are and what, and realizes its strengths and weaknesses. Personality is the part of the individual that

most characterizes an individual, not only distinguishing one individual from another but more importantly that personality is the actual individual.(Astuti, 2017).

Observations made during training at the Student Activity Unit of the Faculty (UKMF) PGRI Palembang University, the problems that arise are that there are several disorders that occur based on the personality traits of athletes, such as athletes lacking discipline in exercising, athletes feeling less confident during training and competing, athletes can not control themselves, athletes emotionally unstable when competing, and athletes feel afraid before entering the field and competing. Observations of researchers in the field, that the achievements of volleyball athletes at the Faculty of Student Activity Unit (UKMF) PGRI Palembang University are still low, this is evident in several competitions that were followed by Volleyball athletes, the Activity Unit of the PGRI Palembang University, including:

Based on the background mentioned above, it is deemed necessary to conduct research in order to overcome problems related to the personality review of volleyball athletes at the Faculty Student Activity Unit (UKMF), PGRI University of Palembang.

METHODS

This research uses descriptive research method. According to (Suharsimi, 2005) Descriptive research is research that is intended to collect information about the status of existing symptoms, namely the state of symptoms according to what they were when the research was conducted. Population is a generalization area consisting of objects / subjects that have certain qualities and characteristics that are determined by the researcher to study and then draw

conclusions. (Sugiyono, 2014). The population in this study were the volleyball athletes of the Faculty Student Activity Unit (UKMF) Universitas PGRI Palembang, totaling 34 students. As for the sampling technique using total sampling technique which in this study using observation / observation. Collecting data in this study using a Likert scale questionnaire. the variable to be measured is translated into a variable indicator. Then it is used as a starting point for arranging instrument items which can be in the form of statements or questions. The data analysis in this study used the percentage formula.

RESULT

Based on the data collected regarding the athlete's personality, seen from emotional, it can be seen that the average value is 31.3, the middle value is 31, the value often appears 30, the minimum value is 23, and the maximum value is 40. And can be seen in the following table:

Table 1. Personality Viewed from Emotional

No.	Classification	Criteria	F	%
1	76 - 100%	Well	21	62
2	56 - 75%	Enough	13	38
3	40 - 55%	Less	0	0
4	<40%	Not good	0	0
amount			34	100

Based on the data collected regarding the personality of the athlete, seen from the discipline, it can be seen that the average value is 52.2, the mean value is 53, the value often appears 53, the minimum value is 40,

and the maximum value is 60. And it can be seen in the following table:

Table 2. Personality Judging from the Dsiplin

No.	Classification	Criteria	F	%
1	76 - 100%	Well	31	91
2	56 - 75%	Enough	3	9
3	40 - 55%	Less	0	0
4	<40%	Not good	0	0
amount			34	100

Based on the data collected regarding the personality of athletes from self-confidence, it can be seen that the average value is 42.7, the middle value is 43, the value often appears 48, the minimum value is 35, and the maximum value is 52. And it can be seen in the following table:

Table 3. Personality Viewed from Self Confidence

No.	Classification	Criteria	F	%
1	76 - 100%	Well	23	68
2	56 - 75%	Enough	11	32
3	40 - 55%	Less	0	0
4	<40%	Not good	0	0
amount			34	100

Based on the results of data analysis and answers to research statements, it is concluded that the athlete's personality is good. This can be seen from the percentage obtained based on indicators of emotional stability, discipline and self-confidence. The emotional stability of athletes can be seen from the data that occurs in the field, athletes can control themselves when they experience

defeat in a match, are able to concentrate during the match, and are able to correct mistakes quickly in the match. Emotionally stable athletes can play stably, their reactions to mistakes are always constructive. Emotional control is often the determining factor in winning streaks. Conversely, uncontrolled emotions (uncontrolled) can disrupt the psycho-physiological balance (such as shaking, weakness, cold sweat, muscle spasms, etc.) and disrupt concentration. (Husdarta, 2011). Emotion is a mental state characterized by strong feelings and followed by motor expressions related to an external object or situation (Effendi, 2016).

An athlete who has emotional stability can adapt to the environment. When faced with a problem, don't overexpress emotions. Emotionally stable people can balance physical and psychological needs. Based on the aforementioned results, it is clear that in the absence of a good athlete's emotional stability, the athlete's appearance or performance will be chaotic.

Athlete's discipline can be seen from the data that occurs in the field, athletes have self-conscious discipline to do their own training, arrive on time, improve skills, and maintain their physical condition and physical fitness without anyone ordering and monitoring them. Discipline is very important for an athlete. A disciplined athlete will try and be able to comply with the rules, regulations, rules, such as always praying before starting a match, always arriving on time. The nature of discipline if it is continuously nurtured and developed further will be able to raise a deep awareness to comply with all forms of existing rules and regulations even though no one is watching, being able to improve themselves if you make a mistake. Discipline in this sport must

be owned by every athlete who aims to achieve achievement. Discipline Attitude, that achievement will be achieved if the athlete has self-discipline in an effort to achieve the specified targets, does not violate the provisions applied by the coach, so that disciplinary attitude is needed by athletes since undergoing training and competitions that are bound by rules and referees.(Kiswanto, 2016). Thus it can be said that the nature of discipline is the main key to a high achievement.

Athlete's confidence can be seen from the data that occurs in the field, athletes are not afraid to lose during a match, athletes believe in their own abilities, can exercise well, and are never afraid to face opponents in a match. Self-confidence or belief or awareness of one's ability to carry out a task well. Self-confidence contains beliefs related to strength, the ability to do and achieve success and to be responsible for what has been determined by him(Komarudin, 2015). An athlete must have a confident nature, because it will make an athlete believe in his own ability to be able to exercise and compete well so that the athlete will have the opportunity to achieve victory. In addition, self-confidence can make athletes always optimistic, full of enthusiasm, and not easily give up.

DISCUSSION

Based on the analysis, it can be seen that there are 21 (62%) emotional athletes in the good criteria, and 13 (38%) athletes are in the sufficient criteria. Based on the results of the analysis, it can be seen that there are 31 (91%) athletes in good criteria, and 3 (9%) athletes are in sufficient criteria. Based on the results of the analysis, it can be seen that the athlete's personality is seen from self-confidence, there are 23 (68%) athletes

in good criteria, and there are 11 (32%) athletes who are in sufficient criteria.

CONCLUSION

Based on the results of data analysis and discussion conclusions can be drawn about personality levels volleyball athletes Faculty Student activity unit (UKMF) Universitas PGRI Palembang in good criteria. Based on the data obtained from sub indicators consisting of: a) emotional stability, b) discipline, c) self-confidence. The results of the study of 34 athletes, there were 27 athletes (79%) in good criteria, and then as many as 7 athletes (21%) in sufficient criteria, and it was known that the average value was 126.3, the mean value was 126.5, the value often appeared 117, the minimum value was 102, and a maximum value of 152. So it can be concluded that the personality level of personality volleyball athletes Faculty Student activity unit (UKMF) Universitas PGRI Palembang.

ACKNOWLEDGEMENT

We would like to thank the institutions and lecturers who gave suggestions and input to make this paper better. which researchers have implemented to the Chancellor of the PGRI Palembang University, the Dean of the FKIP PGRI Palembang University, the Chairperson of the LPPKM PGRI Palembang University, Dr. Waluyo, M.Pd, Prof. Dr. Firmansyah Dlis, M.Pd, Samsudin, M.Pd, and to all those who have helped until this paper is finished.

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