PERSONALITY OF FEMALE ATHLETES IN SPORTS TALENT SENIOR HIGH SCHOOL (SMANKO) BENGKULU PROVINCE

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Article Info	Abstract
	This research aimed to determine the personality of female athletes in Sport Talent Senior High School (SMANKO) Bengkulu Province. This research used a qualitative descriptive method. The subjects of this study were all female athletes in the Sports Talent Senior High School (SMANKO) Bengkulu Province, totaling 38 athletes. The instruments and data collection techniques used in this research were observation, interviews, questionnaires, and documentation. The data analysis technique used was a descriptive analysis with a percentage. The results of the study stated that the observation percentage was 60.53%, the general questionnaire was 57.90%, the interview was 55.26%, and the documentation was 42.10%. Based on the results of the study, it can be concluded that the Personality of Female Athletes in the Sports Talent Senior High School (SMANKO) Bengkulu Province was classified as good.

INTRODUCTION

Bengkulu Sports Talent Senior High School (SMANKO) is the only school specialized in sports in Bengkulu Province. Sports Talent Senior High School (SMANKO) Bengkulu Province was established by the local government to foster and maximize athletes' achievements, especially those from Bengkulu Province. Founded in 2016, so far there have been many achievements made by the athletes from Sports Talent Senior High School (SMANKO) Bengkulu Province that make Bengkulu Province proud, both in regional and national and even international championships.

To improve achievement, several components determine the achievement, one of which is the personality of the athletes. An athlete has different personalities from one another, this must be noticed and considered by the coach to maximize the athlete's performance. Personality is a characteristic that exists in individuals in the form of traits, behaviors, and emotions that are used by the individuals as a way to adapt to the surrounding environment. Personality is very influential in the success and failure of a person's life both in terms of actions and works in everyday life. Personality needs to be known by everyone so the individual concerned can develop his/her strengths and improve his/her weaknesses based on instructions from personality experts/people who are in psychology (psychologists).

The problem that is usually encountered is that an athlete finds it difficult to develop his / her potential because he/she does not know his/her personality. The lack of knowledge of the athlete's personality will cause the athlete's potential not to develop and it will have an impact on the athlete's performance. In addition, female athletes who are still teenagers tend to have difficulty dividing their time between school, family, friends, boyfriend, and training hours. This difficulty is caused by the feeling of a female athlete that her daily life is always filled with hours of training, causing the body to become tired and in the end, has an impact on her laziness to do school work and think about other things outside the training process. Athletes are not often open up to coaches and athletes' high egoism are also factors that complicate the process of developing the athlete's potential. This concern needs to be considered by the athletes themselves to support the process of fostering athlete achievement.

The writer believes that personality factor is the main factor that affects an athlete's performance. An athlete who has good ambition for achievement, hard work, persistence, commitment, independence, intelligence, and self-control will be resulting in optimal performance. Personality is an important factor in determining long-term success in sports (Allen, Greenlees, & Jones 2013).

The environment is very influential on the growth and development of potential athletes, especially when an athlete is still a teenager. This is because the personality of a teenager is still changing, especially the level of emotions and high egoism (Nopiyanto, Raibowo, & Prabowo, 2021). This is consistent with the statement that most athletes who are still teenagers or athletes who are less experienced tend to have anxiety which ultimately affects the athlete's performance (Khan, 2017).

Apart from environmental factors, gender is also a factor that influences the athlete's personality. An athlete who has the best appearance tends to have a good personality. Female athletes tend to have lower motivation

than male athletes (Nopiyanto & Dimyati, 2018). In addition, female athletes tend to have a higher level of anxiety than male athletes, this is because women tend to rely on feelings compared to men.

Based on this description, so far no one has conducted a study of the research title "Female Athlete Personality in Sports Talent Senior High School (SMANKO) Bengkulu Province." Problems regarding the personality aspects of female athletes at Sports Talent Senior High School (SMANKO) Bengkulu Province need to be further studied to improve the sports performance of female athletes. This study aims to determine the personality of female athletes in the Sports Talent Senior High School (SMANKO) Bengkulu Province.

METHODS

This research used a descriptive qualitative method. This research was conducted at Sports Talent Senior High School (SMANKO) Bengkulu Province from February 8th to February 27th, 2021. The subjects of the research were all 38 female athletes of the Sports Talent Senior High School (SMANKO) Bengkulu Province.

Techniques of data collection and instruments used in this research were observation, questionnaires, interviews, and documentation. The research instrument was adapted from Alan Cameron's SPQ20 (Sports Personality Questionnaire) questionnaire that was published in My Skills Profile (MSP) (Cameron, 2016) which consists of 137 questionnaire statements and 22 interview questions that have been validated by experts. The technique of data analysis in this study used the criteria determination formula from Wagiran (2015: 337) and the percentage

statistical formula $(P = f / n \times 100\%)$ from Arikunto (2010).

RESULTS

The following are the results of the research obtained by the researcher based on observation, questionnaires, interviews, and documentation. With the assessment criteria Very Good, Good, Fairly Good, Less Good, and Not Good.

Table 1. The Result Of Observation Of The Personality Of Female Athletes In The Sports Talent Senior High School Bengkulu

No	Score	Category	Frequency	Percentage
1	≥ 37,8 s.d. 45	Very Good	15	39,47%
2	≥ 30,6 s.d. 37,7	Good	23	60,53%
3	≥ 23,4 s.d 30,5	Fairly Good	0	0%
4	≥ 16,2 s.d 23,3	Less Good	0	0%
5	9 s.d 16,1	Not Good	0	0%
Total			38	100%

Based on Table 1, it can be concluded that athletes who had very good personalities were 15 people (39.47%), athletes who had good personalities were 23 people (60.53%), while for the categories quite good, poor, and bad were 0 (0%). So from the results of the observations, it can be concluded that the personality of female athletes at the Sports talent Senior High School in Bengkulu Province was categorized as good.

Table 2. The Results Of The Personality Questionnaire For Female Athletes Of Sports Talent Senior High School (SMANKO) Bengkulu Province In General

No	Score	Category	Frequency	Percentage
1	$\geq$ 575,39 - 684,99	Very Good	15	39,47%
2	$\geq$ 465,80 - 575,38	Good	22	57,90%
3	$\geq$ 356,20 - 465,79	Fairly Good	1	2,63%
4	$\geq$ 246,61- 356,19	Less Good	0	0%
5	137,01 – 246,60	Not Good	0	0%
Total			38	100%

Based on Table 2 it can be concluded that athletes who had very good personalities were 15 people (39.47%), athletes who had good personalities were 22 people (57.90%), athletes who had quite good personalities were 1 person (2.63%) while for the poor and bad categories amounted to 0 (0%). So from the results of the questionnaire, it can be concluded that the personality of female athletes at the Sports Talent Senior High School in Bengkulu Province was categorized as good.

Table 3. The Results Of The Personality Interview For Female Athletes At The Sports Talent Senior High School (SMANKO) Bengkulu Province

No	Score	Category	Frequency	Percentage
1	$\geq$ 92,41 - 110,01	Very Good	15	39,48%
2	$\geq$ 74,80 -. 92,40	Good	21	55,26%
3	$\geq$ 57,20 - 74,79	Fairly Good	2	5,26%
4	$\geq$ 39,59 - 57,19	Less Good	0	0%
5	21,99 - 39,58	Not Good	0	0%
Total			38	100%

Based on Table 3 it can be concluded that 15 athletes had very good personalities (39.48%), athletes who had good personalities were 21 people (55.26%), athletes in a quite good category were only 2 people (5.26%), while for the good and bad category amounted to 0 (0%). So from the results of the interview, it can be concluded that the personality of female athletes at the Sports Talent Senior High School in Bengkulu Province was categorized as good.

Table 4. The Results Of The Personality Interview For Female Athletes At The Sports Talent Senior High School (SMANKO) Bengkulu Province
The Result Of The Athletes Documentation.

No	Score	Category	Frequency	Percentage
1	5	Very Good	11	28,95%
2	4	Good	16	42,10%
3	3	Fairly Good	11	28,95%
4	2	Less Good	0	0%
5	1	Not Good	0	0%
Total			38	100%

Based on Table 4 it can be concluded that athletes who had very good performance were 11 people (28.95%), athletes who had good performance were 23 people (42.10%), quite good (28.95%), while for the poor category and bad category amounted to 0 (0%). So from the results of the documentation of the achievements, it can be concluded that the achievements of female athletes at the Sports Talent Senior High School in Bengkulu Province were categorized as good. To clarify the differences in research results from each aspect, a bar chart is made as below.
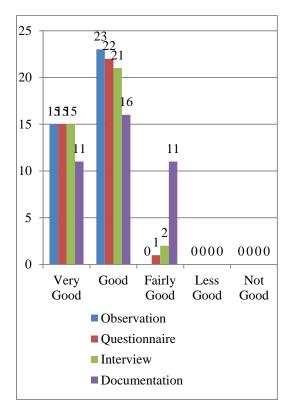

Figure 1. Bar Chart Of Research Results For Each Acpect

DISCUSSION

1. Observation

Based on the observations that the researcher had done, the personality of the female athletes of the Sports Talent Senior High School (SMANKO) Bengkulu Province was considered good at the percentage of 60.53%. Athletes continued to train well despite the Covid-19 pandemic situation. The enthusiasm and hard work of the athletes were very big in training. They trained every morning and evening according to the training hours of each sport, they did this to prepare themselves for the competition to achieve optimal performance.

In addition, athletes also had good discipline, this could be seen from the way that the athletes always arrive on time during training hours and always follow the training program well. There were no complaints felt by the athletes when they did the training sessions, all training programs that were provided by their coaches were done well and with enthusiasm.

In terms of adaptation and building relationships with new people (socializing), the athletes were very easy to adapt and socialize with other people. This was evidenced by the friendly atmosphere created by the athletes when welcoming the researcher. They did not hesitate to communicate with the researcher and they were very enthusiastic in helping meet the needs of the researcher.

The above statement was supported by relevant research conducted by (Maksum, 2007). Based on the research results, it was known that to support the athletes' performance, good qualities of personality were needed. 7 traits were considered capable of supporting an athlete's performance, namely; prestigious ambition, hard work, persistence, commitment, independence, intelligence, and control.

The high-level competition that athletes participated in to achieve sports achievements, not only relying on technique or physicality, but also the

importance of relying on psychological aspects (Dongoran, et al., 2019). In psychology, personality is an important psychological aspect in determining an individual's behavior. Psychological aspects that are part of personality include self-confidence, managing impressions, managing pressure, and aggressiveness.

A successful athlete not only has superior qualities in terms of technique and physique but also excels in the aspect of personality. Therefore, the personality aspects of the athletes and personality aspects of athletes that coaches need to know were very important to improve the mentality of the athletes in training or competing.

2. Questionnaire

The results of the personality questionnaire of female athletes in the Sports Talent Senior High School (SMANKO) Bengkulu Province were generally categorized as good at the percentage of 57.90% with the total sample being 38 athletes. All questionnaire statement items were filled in by the athlete according to the athlete's personality.

An athlete cannot be separated from his/her personality. Therefore, personality was an important aspect that affects the athletes. The personality of the athletes was reflected in the ideals, character, attitudes, traits, and actions of the individual himself/herself. With a good personality, an athlete can develop his/her potential optimally, can position himself/herself well, has an unyielding nature, avoids excessive anxiety, can control feelings, and can control emotions. This statement is supported by relevant research conducted by (Maksum, 2007). Based on the research results, it was known that to support an athlete's performance, good qualities of personality were needed. 7 traits that are

considered capable of supporting an athlete's performance, namely; prestigious ambition, hard work, persistence, commitment, independence, intelligence, and control. Guntoro et al., (2020) stated that the athlete's personality is a major factor in achieving optimal athlete performance in sports competitions.

The above statement is supported by relevant research conducted by (Komaini, 2013). Based on the results of the study, it was known that the description of the personality level of the Pencak silat athletes in Kaur Regency, Bengkulu Province was in a good category. Furthermore, research conducted by (Indrayogi, 2018) stated that the personalities of athletes in team and individual sports in Majalengka Regency in 2015 have unique personalities.

Based on this, it can be seen that the personality aspects of each athlete were certainly different from one another. In addition, the personality aspect is an indispensable aspect in the process of fostering athlete achievement. Therefore, it is hoped that coaches and athletes do not only focus on technical or skill aspects but must also pay attention to the aspects of the athlete's personality so that these athletes can achieve optimal performance.

In particular, the personality aspects of the achievement and competitiveness of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province were categorized as very good with a percentage of 57.90%. These results proved that the athlete's enthusiasm/motivation to achieve something good was very good, this was following the statement that in terms of obtaining success/achievement, a large motivation is needed to achieve a goal (Sari & Akhbar, 2018).

For the aspects of self-confidence and resilience, the personality of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province was categorized as good with a percentage of 63.16%. However, it should be noted that the percentage of athletes who have a fairly good personality category in the aspects of self-confidence and endurance was quite large, namely 26.31%. This needed to be a concern for athletes and coaches to improve personality in the aspects of self-confidence and endurance. When the aspects of the athlete's confidence and endurance are good, the athlete will have good self-control so that it will make it easier for the athlete to achieve their goals and to achieve optimal performance. This statement is supported by relevant research conducted by (Irwanto & Romas, 2019) which stated that the aspect of self-confidence is an aspect that determines the appearance of an athlete when competing. To achieve high achievement, athletes must have self-confidence in their abilities. Furthermore, in the aspect of endurance, an athlete must be able to regulate their emotions. If an athlete cannot regulate their emotions, it will have an impact on the intellectual function of the athlete and will affect the athlete's performance on the field.

In the aspects of interaction and sportsmanship, the personality of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province was categorized as good with a percentage of 50% and was categorized as very good with a percentage of 47.37%. Based on these results, it turned out that it only needed a little improvement to enter the very good personality category. Good interaction and sportsmanship will make athletes have good relationships with other athletes, coaches, and other people. This will make it easier for an athlete to socialize and adapt to the surrounding environment.

Furthermore, in the aspects of strength and aggressiveness, the personality of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province was categorized as very good with a percentage of 94.74%. An athlete who has excellent strength and aggressiveness certainly has a very strong desire to win a competition. Strong desire and high aggressiveness will provide benefits for the athletes to be used as encouragement/motivation in achieving optimal performance. This was following the statement which stated that achievement motivation is a strong desire in a person to bring out his/her best ability to achieve the best performance (Zulkarnain & Haqiyah, 2018).

3. Interview

The results of the personality interviews of female athletes in the Sports Talent Senior High School (SMANKO) Bengkulu Province were categorized as good with a percentage of 55.26% with a total sample of 38 athletes. All interview question items were answered directly by the athlete according to the athlete's own experience.

From the results of the interview, it was known that the desire of athletes to get achievements was very high following one of the opinions of athletes, named Srikandi Luna Shofiyandra from the floor gymnastics athlete who stated that "The desire to excel certainly lies in an athlete, an athlete always tries to bring out all his/her abilities and tries to reach a limit in yourself and even try to go beyond the limits of yourself. " In addition, they were motivated to train hard to achieve optimal performance. In

addition, each athlete had his/her way of adapting. As well as having excellent competitiveness, they were always thinking about how to win.

Every athlete was aware that when they failed in a competition the people they disappoint the most were the coaches and their parents. This was following one of the athletes' opinions, named Jellin Halaklisia from the Pencak silat athlete who stated that "when I fail the match, I feel disappointed for the coach and other people. my parents". Furthermore, it was known that the visualization of athletes was very good, they always imagine victory in every match. When it comes to making decisions, most athletes trust the heart more than the mind which means they involve feelings more than logic.

Every athlete always sets challenging goals. When competing, most athletes have this tension, this was following one of the opinions of the athlete, named Sinti Revanda from weightlifters who stated that "when going to compete I have a little bit of tension, but I can overcome it and then focus on the match". Furthermore, every athlete always tries to do what they say and tries to make good decisions when competing. In terms of establishing a plan, most athletes were not afraid to change the plans that he/she had made, only a small proportion was afraid to change the plans he/she had made.

Every athlete has displayed performance according to their training, this was following one of the athletes' opinions, named Kamarlina from a volleyball who stated that "at the time of the match I perform according to my training, even I feel more leverage when I'm competing". Every athlete had also adopted a healthy lifestyle, it was just that sometimes they were still a little interested in unhealthy foods. In terms of controlling emotions, most athletes could

control their emotions when competing, only a small proportion of athletes could not control their emotions.

Furthermore, it was known that no athlete had difficulty to rise from defeat, they always try to improve themselves with training, this was following one of the athletes' opinions, named Musarofah from athletic who stated that "when I fail a match I will immediately get up and correct my mistakes". Every athlete was also aware of his/her shortcomings and try to improve themselves, and it was known that no athlete had ever cheated. This was also supported by the empathetic nature of athletes who were considered very good, they will help everyone who has difficulties.

Most athletes believe that an aggressive athlete will succeed, a minority think that an aggressive athlete did not necessarily succeed. It was known that all athletes desire to have a positive impact on others, this was following one of the opinions of the athletes, named Putri from taekwondo who stated that "as an athlete, having a positive impact on others is one of my goals as an athlete". In terms of psychological disorders during menstruation, most of the female athletes stated that the menstrual phase did not have a significant effect on their appearance when competing, because, during competitions, athletes tended to focus on their goals to achieve their goals.

Based on the results of the interviews, there was no significant difference with the results of the questionnaire. The answers from the interview were consistent with the answers to the questionnaires that had been given. All results stated that the personality of female athletes in the Sports Talent High School in Bengkulu Province is categorized as good. Thus,

the personality aspects of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province needed to be maintained and improved again to achieve optimal performance in the future.

4. Documentation

Based on the documentation in the form of a certificate of achievement that had been collected by the researcher, the achievement of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province was considered good with a percentage of 42.10%. On average, many athletes from that school already have achievements except for class X athletes who were still lacking in achievements, this was because they had just entered the Sports Talent Senior High School (SMANKO) Bengkulu Province and were hindered by the Covid-19 pandemic which caused many championships to be postponed. So, it can be concluded that having a good personality will result in good achievements for athletes. This statement was supported by relevant research conducted by (Maksum, 2007). which stated that to support an athlete's performance, good personality qualities are needed.

CONCLUSION

Based on the results of the research and discussion that had been described previously, it can be concluded that the personality of female athletes at the Sports Talent Senior High School (SMANKO) Bengkulu Province was in the good category with the results of the observation percentage of 60.53%, the general questionnaire with the percentage of 57.90%, interview with the percentage of 55.26%, and documentation with the percentage of 42.10%.

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