



## **Mental Readiness Of Banjarbaru Male Volleyball Athletes In Facing The 2025 Provincial Championship**

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### **Abstrak**

This study aims to examine the mental readiness of Banjarbaru male volleyball athletes in facing the 2025 South Kalimantan Provincial Championship (Kejurprov). Mental readiness is an important factor because it can affect athlete performance during the match, especially in stressful situations that require high concentration. A strong mentality will help athletes to stay focused, confident, and able to control their emotions when facing tough opponents. This study uses a quantitative descriptive method involving 12 athletes as respondents. Data collection was carried out through a questionnaire that had been validated by experts in the field of sports psychology. The results showed that the level of self-confidence of the athletes was in the fairly good category, with an average of 60.75%, while their anxiety level was relatively low, with an average score of 19.17%. This shows that in general the athletes have good mental readiness to face the match. This study is expected to be a reference for coaches and support teams to improve their mentality so that the athletes' performance during the match is more optimal.



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## INTRODUCTION

Sport is a physical and mental activity that is carried out in a planned or structured manner and involves repeated body movements. By carrying out this activity, a person can maintain good health, instill the habit of exercising, and implement a healthy lifestyle, according to. (Listiana, Dirmala, and Pertiwi 2024) In addition, there are also competitive sports.

Competitive sports are sports that train and develop athletes in a structured and gradual manner through competition, with the support of sports science and technology, to achieve maximum achievement. (Aulia and Asfar 2021). Sports achievement is largely determined by how an athlete performs in a competition. (Nurdiansyah and Arifin 2021) then obey (Putra et al. 2023) Achievement sports is a system consisting of various components. The scope of achievement sports focuses on high-level competitions, with athletes training intensively to achieve optimal results and win prestigious competitions. (Sumantri and Agustinah 2024) In general, experts believe that sports achievements can be achieved if you are able to combine physical, technical and mental elements. (Triananda, Syafrial, and Nopiyanto 2021). When these three elements are at a good level, victory is determined by 80-90% of the psychological aspects possessed by the athlete. (Maros and Juniar 2016)

Volleyball is a team sport, played by 2 teams, each team occupying a section of the field. permainan yang

dibatasi oleh jaring atau net (Wina, p., Riswandi, n. 2023). Volleyball is a sport that emphasizes strength, physical ability, strategy and strong psychological abilities, so that in this game you are often faced with a high level of enthusiasm and need a lot of energy. (Nopiyanto et al. 2022).

In the world of sports, athletes often face situations full of anxiety. Conditions like this can trigger feelings of anxiety which ultimately cause anxiety in athletes. (Rosalina and Nugroho 2020), Anxiety itself can be interpreted as restlessness or worry. This condition is a negative thing that exists and is commonly felt. (Mahasiswa and Olahraga 2024). Therefore, athletes need to have self-confidence, Self-confidence is a valuable characteristic for individuals because it is obtained from the process of social interaction. Self-confidence is a key factor that affects athlete performance in team sports (Aunilah, Arifin, and Fauzan 2024).

With good self-confidence, athletes will be better able to overcome obstacles and challenges faced, and can reduce the possibility of making mistakes during the match, according to (Murni, Pradipta, and Kresnapati 2020). Thus, volleyball requires strong physical, technical, and mental strength. In a match, athletes often experience tension and anxiety. Therefore, self-confidence is very important so that athletes can perform better, minimize mistakes, and face challenges well, both on the field and in everyday life.

Mental is a state of self related to the individual, a synergy of emotional

and intellectual reactions according to (Ardhika Falaahudin, Tri Iwandana, and Aditya Rachman 2021). Ketahanan The athlete's mentality needs to be developed together in order to achieve success in competitions and races. (Nissa and Soenyoto 2021).

According to (Akhbar 2020) in (Pratiwi & Anggara 2021) In volleyball games, of course, players must have good skills so they can achieve success. One of the things that determines the success of athletes in mastering skills and participating in volleyball competitions is the psychological aspect. The psychological aspect will help athletes in facing the challenges of mastering techniques and matches .(Sujarwo 2021) Good mental well-being helps athletes to stay focused on their goals without being distracted by stress or anxiety that may arise during competition. (Nadzifah et al. 2024). Therefore, it can be concluded that Mental is a condition that includes a person's emotions and thoughts, mental toughness is very important to achieve achievement. Although their levels of toughness vary, it is important to foster and develop them together in order to achieve success in a match,

In volleyball, mental aspects are very important in the athlete's performance. Psychological pressure that occurs in an athlete in a match can affect his performance. Psychological characteristics of athletes are psychological traits that will affect the success of athletes, in sports consisting of motivation, self-confidence, anxiety control, and concentration. (Nopiyanto

and Dimiyati 2018) In the context of the 2025 Provincial Championship (Kejurprov),

The aim of this study was to determine the mental readiness of soccer athletes. Banjarbaru men's volleyball is an aspect that needs to be explored in depth. This is important to study because until now there has been no research that presents the mental readiness of Banjarbaru men's volleyball athletes. Thus, this article aims to study the mental readiness of Banjarbaru men's volleyball athletes to understand the extent to which psychological aspects affect their performance in provincial level competitions. By understanding the mental condition of athletes, coaches and administrators can develop more effective coaching strategies to increase fighting power and mental resilience in facing the 2025 Kejurprov.

## **METODE**

The method used in this study is descriptive through a quantitative approach. The quantitative method is the collection and processing of numerical data which is done by determining certain variables. (Berlianti, Abid, and Ruby 2024).

## **Participants**

According to (Syahrizal and Jailani 2023) The entire focus of the study is the population. The population in this study were 12 male volleyball athletes from Banjarbaru who participated in the South Kalimantan Provincial Championship (Kejurprov) in 2025. The sample in this study was 12

men, with this being studied the total population registered as a volleyball team in Banjarbaru.

### Sampling Procedures

According to (Sogiyono2018) in (Arifin and Fauzan 2025) A sample is a portion of a population taken from a population based on its size and characteristics. The sampling technique in this study was total sampling, using a questionnaire as the main method. The questionnaire consists of a number of written statements that must be answered by respondents in writing and is specifically designed to assess the mental readiness of athletes. This questionnaire has been validated by experts, namely Mr. Dr. Nurdiansyah, S.Pd., M.Pd. as a lecturer in the psychology course.

### Design or Data Analysis

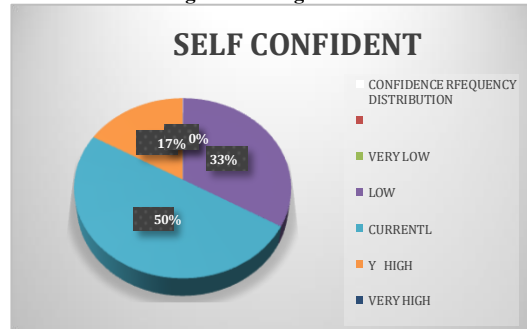
FACTOR	AVERAGE
SELF- CONFIDENCE	60,75
ANXIETY	19,17

Based on these data, the average percentage of the level of self-confidence of Banjarbaru male volleyball athletes in facing KEJURPROV is 60.75, indicating a fairly good level of self-confidence overall, while the average level of anxiety of Banjarbaru male volleyball athletes in facing KEJURPROV is 19.17, indicating that most individuals have a relatively low level of anxiety.

With the association of high self-confidence and relatively low anxiety, athletes show good mental readiness, so it can be an important asset in training menghadapi KEJURPROV Kalimantan Selatan 2025.

### RESULT

Figure 1. Categorization

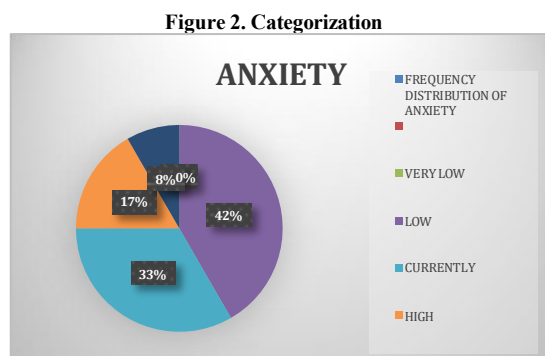


Based on the frequency distribution data of the level of self-confidence of Banjarbaru male volleyball athletes, it can be concluded that most Banjarbaru male volleyball athletes showed quite good mental readiness in the 2025 Provincial Championship (Kejurprov).

As many as 50% of athletes are in the moderate self-confidence category, which shows that some team members have confidence in their abilities, although they still need mental strengthening to be more optimal. Meanwhile, as many as 33% of athletes are in the low self-confidence category, which shows that there is doubt about personal abilities or a feeling of uncertainty in facing the pressure of the match. This condition is important to be addressed immediately so that it does not affect performance during the match. On the other hand, as many as 17% of athletes showed a higher level of self-confidence which is an important capital

in supporting their physical and technical readiness. Encouragingly, no athletes are in the very low category in terms of self-confidence (0%), which shows that in general all athletes have a sufficient mental basis to compete.

In general Overall, the self-confidence of Banjarbaru male volleyball athletes ahead of the 2025 Kejurprov is in quite good condition. Although the majority have not reached a high level of self-confidence, the absence of athletes with very low self-confidence is a positive indicator. Further coaching, motivation, and mental training from coaches and psychological assistants are highly recommended to improve individual and team readiness as a whole so that they can perform optimally and competitively in the upcoming Kejurprov event.



Based on the frequency distribution data of anxiety of Banjarbaru male volleyball athletes in facing the 2025 Provincial Championship (Kejurprov), it can be seen that most athletes are in the low anxiety category (42%). This shows that most athletes have quite good mental readiness in facing the match, both in terms of training, competition experience, and support from the

coaching team and the surrounding environment. This mental readiness is an important indicator because it can affect the athlete's performance on the field.

Furthermore, as many as 33% of athletes are in the moderate anxiety category, which shows that even though they are quite ready, there is still pressure or nervousness before the match. This is normal, especially before provincial level competition event, but still necessary anticipated so as not to interfere with focus and performance during the match.

Meanwhile, 17% of athletes showed quite high levels of anxiety, which could be a signal for the need for special attention from coaches, sports psychologists, or support teams. They may experience excessive worry about match results, burden of expectations, or uncertainty about personal performance. While the remaining 8% are in the very low or almost no anxiety category, which can be interpreted as athletes who are very mentally prepared, but also need to be ensured to remain alert and focused. Overall, the anxiety level of Banjarbaru male volleyball athletes is still in a relatively reasonable and controlled category.

However, the presence of some athletes who have moderate to high levels of anxiety indicates the need for consistent psychological assistance, mental coaching, and character development so that the overall team's readiness can be more mature in facing the 2025 Kejurprov.

## DISCUSSION

According to (Rakha Shema Alghahitza Ramiro Rap' 2024) Mental strength plays an important role in maintaining the motivation of volleyball athletes to remain strong in the face of difficulties and be able to interpret defeat as part of the learning process to a higher level. Therefore, managing emotional conditions and self-confidence is in line with the opinion (Kresnayadi 2020) which expresses anxiety is a form of mental strength that is often accompanied by physical symptoms that make individuals feel weak and defeated, because they are continuously in a state of prolonged anxiety due to fear of threats that may not necessarily occur. After the match is over, athletes tend to feel more relaxed and no longer feel anxious or worried about the actions they have taken previously. Therefore, it is strengthened by the opinion of (winda frantika wuni 2018) The more mental toughness a volleyball athlete has, the less likely he is to experience mental stress, conversely, if the mental toughness of a volleyball athlete is low, the level of anxiety in facing a competition tends to increase.

## CONCLUSION

The conclusion of the results of this study with the variable level of self-confidence of athletes is in the fairly good category, with an average percentage of 60.75%. Then the level of anxiety of athletes is also relatively low, with an average score of 19.17, therefore the relationship between fairly high self-

confidence and low levels of anxiety, it can be concluded that the mental readiness of Banjarbaru male volleyball athletes is quite good and is an important capital in facing the 2025 Kejurprov.

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