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The Relationship Between Self-Compassion And The Mental State Of Football Athletes

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Abstract

This study aims to determine the relationship between self-compassion or self-compassion and the mental condition of soccer athletes. Self-compassion is a positive attitude that involves acceptance and gentleness towards oneself when experiencing failure or pressure. In the world of sports, especially soccer, a stable and positive mental condition is very important for players to be able to perform optimally and face pressure on the field. The results of the study showed that there was a significant positive relationship between the level of self-compassion and good mental condition in soccer athletes. Athletes who are able to be gentle and understanding towards themselves usually show calmness, self-confidence, and better ability to control emotions. Developing a self-compassion attitude can help athletes to recover after experiencing failure and stay motivated in achieving their best performance. Based on these findings, it is recommended that coaches and related parties pay attention to the mental health aspects of players through self-compassion training and coaching. By increasing sensitivity to mental conditions, it is hoped that players will not only excel technically and physically, but also have mental strength that can support their success on the field and in everyday life. Self-compassion is one of the important keys in building a strong and happy warrior mentality in sports.

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INTRODUCTION

One of the most popular sports around the world is football. (Delyarahmi & Siagian, 2023) states that football is a type of sport played by two teams with eleven players, including one goalkeeper. The goal is to score by putting the ball into the opponent's goal using different parts of the body (except the hands, as the goalkeeper cannot do this in some areas). As stated by (Nasional et al., 2023), On the other hand, from physical ability, good strategy is also needed in football. Football players must be proficient in dribbling, passing, shot, heading and tackling. This technique greatly affects how a person plays both individually and as a team in a match. (Education et al., 2020) emphasizing that the football tactics

(Salim, 2018) One of the factors driving the growth of football in Indonesia is its relatively large popularity and ability to enter the Indonesian football league. This is also supported by the emergence of easily accessible young talent who can enter the Indonesian football league. In simple terms, athletes and coaches concentrate on mental coaching. However, the technical, tactical, and practical aspects are becoming more and more important as time goes by.

Neff (2016) explain Self-compassion It consists of 3 components that are interconnected and have opposite dimensions, self-kindness compared to the tendency to criticize oneself, a sense of community in the human experience compared to feelings of

isolation, and consideration for excessive recognition (Akbar & Hakim, 2024) Self-compassion can play an important role in regulating negative emotions and increasing their positive emotions. Teenagers who have self-compassion According to psychology, it looks more stable when feeling lonely, and is calm both acting and thinking. Self-compassion full of kindness to oneself.

According to (Primashandy & Surjaningrum, 2021) those who adopt a perspective self-compassion in good mental condition when faced with adversity or failure tend to treat themselves with warmth and understanding, as opposed to criticism. (Sugianto et al., 2020) Outlines selfcompassion consists of three opposing components humanity vs isolation, mindfulness Vs overidentification and self-kindness vs self-judgment. Each reflects a different approach to self-treatment. According to (Hafizt et al., 2024) Self-compassion It acts as an adaptive strategy in managing emotions, by reducing negativity and strengthening the positive side through a compassionate attitude towards oneself. Teens with Self-compassion cope with loneliness more calmly. Similarly, individuals with self-kindness Usually he does not blame himself. Instead, they tend to be more able to accept situations, correct mistakes, and improve productive behavior (Ummah, 2019).

(K.D.Neff,2016) Self-compassion or self-compassion is the ability to treat oneself

with kindness and understanding, especially when facing failure or difficulties (Jiao & Segrin, 2022) This attitude includes accepting shortcomings without over-judging oneself. According to (Aquilino, 1997), self-compassion means supporting ourselves in difficult times, just as we will be empathetic to others who are suffering. (K. Neff, 2003) states that self-compassion It can be an important factor in emotional and mental well-being because it allows a person to better manage stress and unhappiness.

(Misbahuddin & Winarno, 2022) In the sport of football, there are two physical conditions that need to be considered, namely general fitness and special fitness that is directly related to the game itself. Exercises must be done optimally. When a person experiences a disturbed mental state such as prolonged negative emotions it will affect their self-esteem. It is therefore necessary to pay attention to the mental state, since anxiety is often the root of various psychological health problems. (Ayuningtyas et al., 2018) Mental health refers to being healthy in a person, including efforts to manage stress, adapt, establish social relationships, and take risks. Every human being also has different mental health. This is natural, because basically they are in a condition to be able to solve every problem that has been made. Sometimes, a person experiences a mental health disorder at a certain point in his or her life (Diana, 2020).

(Erwansa et al., 2024) Mental health is the creation of a true balance between psychiatric functions and the individual's ability to adjust to himself and his environment. The goal of mental health is to produce civilized individuals, able to overcome all life challenges, so that they can live their lives in accordance with the purpose of their creation in a normal manner (Rozali et al., 2021)

(Pratiwi et al., 2024) The lack of confidence of athletes in the field they are involved in, accompanied by a decrease in physical condition, is the main reason for the importance of this research being conducted. Through this research, it is hoped that athletes can increase their confidence and still show a self-loving attitude in various situations and conditions. (1). Is there a relationship between Self-compassion on the mental condition of football athletes?, (2) How much influence does it have on the athletes? Self-compassion on the mental state of football athletes (Regulations & On, 2024).

The main purpose of this study is to find out the relationship between self-compassion and the mental state of football athletes. The specific goal is derived from this overarching goal, including to find out if there is a relationship between self-compassion on the mental state of football athletes and to find out how much influence self-compassion has on the mental state of football athletes.

Therefore, it can be raised from the problem that this research has the benefit of

contributing to deepening the understanding of the psychological well-being of football athletes. (Yudhianto, 2023) Self-compassion which includes a friendly attitude towards yourself, acceptance of failure, and emotional awareness can be effective strategies in dealing with competitive pressures. This research can explain how Self-compassion contributes to a reduction in stress, anxiety, and feelings of worthlessness that athletes often experience, especially when they experience failures or injuries. (Allen & Leary, 2010)

Sampling Procedures

For the initial implementation, namely filling out a self-compassion questionnaire and a mental condition questionnaire, namely the sample is in the field and then filling out the filling sheet that has been provided by the researcher with a detailed explanation while working.

The tools/facilities in this study are stationery and notebooks. The test procedure in this study is, the initial test of the self-compassion questionnaire and the mental condition questionnaire given to the sample with the aim of finding out the results of the answers regarding self-compassion and mental condition from each helping mental resilience. Athletes who are able to practice self-empathy tend to be better at coping with emotional stress and maintaining focus during matches.

The impact of this study is that athletes will better understand their mental

state and still love themselves in any circumstance and condition. Based on the research hypothesis, this can provide a solid basis to prove whether there is a relationship between self-compassion and the mental state of football athletes that will be useful and applicable in the club that the researcher will do.

METHODS

In this study, quantitative research is used using a correlational research approach, with the aim of studying the relationship between two or more variables and see if there is or is not influence Self-compassion on the mental condition of football athletes. This study uses quantitative methods to explain phenomena in a measurable way and understand comparable patterns. The type of research used is correlational, as it aims to examine the relationship between two or more variables, especially the relationship between self-compassion and mental state (Rozali et al., 2021).

Participants

The population in this study is SSB hanjuang 39 club athletes in Kodasari village, Ligung District, Majalengka Regency. The sampling technique of this study has the goal of obtaining comprehensive information and using applicable thresholds or criteria. Based on purposive sampling, the sample will be used as an object of 20 athletes. The criteria selected in the study used inclusion criteria including the age criterion of 15-17 years. Inclusion criteria are characteristics that the

researcher wants based on the research objectives which include traits relevant to the research objectives such as age, gender, social status.

Appropriate identification of research participants is critical to the science and practice of psychology and/or social sciences, particularly for generalizing the findings, making samples, this describes the ability of athletes related to the psychological and mental characteristics of each athlete.

Based on the above procedure, there are several steps, namely, the sample is in the field that has been prepared by the researcher. Then, the sample filled out a questionnaire sheet and a mental condition questionnaire first. Furthermore, the sample filled out a questionnaire sheet consisting of 6 self-compassion questions and 50 questions on mental conditions in the form of a likert scale guided by the researcher after filling out the next questionnaire. Then a questionnaire is collected to see the results that have been filled in by the sample to calculate the positive and negative values.

Materials and Apparatus

An important tool in scientific research because it allows the instrument of one study to be used again by other research that has the same importance and need (Beghi et al., 2019). The instrument used in the study is a self-compassion questionnaire, a questionnaire as an instrument used by the researcher in the form of a questionnaire sheet that will be distributed to all athletes

who have been selected as samples. The theory used to create a question to be researched was written by (Neff 2003), because it is a theoretical framework for knowing the scale of self-compassion. The results will be in the form of a likert scale by calculating the frequency of the questionnaire results and Mental Health Measurement is applied in the form of a likert scale with a total of 54 questions and has 5 answer options (Sembiring et al., 2023).

Procedures

For the initial implementation, namely filling out a self-compassion questionnaire, the sample is in the field and then filling out the filling sheet that has been provided by the researcher with a detailed explanation when working. The second test is a sample of 7 physical condition tests consisting of the 30 m sprint test, T-Test, sit-up push up, vertical jump, V Sit & Reach Test and MFT Bleep Test.

The tools/facilities in this study are stationery and notebooks, meters, audio speakers, cones and assessment blanks. The test procedure in this study is, the initial test of the self-compassion questionnaire is given to the sample with the aim of finding out the results of the answers about self-compassion from each sample, this describes the ability of athletes related to the psychological and mental characteristics of each athlete. The second test is a physical condition test given in the form of a test consisting of 7 tests to

find out the results of the physical condition of the athlete.

Based on the above procedure, there are several steps, namely, the sample is in the field that has been prepared by the researcher. Then, the sample fills out a questionnaire sheet first before going to the next test, namely the physical condition test. Furthermore, the sample filled out a questionnaire sheet consisting of 26 questions in the form of a likert scale guided by the researcher after filling out the questionnaire, then the sample conducted a physical condition test that had been prepared by the researcher from each test, the sample did 7 physical condition tests that had been prepared by the researcher by being given 2 attempts in each test and the last stage after doing all the series of questionnaire tests and physical condition tests then The researcher gives all the results of the test to the athlete so that it becomes a reference to be further improved.

Design or Data Analysis

In the analysis of data in this study, namely using a self-compassion questionnaire and a questionnaire on the physical mental condition of football athletes. The questionnaire data was measured using a likert scale of 1-5 on each instrument.

The results of the questionnaire data will then be carried out to the normality data test, linearity test and pearson product moment correlation test with the help of the SPSS 25 application.

RESULT

Data regarding self-compassion and physical condition have been found based on the questionnaire answers and physical condition tests carried out, The first step is to do a normality test to determine whether the data has a normal distribution or not. Here is a table of normality tests.

Tables & Figures

Table 1. Table title

Tests of Normality

	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Asymp. Sig.	Statistic	df	Asymp. Sig.
Self-compassion	.139	20	.200*	.964	20	.620
mental state	.092	20	.200*	.988	20	.993

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

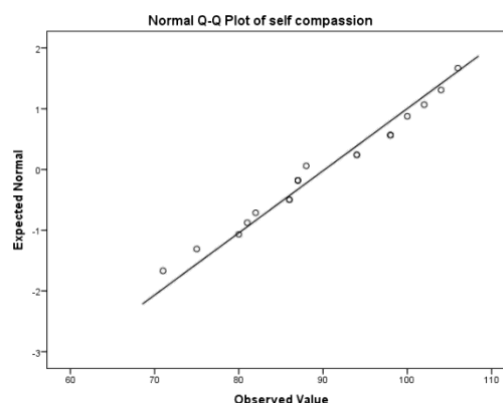


Fig 1. Graphic

DISCUSSION

The normality test was carried out using the Shapiro-Wilk technique. The data is considered normal if the significance value is greater than 0.05. Based on table 4.3, the results of the normality test showed a self-compassion questionnaire value of 0.627 and a mental condition of 0.993. Since both significance values are greater than 0.05, it can be concluded that the data is normally distributed. The next step is to perform a linearity test to measure the relationship between free and bound variables.

Table 2. Table title
ANOVA Table

		Sum of Squares	df	Mean Square	F	It se lf.
mental condition * Self-compassion		(Combined)	294.1	22.6	.35	.9
			986	3	91	43
		Linearity	180.1	180.	2.8	.1
			572	572	55	42
		Deviation from Linearity	114.1	9.53	.15	.9
			414	2	5	197
mental condition * Self-compassion	Between Groups					
mental condition * Self-compassion	Within Groups					
mental condition * Self-compassion	Total					

Based on the Anova table above, if the significance value of Deviation from Linearity > 0.05 , then there is a linear relationship between the bound and free variables. A significance result of 0.997 (greater than 0.05) suggests that mental state and self-compassion have a linear relationship. Next, the Pearson Product Moment test was conducted to test whether there was an influence of mental state on self-compassion.

Table 3. Table title
Correlations

	Self-compassion	mental state
Pearson Correlation	1	-.517*
Sig. (2-tailed)		.019
N	20	20
Pearson Correlation	-.517*	1
Sig. (2-tailed)	.019	
N	20	20

*. Correlation is significant at the 0.05 level (2-tailed).

From the exposure of table 4.4, it was found that the value of sig (0.019) < 0.05 . Based on the R value (pearson correlation) which is obtained, the level of influence

between the self-compassion variable and mental state has a very strong influence. The conclusion drawn is that there is a significant influence between mental state and self-compassion in football athletes.

CONCLUSION

The results of the study show that self-compassion is significantly related to the mental state of football athletes. Athletes with good self-compassion have better mental state, as well as higher motivation, which helps them overcome frustration and improve performance.

The role of self-compassion in the process of self-adjustment can be seen from every aspect. The aspect of self-kindness contributes to individuals to overcome pain without judgment but helps individuals in understanding themselves rather than by self-judgement. Individuals with self-kindness have a sense of tolerance, full acceptance. Self-acceptance means that the individual is able to accept and understand the pain or failure faced without criticism. Self-kindness has a big role for individuals, meaning that individuals with self-kindness can accept the situation in themselves without criticizing and help individuals in adjusting to changes or conflicts and negative emotions.

(Tiwari et al., 2020) Self-compassion can act as a protective fact against mental health symptoms in football athletes. Athletes often experience academic pressure, stress, and anxiety, leading to mental health problems. However, research shows that

self-compassion can help students to overcome these mental health problems. This suggests that self-compassion not only has a moderating effect on mental health problems, but can also be a mediator variable that influences its impact (Apsari & Budi Utomo, 2024).

Based on research conducted by (Situngkir et al., 2023) It can be concluded that there is a positive relationship between self-compassion with self-adjustment in early adults working outside the home island. This is evidenced by the correlation value $r_{xy} = 0.551$ and a significance level of 0.000 ($p < 0.05$), which shows that the proposed hypothesis has been proven to be true. The higher the self-adjustment possessed by early adults who work far from their hometown, and vice versa. The coefficient of determination (R^2) of 0.304 indicates that self-compassion contributed 30.4% to self-adjustment, while the rest (69.6%) were influenced by other factors.

The results of the normality, linearity, and Pearson product moment tests also support these findings, which provide a clear picture of the relationship between the variables studied, as well as answer the research questions asked.

Based on the results of the study, it can be concluded that self-compassion significantly affects the mental state of football athletes. Athletes with higher levels of self-compassion tend to have better mental states, especially in the context of a football

game. In the context of sports, especially football, self-compassion plays a crucial role in determining the performance of athletes. With the ability to manage emotions, improve focus, make quick decisions, and maintain high motivation, athletes can achieve optimal performance in regulating mental states. Therefore, the development of self-compassion should be an integral part of the football training program, helping athletes not only in the technical aspects but also in the psychological, mental readiness to achieve the highest achievements.

Based on the above results, it can be concluded that self-compassion can improve the mental condition of athletes empirically and has a good and significant impact in improving psychology and mentality effectively. Furthermore, self-compassion can be better implemented if it is supported by the ability to manage psychology, and increase focus and ability to regulate mentally well and effectively in football athletes. This is indicated by the value of sig. (2-tailed) $0.019 < 0.05$ which means there is a significant relationship between self-compassion and the mental state of football athletes.

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