



## **Analysis of the Achievements of the Semarang City PSE Athlete Championship Reviewed from the Personality Aspect**

**Isna Safira<sup>1</sup>, Syahru Romadhoni<sup>2</sup>**

<sup>1,2</sup> Sport Coaching Education, Faculty of Sport Science, Semarang State University, Semarang, Central Java, Indonesia

### **Article Info**

Article History:

Received : February 2026

Revised : March 2026

Accepted: March 2026

### **Keywords:**

Achivement

Athele

Personality

### **Abstract**

This study aims to analyze the relationship between personality and achievement of Karate Athletes of the Semarang Gold Program (PSE) of Semarang City. Personality is one of the psychological factors that plays an important role in supporting athletes' achievements. The research method used is quantitative research with a correlational approach. The research subjects consisted of 10 Semarang City PSE karate athletes with an age range of 17-23 years. The research instrument was in the form of a personality questionnaire, namely (SPQ-20) adopted from Cameron with a total of 168 questions and athlete achievement data measured based on the championship achieved. Data analysis was carried out with the help of SPSS 27. The results of the analysis showed that personality and achievement data were distributed normally, There was a very strong and positive relationship between personality and athlete achievement with a coefficient value of 0.976 ( $p < 0.05$ ). The results of linear regression showed that personality had a significant effect on athletes' achievements. Thus, it can be concluded that personality has an important role in improving the achievements of PSE Semarang City karate athletes.



\*Corresponding email: [isnasafira@students.unnes.ac.id](mailto:isnasafira@students.unnes.ac.id)

## INTRODUCTION

Sports achievements are an indicator of the success of the athlete development process which is carried out systematically and continuously (Azzahra & Hafidz, 2025). The achievements achieved by athletes are not only influenced by physical abilities and mastery of technique, but also influenced by various other supporting factors, such as tactics, training environment, social support, and psychological factors (Masitoh et al., 2025). In the study of modern psychology, personality is often explained through the *Trait Theory* which views personality as a set of characteristics of individuals that are relatively stable and influence a person's behavior in various situations. One of the models that is widely used in psychology research is *Big Five Personality Model* which groups personality into five main dimensions namely *openness to experience*, *conscientiousness*, *extraversion*, *agreeableness*, and *neuroticism* (Sumanti et al., 2025).

In the context of sports achievements, some of these dimensions have strong relevance to athlete performance. The dimension of *conscientiousness*, for example, is related to discipline, responsibility, and commitment in running a training program, while a low level of *neuroticism* or high emotional stability is related to an athlete's ability to control the pressure of competition. In addition, *extraversion* is often associated with a level of confidence and courage in making decisions in the arena.

Therefore, the personality characteristics reflected in the *Big Five* model can be one of the conceptual frameworks for understanding how psychological factors contribute to athletes' performance and achievements.

In this context, the mental readiness of athletes is one of the manifestations and characteristics of the personality that individuals have. Athletes with good mental readiness tend to be able to maintain consistent performance despite being in a stressful match situation (Khumairah et al., 2024). On the other hand, athletes who lack mental resilience often experience a decline in performance even though they have physical and technical abilities that are (Pertiwi, 2024). Therefore, a comprehensive and integrated approach between physical, technical, tactical, and psychological aspects is believed to increase athletes' chances of achieving optimal and sustainable achievement in the long term (Manalu et al., 2024).

One of the psychological factors that play an important role in the achievement of athletes' achievements is personality (Guntoro et al., 2020). Personality reflects an individual's pattern of behavior, way of thinking, and emotional response in dealing with a variety of situations, including training and competition situations (Nopiyanto et al., 2021). Athletes with a stable personality, confidence, discipline, and ability to control emotions tend to be better prepared for the pressure of the match than athletes who lack mental intelligence (Riyanto et al., 2025). In addition, characters such as perseverance, responsibility and self-control also

contribute to forming a high commitment to training and discipline in carrying out coaching programs (Salsabila & Jannah, 2025). Therefore, understanding the personality profile of athletes is important as the basis for designing more effective and targeted psychological coaching strategies to support the achievement of optimal achievement (Ockta, 2025).

In the sport of karate, the psychological demands faced by athletes are relatively high. Karate athletes are required to be able to make decisions quickly, maintain concentration, and control emotions when facing opponents (Pratama, 2025). This condition requires athletes to have a personality that supports optimal performance in the arena. The differentiating personality characteristics between athletes is thought to affect their ability to achieve maximum achievement (Yang et al., 2024). In karate matches, the situations faced by athletes often take place at a fast and stressful tempo, so athletes must be able to read the opponent's movements, determine attack and defense strategies in seconds, and maintain focus even when under pressure. In addition, the competitive atmosphere, cheers of the audience, and the expectations of coaches and teams can be a source of psychological pressure (Nabilasha et al., 2025). Athletes with tough character tend to be more able to rise from mistakes, are not easily influenced by opponents' provocations, and are able to maintain consistency in performance from the beginning to the end of the match (Dewi, 2023).

The Semarang City Golden Semarang Program (PSE) is a forum for coaching athletes who are prepared to

face the Provincial Sports Week (PORPROV) matches. Even though they are in the same coaching system, the achievements of PSE Semarang City karate athletes show quite diverse variations. This indicates that there are other factors outside of physical and technical aspects that affect athletes' achievements, one of which is personality.

Research on athlete personality is important to provide an empirical picture of the role of psychological aspects in sports achievement. The results of the study are expected to be a basis for consideration for sports coaches and coaches in compiling a more comprehensive training program, not only oriented towards improving physical condition and technique, but also on the development of the personality and mental readiness of athletes.

Based on this personality description, this study aims to analyze the relationship and influence of personality on the achievements of PSE karate athletes in Semarang City. This research is expected to make a scientific contribution in the field of sports psychology and become a reference for future research that examines psychological factors in sports achievement.

## **METHODS**

This study uses a quantitative approach with a correlational design. The quantitative approach was chosen because this study aims to examine the relationship and influence between personality variables on athletes'

championship achievement in a measurable and objective manner. Correlation design is used to determine the strength of relationships between variables. The variables in this study consist of one independent variable, namely the athlete's personality, and one dependent variable, namely the athlete's championship achievements. The analysis was carried out to find out whether there is a significant relationship between the two variables and how much the personality variable contributes to the athlete's achievement variable.

### Participants

Participants in this study are karate athletes who are members of the Semarang Gold Program (PSE) of Semarang City. The number of entries is 10 athletes, all of whom are still actively participating in regular coaching and training programs. The age range of participants is 17-23 years old consisting of male and female athletes. The characteristics of the participants identified in this study included age and gender as basic demographic data. All participants are athletes who have participated in regional and regional championships, so they have competitive experience that is relevant to the research objectives. The insertion comes from the same coaching environment, so it has a relatively diverse training system and coaching patterns.

### Sampling Procedures

The sampling technique in this study uses the total sampling method,

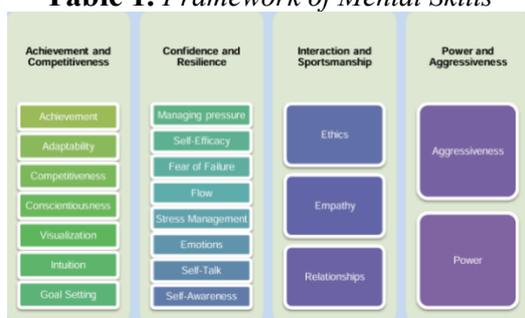
namely the entire population of PSE karate athletes in Semarang City is used as a research sample. The use of this technique is based on the relatively limited number of participants in this study (n=10) because the entire population of karate athletes who join the Semarang Gold Program (PSE) of Semarang City, so the results of this study are more representative of the condition of the population and need to be studied further on a larger sample number to obtain a broader generalization. Data collection was carried out directly through questionnaires. There are no financial incentives given to participants. Participant involvement is voluntary and non-coercive. Data is collected in a single data capture period and each insertion only fills the instrument once. By involving the entire population, this study minimizes selection bias and increases the representativeness of data on the condition of PSE athletes in Semarang City.

### Materials and Apparatus

The personality data collection instrument uses the Sport Personality Questionnaire (SPQ-20) developed by Cameron and available through *the myskillprofile platform*. SPQ-20 has a structure that groups athletes' personality characteristics into four main dimensions, namely *Achievement and Competitiveness*, *Confidence and Resilience*, *Interaction and Sportsmanship*, and *Power and Aggressiveness*. These dimensions

reflect various psychological aspects of athletes such as achievement orientation, confidence, ability to manage pressure, social relationships in sports, as well as tendencies of strength and aggressiveness in matches.

**Table 1.** Framework of Mental Skills



This instrument is designed to measure the personality characteristics of athletes in the context of competitive sports. SPQ-20 consists of 168 questions covering positive and negative items. Each item describes the behavioral tendencies of athletes in training and competition situations, such as emotional control, achievement orientation, fighting power, social interaction, and aggressiveness in competing.

The total score is obtained from the result of summing up participants' responses to all items. This instrument has a validity coefficient ranging from 0.40-0.73 and a reliability coefficient of 0.72 as a test result reported in a previous study using the SPQ-20 instrument. The reliability value shows a level of internal consistency that is sufficient for sports psychological research. In this study, no statistical re-testing of the validity and reliability of the instrument was carried out due to the relatively limited number of samples. So the use of the instrument

refers to the results of tests that were late in previous research.

### Procedures

The procedure for conducting the research, the researcher coordinates with the trainer and manager of the Semarang City PSE to obtain a research permit. After the permit is obtained, the researcher provides an explanation to all participants about the objectives, benefits, and stages of the research to be carried out. Participants who were willing to participate in the study then expressed voluntary consent (*informed consent*).

Filling out the questionnaire was carried out directly (face-to-face) at the Semarang City PSE training site in a conducive atmosphere. The instruments were distributed in printed form to each athlete and filled in independently. Before the filling begins, the researcher explains how to fill and ensure that all participants understand the instructions given. Each insertion is given 50 minutes to complete all the questions in the questionnaire. During the filling process, the researcher is on site to monitor the data collection and provide clarification if there are questions related to the technical of filling, without affecting the participants' answers.

### Design or Data Analysis

Data analysis in this study was carried out using the Statistical Package for the Social Sciences (SPSS) version 27. The analysis stage begins with coding and tabulating data from filling out questionnaires and athlete

championship achievement data. In this study, the analysis was carried out using the total personality score obtained from the sum of all item responses on the SPQ-20 questionnaire and the athlete's achievement score was calculated by combining the championship level score and the champion ranking score obtained by the athlete. The calculation is carried out with the formula: *Achievement Score = Championship Level Score x Champion Ranking Score*.

Athlete achievement data is obtained through documentation of charters or championship medals that have been won by each athlete, for the purpose of quantitative analysis. These achievements are converted into numerical scores based on championship level and champion ranking.

**Table 2.** *Scoring System for Competition Achievement*

Championship Level	Level Score	Champion Rankings	Champion Score
City	1	1	3
Regional	2	2	2
Province	3	3	1
National	4		
International	5		

The analysis steps include the Shapiro-Wilk Normality Test to test whether the data is normal as a prerequisite for parametric analysis and the Simple Linear Regression Test to test the magnitude of personality influence on achievement and obtain regression equations that can be used to predict achievement based on personality scores.

## RESULTS

This study aims to analyze the achievements of the Semarang City PSE athlete championship in terms of personality aspects. The study involved a number of active athletes who participated in regional and national championships. The results of the analysis showed that personality contributed to the variation in athletes' achievements.

### Normality Test

The Shapiro-Wilk Normality Test showed that the Total Achievement variable obtained a significance value of 0.861 and Total Personality of 0.876 ( $p > 0.05$ ). These results show that the data of the two variables are normally distributed. Thus, the assumption of normality is fulfilled and parametric statistical analysis such as Pearson correlation and linear regression can be resumed.

**Table 3.** *Normality Test Output*

	Tests of Normality					
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Prestasi Total	.170	10	.200*	.967	10	.861
Kepribadian Total	.124	10	.200*	.968	10	.876

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

a. Lilliefors Significance Correction

### Linear Regression Test

The results of linear regression analysis show that personality has a

positive and significant influence on athletes' achievements. The regression model obtained is stated to be suitable for use in explaining the relationship between the two variables. These findings indicate that personality contributes to athletes' achievements, although there may still be other factors outside of the research model that also influence these outcomes.

**Table 4.** Linear Regression Test Output

Variable	B	$\beta$	t	p
Personality	0,374	0,976	12,703	0,000

Notes :

R<sup>2</sup>= 0.953; F (1.8) = 161,365; p < 0.05

## DISCUSSION

The results of the study show that personality has a positive and significant influence on the achievement of the championship of PSE athletes in Semarang City. The value of a very strong correlation coefficient (R = 0.976) shows that personality aspects are a very dominant factor in explaining the variation in athletes' achievements in this study. These findings reinforce the view that psychological factors, particularly personality, play an important role in competitive sports performance. This result is in line with research that shows that psychological aspects contribute to the quality of athletes' performance in match 3 situations (Yanti et al., 2022).

Theoretically, personality influences the way athletes think, respond to pressure, manage emotions,

and maintain motivation in competitive situations. Athletes with high confidence tend to be able to make decisions more decisively and stay focused under the pressure of match (Mukhtarsyaf et al., 2022). In fact, stable peak performance is often associated with a good level of confidence (Grova et al., 2024). In addition, emotional stability and mental health have a significant relationship with achievement achievement, especially in sports that demand high concentration (Fitri et al., 2025).

The achievement *and competitiveness aspect* encourages athletes to have a high achievement orientation, discipline, and commitment to targets. Personality characteristics such as openness to experience also differentiate the pattern of athletes' responses in facing the dynamics of competition (Hamzah, 2024). Meanwhile, the confidence *and resilience aspect* is related to the ability of athletes to manage the pressure of the match, maintain self-confidence, and rise from failure. These two aspects are very relevant in achievement sports, where the pressure of competition is often a determining factor in the final outcome of the match. These findings are in line with research that states that athletes' psychological skills and mental character contribute to performance consistency in stressful competition situations (Demir et al., 2025).

In addition, the interaction *and sportsmanship aspect* shows that the ability to establish relationships, empathy, and uphold sports ethics also supports the psychological stability of athletes in team and competitive

environments. The aspects of *power and aggressiveness* also play a role in forming determination, courage to take risks, and firmness in competing, as long as they remain within the limits of positive emotional control. In addition, personality dimensions such as self-control, responsibility, and mental resilience are reported to have a positive relationship with achievement in various sports (Chusniyah, 2022).

The results of this study are in line with various sports psychology studies that state that personality contributes to the consistency of athlete performance (Melalui et al., 2025). Athletes with high levels of confidence, good emotional control, and a strong achievement orientation tend to show more stable and competitive performance (Nukhravi Nawir, 2025). In general, the psychological aspect has been identified as an important determinant in supporting sports achievement in addition to physical factors and Technique (Rahmat, 2024).

However, although the value of the determination coefficient in this study is very high, it should be noted that sports achievement is basically multidimensional. Physical factors, techniques, tactics, match experience, and environmental support also have the potential to affect achievements. Therefore, the results of this study need to be understood in the context of the characteristics of the sample which are limited to PSE athletes in Semarang City. In practical terms, these findings imply that athlete coaching not only focuses on improving technical and physical abilities, but also needs to systematically

integrate personality development and mental training programs. Periodic evaluation of psychological aspects can be a strategy to optimize athletes' readiness to face the championship.

Although this study shows a very strong relationship between personality and athlete achievement, there are some limitations that need to be considered in interpreting the results of the study. First, the relatively small number of samples ( $n=10$ ) because using the entire population of karate athletes in the Semarang City Golden Semarang Program (PSE) can limit the level of generalization of research findings. Therefore, further research is recommended to involve a larger sample from various clubs or regions in order to obtain a more representative picture of the relationship between personality and athlete achievement.

In addition, the measurement of achievement variables in this study is based on documentation of the number and level of championships achieved by athletes which are then converted into numerical scores. Although this approach is possible, it has not fully taken into account the variation in the quality of the competition, the level of difficulty of the matches, and the number of participants in each championship. Therefore, further research is recommended to use more comprehensive achievement indicators, such as national rankings, match performance, or coach evaluations to obtain a more objective and comprehensive picture of athlete achievements.

## CONCLUSION

This study shows that personality has a positive and significant influence on the championship achievements of PSE Semarang City athletes. The results of simple linear regression analysis showed that the variables contributed strongly in explaining the variation in achievement in the context of this study sample. These findings show that psychological aspects, especially personality, which include *achievement and competitiveness, confidence and resilience, interaction and sportsmanship, and power and aggressiveness*, can be one of the important factors that support athletes' performance in competitions.

Theoretically, this study provides support for the study of sports psychology that places personality as one of the determinants that play a role in the consistency of athlete performance. Therefore, athlete coaching programs need not only focus on improving physical abilities and Techniques, but can also integrate the development of mental and personality aspects systematically.

However, the results of this study need to be understood by considering the limitations of the research, especially the relatively small number of samples and the limited scope of research on PSE karate athletes in Semarang City. In addition, the achievements of the sport are basically influenced by various other factors such as physical condition, technique, tactics, competition experience, and the quality of the competition that is followed. Therefore, further research is recommended to

involve a larger sample count and consider various other supporting factors to gain a more comprehensive understanding of the determinants of athlete achievement.

## REFERENCES

- Azzahra, S. F., & Hafidz, A. (2025). Manajemen Pembinaan Prestasi Pasi Kab. Sampang Tahun 2024 Shafa. *Jpo: Jurnal Prestasi Olahraga*, 8, 1124–1131.
- Chusniyah, M. B. M. A. S. T. C. (2022). Mental Toughness And Its Relationship On Sport Performance Outcomes : When Things Get Tough Enough Komite Olahraga Nasional Indonesia ( Koni ) Akhir Pekan Olahraga Provinsi Jawa Timur ( Porprov Jatim ) V 2015 Yang Berhasil Meraih Mencapai Prestasi . Hal I. *Jurnal Sains Psikologi*, 11, 172–180.
- Demir, G. T., Namlı, S., Çakır, E., Batu, B., Ateş, F., & Yılmaz, E. (2025). *The Role Of Mental Toughness , Sport Imagery And Anxiety In Athletic Performance : Structural Equation Modelling Analysis*.
- Dewi, S. P. (2023). Peningkatan Ketangguhan Mental Pada Atlet Pelajar Melalui Pelatihan Kesadaran Diri Increasing Mental Toughness In Student Athletes Through Self-Awareness Training Abstrak. *Jurnal Penelitian Psikologi*, 10(01), 29–37.
- Fitri, A. S., Ahada, R., & Ulinnuha, N. (2025). Korelasi Antara Kesehatan Mental Dan Kecemasan Dengan Prestasi Atlet Tennis Di Klub Sptc Kota Tegal. *Sprinter : Jurnal Ilmu Olahraga*, 6(2), 380–389.
- Grova, R. S., Zaky, M., Hamidi, A., Indonesia, U. P., & Barat, J. (2024). Korelasi Antara Kepercayaan Diri Dan Performa Puncak Pada Atlet

- Futsal Profesional. *Jurnal Olahraga Dan Kesehatan Indonesia (Joki)*, 4, 148–158.
- Guntoro, T. S., Fariz, M., & Putra, P. (2020). Karakter Kepribadian Atlet Papua : Kajian Menuju Popnas Ke-Xv Personality Traits Of Papuan Athletes : Study Towards Xv Popnas Pendahuluan Belum Lama Ini , Tepatnya Bulan Agustus 2019 , Mencuatnya Kasus Tentang Ujaran Yang Bernada Rasial Terhadap Mahasiswa. *Jurnal Sportif: Jurnal Penelitian Pembelajaran*, 6(1), 40–58.
- Hamzah, D. P. A. F. A. A. H. (2024). Faktor Openness To Experience ; Studi Perbandingan Sifat Kepribadian Antara Openness To Experience Factor ; Comparative Study Of Personality Traits Between Individual And Team Sports Athletes. *Jurnal Speed (Sport, Physical Education and Empowerment)*, 7(1), 8–16.
- Khumairah, T., Rukman, J., Subarjah, H., Williyanto, S., Fitri, M., & Kunci, K. (2024). Journal Of Sport Coaching And Physical Education Hubungan Motivasi Dan Ketangguhan Mental Terhadap Prestasi Atlet Taekwondo Di Kota Bandung. *Journal Of Sport Coaching And Physical Education*, 9(229), 113–123.
- Manalu, N. C., Ramadhini, S. D., Yolanda, N., Hulu, M. F., & Gea, F. S. (2024). Pengembangan Mental Atlet Wushu Sanda Melalui Pendekatan Kepelatihan Berbasis Psikologi Olahraga. *Jurnal Pendidikan Olahraga*, 14(6), 412–418.
- Masitoh, S., Januarumi, F., Wijaya, M., & Avandi, R. I. (2025). Mempengaruhi Kinerja Atlet Kabupaten Pamekasan Peraih Medali Porprov 2023. *Jpo: Jurnal Prestasi Olahraga*, 8, 1292–1296.
- Melalui, A., Emosi, P., & Latihan, D. A. N. (2025). Peran Psikologi Olahraga Dalam Meningkatkan Performa , Kesehatan Mental , Dan Kesejahteraan. *Jurnal Studi Multidisipliner Berkelanjutan*, 9(12), 23–32.
- Mukhtarsyaf, F., Priambodo, A., Iqbal, R., & Sabillah, M. I. (2022). Pentingnya Kepercayaan Diri Atlet Bola Basket : Studi Literature Review The Importance Of Basketball Athletes ' Self-Confidence : A Literature Review Study. *Jorpres (Jurnal Olahraga Prestasi)*, 18(3), 70–76.
- Nabilasha, A., Setiawan, M. A., Wijaya, H. H., Kompetitif, S., & Roda, A. S. (2025). Analisis Fokus Konsentrasi Atlet Dalam Menghadapi Situasi Kompetitif Pada Atlet Sepatu Roda Karawang. *Jurnal Ilmu Keolahragaan*, 24(1), 135–144.
- Nopiyanto, Y. E., Raibowo, S., & Prabowo, G. U. (2021). Journal Sport Area Psychological Characteristics Of Athletes At Pusat Pendidikan Dan Latihan Pelajar ( Pplp ) In Bengkulu. *Jurnal Sport Area*, 6(1), 37–43.
- Nukhrawi Nawir, M. W. H. (2025). Analysis Of Confidence, Emotional Regulation, And Discipline Levels Among Elite Karate And Sepaktakraw Athletes Of South Sulawesi. *Jurnal Pendidikan Kepelatihan Olahraga*, 17(1), 256–264.
- Ockta, A. S. M. F. S. W. H. A. Y. O. (2025). Examining Personality Traits And Mental Toughness: A Comparative Analysis Among National And Regional Tarung Derajat Athletes Anisa Salsabila. *Jurnal Sportif: Jurnal Penelitian Pembelajaran*, 10(4), 63–77.
- Pertiwi, Y. D. G. L. C. P. D. A. (2024).

- Pengaruh Mental Toughness Terhadap Competitive Anxiety Pada Atlet Indonesia Yulinar. *Jurnal Ilmu Psikologi*, 7447, 79–92. <https://doi.org/10.21107/Personifikasi.V15i1.25963>
- Pratama, I. A. Q. A. M. A. B. A. S. M. S. A. W. U. R. M. V. N. F. M. R. A. P. (2025). Tingkat Kepercayaan Diri Atlet Bk Karate Karawang. *Jurnal Olahraga Kebugaran Dan Rehabilitas (Joker)*, 05, 156–162.
- Rahmat, M. F. G. B. H. Y. H. A. R. (2024). Aspek-Aspek Psikologis Atlet-Siswa Permainan Bola Basket Berdasarkan Jenis Kelamin Dan Posisi Bermain. *Jurnal Pedagogik Olahraga*, 10, 290–305.
- Riyanto, P., Muslihin, H. Y., & Musamus, U. (2025). Membangun Ketangguhan Mental Atlet : Eksplorasi Keterampilan Psikologis Dalam Olahraga Kompetitif Pelatihan Building Mental Toughness In Athletes : An Exploration Of Psychological Skills Training In Competitive Sport. *Jurnal Pre*, 9(2), 60–72.
- Salsabila, M., & Jannah, M. (2025). Understanding The Impact Of Self-Control On Training Commitment Through Burnout Mediation Among College-Athletes. *Indonesian Journal Of Physical Education And Sport Science*, 5(4), 464–475.
- Sumanti, A. A. T., Mangantes, M. L., & Sengkey, S. B. (2025). Hubungan Big Five Personality Traits Dengan Prokrastinasi Akademik Pada Siswa Sma N 1 Kota Tomohon. *The Journal Of Multidisciplinary Research On Scientific And Advanced*, 3, 834–849.
- Yang, J., Yang, H. J., Choi, C., & Bum, C. (2024). Behavioral Sciences Relationship Between Athletes ' Big Five Model Of Personality And Athletic Performance : Meta-Analysis. *Journal Behavioral Sciences*.
- Yanti, A., Putri, D., Marheni, E., Pranoto, N. W., & Zarya, F. (2022). Aspek Psikologi Atlet Olahraga Renang Kabupaten Rejang Lebong Psychological Aspects Of Swimming Sports Athletes In Rejang Lebong District. *Jorpres (Jurnal Olahraga Prestasi)*, 18(1), 52–62.