

THE RELATIONSHIP OF PSYCHOLOGICAL SKILL WITH STRESS RECOVERY ON WRESTLING ATHLETES IN INDONESIA

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara psychological skills (X), dengan pemulihan stress atlet gulat (Y). Penelitian ini merupakan penelitian korelasi dengan tujuan menghubungkan antara variabel bebas dan variabel terikat. Sampel pada penelitian ini yaitu atlet gulat yang berpartisipasi dalam PON XXI 2021 Papua sebanyak 104 orang. Teknik pengumpulan data menggunakan angket Test of Performances Strategies (TOPS) dan Recovery-Stress Questionnaire for athlete (RESTQ-Sport 76) teknik analisa data hasil uji normalitas memiliki nilai sig 0.777, uji statistik korelasi product moment dengan taraf signifikan 5%. Hasil uji regresi linear sederhana antara psychological skills (X) dengan pemulihan stres (Y) $0,000 < 0,05$ maka hasil tersebut dapat dikatakan bahwa terdapat hubungan yang signifikan antara psychological skills dengan pemulihan stres atlet gulat di Indonesia. Sedangkan derajat hubungan antara psychological skills dengan pemulihan stres atlet gulat di Indonesia dapat dilihat pada kolom R yang menunjukkan angka 0,824, dengan nilai R tersebut apabila mengacu pada pedoman derajat hubungan berada pada korelasi sempurna. Adapun besaran kontribusi psychological skills dengan pemulihan stres atlet gulat di Indonesia pada kolom R Square yang menunjukkan nilai 0,679 atau secara persentase sebesar 67,9%. Dari hasil penelitian menunjukkan bahwa pentingnya kemampuan psychological atlet terhadap pemulihan stress pada atlet ketika bertanding, selanjutnya diharapkan akan ada penelitian yang akan meneliti lagi tentang psychology pada atlet gulat pada hal yang lainya.

Kata Kunci : Psychological skills, pemulihan stress, Gulat, PON XXI

Abstract

This study aims to determine the relationship between psychological skills (X), and stress recovery in wrestling athletes (Y). This research is a correlation research with the aim of connecting the independent variable and the dependent variable. The sample in this study were 104 wrestling athletes who participated in PON XXI 2021 Papua. Data collection techniques used the Test of Performances Strategies (TOPS) questionnaire and Recovery-Stress Questionnaire for athletes (RESTQ-Sport 76). sig 0.777, statistical test of product moment correlation with a significant level of 5%. The results of a simple linear regression test between psychological skills (X) and stress recovery (Y) $0.000 < 0.05$, it can be said that there is a significant relationship between psychological skills and stress recovery for wrestling athletes in Indonesia. Meanwhile, the degree of relationship between psychological skills and recovery The stress of wrestling athletes in Indonesia can be seen in column R which shows the number 0.824, with the R value when referring to the guidelines for the degree of relationship that is in perfect correlation. The magnitude of the contribution of psychological skills to the stress recovery of wrestling athletes in Indonesia is in the R Square column which shows a value of 0.679 or a percentage of 67.9%. The results of the study indicate that the importance of the psychological ability of athletes to stress recovery in athletes when competing, then it is hoped that there will be research that will examine the psychology of wrestling athletes in other ways.

Keyword: Psychological Skills, Recovery Stress, Wrestling, PONXXI

INTRODUCTION

To achieve peak performance in achievement sports, such as wrestling, it is inseparable from the main aspects that support each other and contribute their roles to the achievement of these achievements. To help athletes improve their skills and achievements as much as possible, there are four aspects that athletes need to pay close attention to, namely technical, tactical, physical, and mental training (Bompa & Carlo A. Buzzichelli, 2019). Aspects that are directly related to achievement are the athlete aspect, the training quality aspect, and the environmental aspect. The dominant aspect of the three aspects is the athlete's own aspect, including talent, motor skills, physical abilities, and mental/psychological qualities. There are several factors that determine the success of an athlete in achieving the highest achievement, these factors are; physiological factors, technical skills, tactical strategies, team factors, and psychological skills (Miçooğullari & Ekmekçi, 2017). Psychological abilities help elite athletes to exert their energy to achieve maximum performance (Aly & Elemiri, 2014).

In the research, Kuan & Kueh (2015) found a significant relationship between psychological skills and stress-recovery states in the training and competition processes. The results of this study can provide important insights for athletes, that they must continue

to improve their psychological skills which can affect their recovery and stress levels during training and competition (Kuan & Kueh, 2015). During the process of training and competition, an athlete's ability to minimize stress and the duration of stress recovery is very important for an athlete to achieve success in showing his best performance. Performance strategies, which are psychological skills, can be used by athletes to improve recovery and stress levels during training and competition (Kuan & Kueh, 2015).

The role of psychological skills in reducing stress and achieving the highest achievement of an elite wrestling athlete is very important. Because wrestling is a martial sport that is identical to physical contact where one of the wrestlers must be able to drop or be able to control their enemy by tackling, capturing, locking, slamming so that the opponent's back sticks to the mat (Edd, 2005). To get points in wrestling, one must be able to touch, it is used to state that a wrestler is defeated by a fall (Reza et al., 2020).

The role of psychological skills is indeed very necessary in achievement sports such as wrestling, where these psychological skills play an important role in reducing an athlete's stress level. Kuan & Kueh (2015) that in sports, effective recovery plays an important role in determining the success or failure of athletes. Coaches recognize that

effective recovery is important to enable athletes to train more so as to improve their physical abilities, technical skills, and overall efficiency in sports (Kuan & Kueh, 2015). If effective recovery is not implemented to support the athlete, further symptoms such as overtraining, fatigue, increased fatigue, lack of concentration, injury and illness, and disturbed mood can further impact the athlete leading to underperformance in their sport (Kellmann, 2010b).

Psychological skills training plays an important role in helping athletes to improve their sports performance (Thelwell et al., 2006), increasing psychological state variables such as pre-competition anxiety (Fletcher & Hanton, 2001), increasing self-efficacy during competition (Lowther et al., 2002), increase motivation, and reduce stress levels (Hanton & Jones, 1999). By practicing these skills, coaches believe that their athletes have the potential to experience lower stress and higher coping skills, contributing to more effective recovery after competition or sports (Kuan & Kueh, 2015). However, the use of such psychological skills differs between practice and competition scenes (Kuan & Kueh, 2015).

Birrer & Morgan (2010) conducted a comprehensive review of psychological skills training in elite sports, with a particular focus on high-intensity exercise. The literature reviewed shows a lack of convincing evidence

and theoretical foundations for traditional psychological skills to improve performance in high-intensity sports. A further important consideration relates to the requirements of applied sports psychology research, particularly when high-performance athletes are involved. Next Kuan & Kueh (2015) concluded in his research that psychological skills used in competition and in practice are correlated with lower levels of stress and recovery among adolescent athletes. Therefore, athletes should continuously improve their psychological skills in sports and strive to improve their recovery and lower their stress levels which can lead to higher performance gains in their sports. Based on several previous studies, it shows how important psychological skills must be possessed by an athlete to be able to help the stress recovery process so that they can play a role in achieving their best performance. With these previous studies, there is a research void that must be filled by future researchers. Future research should try to reveal the role of psychological skills with stress recovery in relation to athlete achievement. Therefore, the researcher tries to fill the void in the study by posing the problem of the relationship between psychological skills and stress recovery for wrestling athletes in Indonesia.

METHODS

The research method that the author uses to test the hypothesis in this study is a quantitative method. Fraenkel & Wallen (2012) explain that quantitative research attempts to study naturally occurring phenomena in all their complexities. It was further explained that quantitative research is research that focuses on measuring and analyzing cause-and-effect relationships between various variables. The design used in this study is a correlational design. Correlational research involves studying the relationships between variables within a group and often shows possible cause and effect (Fraenkel & Wallen, 2012).

The population in this study are wrestling athletes who participate in the 2021 PON XXI multi-event with a total of 104 people, the sampling technique used in this study is total sampling or saturated sampling where the entire population will be used as a sample.

The instrument in this study used two instruments, the first instrument was the Test of Performances Strategies (TOPS) which was adapted from Hardy et al. (2010) by making 32 statements and using a scale of 4, then the Recovery-Stress Questionnaire for athletes (RESTQ-Sport 76) obtained from Kellman et al. (2001); Davis IV et al. (2007). The RESTQ-Sport instrument consists of 76 questions derived from various factors, such as general stress, emotional stress, social stress, conflict/pressure, fatigue, lack of

energy, somatic complaints, success, social relaxation, somatic relaxation, general well-being, sleep quality, rest. distraction, burn-out/emotional exhaustion, fitness/injury, fitness/body shape, burnout/personal achievement, self-efficacy, and self-regulation. This assessment uses a questionnaire with a Likert scale of 4, for 1 (Very Disagree), 2 (Disagree), 3 (Agree) and 4 (Very Agree).

RESULTS AND DISCUSSION

RESULTS

The data and results of respondents who become the sample as a whole will be described in Table 1.

Table 1

Deskriptif statistics

	N	Mini mum	Max imu m	Me an	Std. Devia tion
Psychol ogical Skills	104	61	116	90,6 9	11,314
Stres Recover y	104	124	241	189, 92	23,365

From the data in Table 1, we can find out the number of participants who were sampled in this study as many as 104 athletes. It can be seen in detail the lowest value for each variable starting from Psychological skills of 61, stress recovery of 124. The highest value of Psychological skills is 116,

stress recovery is 241,. The average value of Psychological skills is 90.69, stress recovery is 189.92. The standard deviation of the Psychological skills variable is 11.314, stress recovery is 23.365.

The data normality test is used to determine whether the samples taken are normally distributed or not. Good data is data that is normally distributed. In this study, using the Kolmogrov Smirnov test, it is shown in Table 2.

Table 2

Normalitas Data

	Psychological Skills – Stres Recovery
N	104
Kolmogorov-Smirnov Z	0,660
Asymp. Sig. (2-tailed)	0,777

Based on the results of the normality test using the Kolmogorov-Smirnov, Table 2 shows the numbers in the Asymp column. Sig. (2-tailed) has a value of 0.777 when compared to 0.5, then the value is greater, thus it can be said that the data is normally distributed, so that the existing data can be processed by the following methods.

The purpose of linearity test is to determine the relationship between the independent variable and the dependent variable is linear or not. The linearity test criterion is if the significance value is greater

than 0.05, then the relationship between the independent variable and the dependent variable is linear. The results of the linearity test are presented in Table 3.

Table 3

Linieritas data

Model	Between Groups	Sig.
Psychological Skills – Stress Recovery	(Combined)	0,174
	Linearity	1,000
	Deviation from Linearity	0,084

The results of the linearity test in Table 3 can be seen that the significance value in the Psychological Skills - Stress Recovery model shows a value of 0.084. With the results of the significance value, it shows that it is greater than 0.05, thus the entire model is linear so that the existing data can be used in further data analysis. .

The heteroscedasticity test is a test that aims to assess whether there is an inequality of variance from the residuals for all observations in the linear regression model. The results of the heteroscedasticity test using the glejser test are in Table 4

Table 4

Glejser Test

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
	Psychological Skills – Stress Recovery	-.077	.066		

From the results of the analysis in Table 4 in the Sig. shows the number 0.246 which is greater than 0.05, thus there is no heteroscedasticity or in other words the heteroscedasticity test has been fulfilled.

The results of the simple linear regression analysis of psychological skills with stress recovery for wrestling athletes in Indonesia can be seen in Table 5.

Tabel 5
Regresi Linier Test

Model	R	R Square	Sig.
Psychological Skills – Stress Recovery	0,824 ^a	0,679	0,000 ^b

Hipotesis 1:

H0 : There is no significant relationship between psychological skills and stress recovery for wrestling athletes in Indonesia.

H1 : There is a significant relationship between psychological skills and stress recovery for wrestling athletes in Indonesia.

Table 5 in the column Sig. shows a value of $0.000 < 0.05$, it can be said that there is a significant relationship between psychological skills and stress recovery for wrestling athletes in Indonesia. With the results of the regression test, H0 is rejected and H1 is accepted. While the degree of relationship between psychological skills and stress recovery for wrestling athletes in Indonesia can be seen in column R which shows the number 0.824, with the R value when referring to the guidelines for the degree of relationship that is in perfect correlation. The magnitude of the contribution of psychological skills to the stress recovery of wrestling athletes in Indonesia is in the R Square column which shows a value of 0.679 or a percentage of 67.9%.

DISCUSSION

The findings in this study on hypothesis testing indicate that there is a significant relationship between psychological skills and recovery from wrestling stress in Indonesia. The findings of this study are in line with several previous studies that have found how the relationship between psychological skills and the athlete's recovery rate. As in the study of Kuan & Kueh (2015) which found a relationship between psychological skills and stress-recovery states in the training and competition processes. The role of recovery in the stress-recovery-performance relationship

has been of great interest to sports psychologists.

The study of the field of psychology in sports has become an important role in improving athlete achievement. Amansyah (2019) explains that sports science in preparing athletes is increasingly evolving. This evolution focuses on understanding how the body adapts to different levels of physical and psychological stress. Stress is the process by which an individual responds psychologically, physiologically, and often behaviorally, to situations that challenge or threaten well-being. The psychological component includes cognitive assessments of situations, emotions such as fear, anger, and sadness, and coping responses (Ulrich et al., 1991). This further emphasizes that the complexity that exists within an athlete is very complex in aspects that must be developed.

One very important aspect that must be developed by athletes is psychological skills in stress recovery efforts. Kellmann (2010a) has pointed out that in recent decades, physical and psychological recovery in sport has received particular attention in training research and practice (Montgomery et al. 2008; Vaile et al. 2008). Stress from training, competition, and lifestyle factors has been recognized as a major cause of overtraining and underperformance in sports (Lehmann et al., 2007). Kellman et al. (2001) defines recovery as: a multi-level inter-individual and

intra-individual (eg, psychological, physiological, social) process in time for the rebuilding of performance abilities. This recovery process is a multidimensional process that depends on intrinsic and extrinsic factors, in training or during a match the recovery factor plays a very important role (Hidyat, 2015). Therefore, it is suggested that the stress and recovery of athletes should be continuously monitored throughout the training process (Kellman et al., 2001). Recovery includes an action-oriented component, and self-initiated activities (proactive recovery) can be used systematically to optimize situational conditions and to build and replenish personal resources and buffers.

CONCLUSION

Psychological skills (psychological skills) which include several aspects such as activation, relaxation, imagery, goal-setting, self-talk, automaticity, emotional, and attentional control play an important role in the development of athletes to achieve the highest achievement. Another role of psychological skills, has been revealed by several previous researchers who state that psychological skills play a role in influencing the recovery and stress levels of athletes during training and competition. In line with this study which found that there was a significant relationship between

psychological skills and stress recovery for wrestling athletes in Indonesia. The magnitude of the degree of relationship between psychological skills and stress recovery for wrestling athletes in Indonesia can be 0.824 with the category of the degree of relationship being in perfect correlation. So that it reinforces the importance of psychological skills for athletes to be able to assist in the stress recovery process during training and competition. In the end, the researcher can conclude that psychological skills are closely related to stress recovery for wrestling athletes in Indonesia

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