

# MENTAL TOUGHNESS AND SELF-CONFIDENCE PRAPON DIY FUTSAL ATHLETES HEADING TO PON XXI SUMUT-ACEH

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## ABSTRACT

Knowledge of the physical and psychological conditions of various sports is an integral part of athlete preparation, but until now there has been a lack of research on physical conditions and psychological aspects of self, especially in futsal athletes. The purpose of the study was to identify the physical and psychological aspects of futsal athletes in terms of gender. The research subjects were 40 DIY PRAPON futsal athletes, the research was carried out in Yogyakarta. This research method is in the form of an ex post facto survey. The physical instruments used are Body Mass Index (BMI) and Multistage, while the psychological instruments are Sport Mental Toughness Questionnaire (SMTQ) and Vealey Trait Sport-Confidence Inventory (VTSCI). Data analysis techniques use inferential statistical analysis, namely: 1) Normality Test, 2) Pearson Correlation and 3) Independent Samples Test.

The results of the normality test using the Shapiro Wilk test on four variables, namely BMI, VO2 Max Endurance, Mental Toughness and Self-Confidence showed a value of 0.255 ( $P > 0.05$ ) which means the data is normal. The results of testing data related to correlation: 1) The relationship between BMI and Vo2 Max Endurance is 0.003 (3%)  $> 0.05$  (5%) means there is a relationship. 2) The relationship between mental toughness and self-confidence is 0.024 (2.4%)  $> 0.05$  (5%) means there is a relationship. 3) The relationship between BMI and Self-Confidence is 0.000 (0%)  $< 0.05$  (5%) means there is no relationship. 4) The relationship between VO2 Max Endurance and Mental Toughness is 0.023 (2.3%)  $> 0.05$  (5%) means there is a relationship. 5) The relationship between BMI and Self-Confidence is 0.002 (2%)  $> 0.05$  (5%) can be interpreted as a relationship. 6) The relationship between VO2 Max Endurance and Self-Confidence is 0.041 (4.1%)  $> 0.05$  (5%) means there is a relationship.

Kata Kunci: *bmi, vo2 max, mental toughness, self-confidence*