

Factor Analysis of Psychological Skills Inventory for Sports of Indonesian National Athletes

by Dimiyati, Edi Istanto, Farida Agus

ABSTRACT

Abstract

The Psychological Skills Inventory for Sports (PSIS-R5) is a useful instrument in measuring the six psychological aspects of an athlete, which are motivation, confidence, anxiety control, mental preparation, team emphasis, and concentration. Although the use of this instrument is very popular, unfortunately, it has a number of pros and cons related to the psychometric characteristics, especially in terms of validity and reliability. Therefore, the aim of this study was to reveal the psychometric characteristics of the PSIS instrument using a sample of Indonesian national athletes. The research subjects include a total of 295 athletes from 27 sports registered under the National Sports Committee of Indonesia. The data collected through the PSIS-R5 instrument were analyzed using the SPSS program to obtain information about construct validity through the application of exploratory factor analysis, Cronbach's alpha reliability for each psychological aspect of PSIS-R5, and alpha-stratified reliability for the overall psychological aspects. The results showed the PSIS-R5 instrument to be composed of only five (5) factors with a contribution of 45.325%; to be in the good (reliable) category of Cronbach's alpha reliability coefficient for self-management, motivation, and psychic readiness factors; not good (not reliable) category for failure/defeat thought and team management; and the good category in the stratified alpha reliability.

Kata Kunci: *Factor Analysis, Athletes, PSIS-R5, Reliability, Construct Validity*