

Exploring the Psychological Skills of Indonesian Pencak Silat Athletes in the 18th Asian Games

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ABSTRACT

Abstract

Background. This is a study on the outstanding achievements of the Indonesian *Pencak Silat* athletes at the 18th Asian Games (AG) sporting event. There are many aspects that determine sports success; one of which is the athletes' psychological skills factor. The purpose of this study is to explore psychological skills of Indonesian *Pencak Silat* Athletes in the 18th Asian Games.

Method. This study employed a retrospectives causal-comparative design method. The psychological aspects and achievements of *Pencak Silat* athletes are not yet available, and it therefore became an interesting exploration *Pencak Silat* athlete's psychological skills. The sample was 22 *Pencak Silat* athletes, with an average age of 22.8 years. The instrument employed was The Psychological Skills Inventory for Sports (PSIS). Data analysis techniques employed were descriptive statistics and document analysis.

Results. The results show that motivation, confidence, anxiety control, mental preparation, team emphasis, and concentration *Pencak Silat* athlete's psychological skills are high.

Conclusion. The results show that the six aspects of *Pencak Silat* athlete's psychological skills are high. This is new evidence that strengthens the theory that *Pencak Silat* athlete's psychological skills which is a special object of sports psychology contributes in achieving success.

Kata Kunci: *psychological skill, pencak silat, Indonesia, Asian Games*