

Differences in Character of Competitive Sports Athletes

(Comparative Study: Individual Sports and Team Sports)

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Abstract— An important issue in this research is whether sports excellence is able to foster different characters. The long-term goal of this research is to find effective and efficient ways of character building through competitive sports. This study aims to reveal differences in the characteristics of competitive sports in different sports. The method used in this study is the *ex post facto* method or research after the event. The instrument used was a questionnaire that was constructed and developed by researchers and then conducted trials to look for validity and reliability. The samples used in the study were 27 PPLP North Sumatra athletes consisting of 5 (five) sports, athletics, taekwondo, wrestling, volleyball, and football. The results of this study can be a reference in the development of human resources early on. Analysis of the data in this study uses one-way Anava. Based on the results of statistical analysis of the output of the SPSS, a significance probability value of $0.498 > 0.05$, the hypothesis is H_0 is rejected which means that the hypothesis of this study is that there is no difference in the character of competitive sports (Comparative Study: Individual Sports and Team Sports).

Keywords: *competitive sports, character*

I. INTRODUCTION

In the era of globalization, Indonesian education experts see the progress of information and communication technology as having an impact on social change. This change is very instrumental, can be as a positive transmitter and can be an individual destroyer, especially among adolescents. The ability to access information that is easily and openly in order to know the progress of hemisphere progress there is one form of positive impact. Technological progress is a dream and is a reference or indicator of the progress of a nation. A nation that excels in technology is certainly superior in innovation that results in the welfare of the people of their own society if it is based on the individual character of the community. On the

other hand, Indonesian education experts see that progress can have a negative effect if it is not anticipated by fortifying young people by instilling what is good and what is right.

Indonesian people have characteristics including being reluctant and reluctant to be responsible for their actions, weak in character and character [1]. The embodiment of this view can be seen in the phenomenon of society, especially in students where frequent beatings, mass brawls, school arson, lack of courtesy, facing national exams by doing everything possible. Reference to the phenomenon data can be seen in research revealed that 66, 7% of students were involved in brawl; 48, 7% brawl with stones; 26% beat with tools (wood, iron, etc.); and 1.7% use sharp weapons [2].

This phenomenon of attitude if not anticipated, allegedly will damage and destroy the life of society and the state, as well as the weakening of national values, especially among students. The threats that have spread in the community need to be examined by all components of the nation, especially those involved in education, especially at the student level.

Some experts from various sources say that character education can be developed in various ways. Character Building can be formed through education [3], parenting [4], grandparents-grandchildren relationship patterns [5], pattern of child-grandparents relationship [6], ideal relationship between children and educators [7], character education is inherent in the education process and part in the learning process [8], character education is largely determined by the upholding of the pillars of character and the methods used [9]. Character development can not only be developed in one way, but can be built from various aspects of life starting from infancy in the womb, the living environment with a variety of methods including managing the learning environment to influence individuals, including physical education and sports environments.

Participation in sports activities reduces crime behavior than adolescents who do not participate in sports activities. Further stated, the negative relationship between participation in sports with minor crime / social deviance appears to be stronger in adolescents who are in poor communities [10].

II. METHOD RESEARCH

The research method used is ex post facto which discusses the research carried out to study the reports that have been conducted and then ask backward to find out the factors that can cause these events to have occurred [11], research on the variables that have occurred before the research is carried out. [12] In this case what is considered important is the character of competitive sports as an independent variable and the character that can be accepted and approved in PPLP training. The sample used in this study is 27 North Sumatra PPLP athletes consisting of 5 (five) sports, athletics, taekwondo, wrestling, volleyball, and soccer.

III. RESULT

This study aims to determine differences in character of competitive sports (comparative study: individual sports and team sports) using the ex post facto method and PPLP athletes as the population and sample. The data for the description of research results is as follows:

TABLE I. DESCRIPTION

| Caharacter | N | Mean | Std Deviation | Std Error | 95 % Confidence Interval for Mean | | Min | Max |
|------------|----|-------|---------------|-----------|-----------------------------------|-------------|-----|-----|
| | | | | | Lower Bound | Upper Bound | | |
| Athletics | 7 | 83,14 | 7,426 | 2,807 | 76,28 | 90,01 | 73 | 91 |
| Taekwondo | 3 | 84,67 | 10,116 | 5,840 | 59,54 | 109,80 | 73 | 91 |
| Wrestling | 4 | 91,75 | 5,315 | 2,658 | 83,29 | 100,21 | 84 | 96 |
| Volleyball | 5 | 86,40 | 7,266 | 3,250 | 77,38 | 95,42 | 74 | 93 |
| Football | 8 | 89,00 | 8,315 | 2,940 | 82,05 | 95,95 | 71 | 99 |
| Total | 27 | 86,93 | 7,746 | 1,491 | 83,86 | 89,99 | 71 | 99 |

Based on the results of data processing the researchers have done that athletes in athletics have an average of 83.14, athletes in taekwondo have an average of 84.67, athletes in wrestling have an average of 91.75, athletes on Volleyball has an average of 84.40, athletes in soccer have an average of 89.00.

TABLE II. DESCRIPTIVES

| Caharacter | N | Mean | Std Deviation | Std Error | 95 % Confidence Interval for Mean | | Min | Max |
|------------------|----|-------|---------------|-----------|-----------------------------------|-------------|-----|-----|
| | | | | | Lower Bound | Upper Bound | | |
| Individual Sport | 14 | 85,93 | 7,918 | 2,116 | 81,36 | 90,50 | 73 | 96 |
| Team Sport | 13 | 88,00 | 7,724 | 2,142 | 83,33 | 92,67 | 71 | 99 |
| Total | 27 | 86,93 | 7,746 | 1,491 | 83,86 | 89,99 | 71 | 99 |

TABLE III. ANOVA

| Caharacter | Sum of Squares | df | Mean Squares | F | Sig. |
|---------------|----------------|----|--------------|-------|-------|
| Between Group | 28,923 | 1 | 28,923 | 0,472 | 0,498 |
| Within Group | 1530,929 | 25 | 61,327 | | |
| Total | 1559,852 | 26 | | | |

From the statistical results from the SPSS 22 output above, a significance probability value of 0.498 is obtained. Therefore, a significance probability value of $0.498 > 0.05$, the hypothesis is H_0 is rejected which means that the hypothesis of this study is that there is no difference in the character of competitive sports (Comparative Study: Individual Sports and Team Sports)

IV. DISCUSSION

This group lives in the PPLP hostel under the supervision of the head of the hostel. Student athletes are exempt from everything related to accommodation, and receive an allowance in accordance with the provisions. In general, students come from districts / cities throughout North Sumatra. Requirements for students who are selected to enter PPLP are active students as junior and senior high school students through rigorous selection and based on needs. The reception quota is adjusted to the needs of each sport, and has the opportunity to succeed at the national and international levels.

Based on the information above, the athlete must strive to the maximum extent possible in the development of his abilities in the sport he occupies. Automatically the formation of character is formed through sports, with sports we can develop the nation's character, sportsmanship as well as cementing national unity. On that basis, all components of the nation must contribute in advancing national sports. In the context of sports athletes students who foster North Sumatra Student Training Education Center (PPLP) in addition to sports talents developed in these students at PPLP also instill characters that can deliver these students to champions. Based on observational data and interviews at school athlete students as for the form of character planting for students are as follows

TABLE IV. FORMS OF CHARACTER ACTIVITIES IN STUDENT ATHLETE SCHOOLS

| Location | Character | Form of Activity |
|---------------------|---|--|
| PPLP Sumatera Utara | Religius | 1. Perform worship according to religion. |
| | | 2. Doing prayers before and after practice. |
| | | 3. Respect followers of other religions. |
| | Nasionalism | 1. Defend the area with all your might when competing. |
| | | 2. Following the national ceremony activities. |
| | | 3. Carrying a humanitarian fund. |
| | | 4. Want to use local languages. |
| | Integrity | 1. The habit of telling the truth. |
| | | 2. Do the maximum exercise. |
| | | 3. Take responsibility for each exercise. |
| | | 4. Timely practice. |
| | | 5. Motivation to never give up. |
| | Independent | 1. Start training before the coach comes. |
| | | 2. Prepare the equipment with out the coach's direction again. |
| | | 3. Carry out picket activities. |
| Mutual Coperation | 1. Together with activities. | |
| | 2. Help a friend who is having difficulty in training | |
| | 3. Together with pickets. | |

There is no difference between individual athletes and team sports [13]. Other opinions there are fundamental differences between individual athletes and groups from the way they compete. Individual athletes put more emphasis on the attitude of working alone / independently. While the athletes in groups they emphasize a sense of cooperation. From these things can be one of the considerations of differences in individual athletes and groups Setiawan [14], [15], [16].

V. CONCLUSION

In accordance with the results of data processing and analysis in this study, the author can conclude that there is no significant difference in the character of competitive sports (Comparative Study: Individual Sports and Team Sports). Suggestions to coaches or coaches are expected to pay attention to the personality traits of athletes because it is part of the success in the process of coaching sports both individual sports and team sports.

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