

CHAPTER I

INTRODUCTION

1.1 The Background of The Study

Sports are planned physical activities that are performed for a variety of reasons such as health, fitness, recreation, education, and achievement. Sports achievement is the accumulation of physical characteristics, techniques, tactics, and psychological maturity that an athlete can demonstrate in a competition. Sports achievements are available to all Indonesian citizens, not just those in perfect physical condition.

Achieving in sports is generally associated with athletes who are physically fit and perfect. However, physical perfection is no longer the main requirement because many athletes with physical disabilities have succeeded in establishing themselves as an inspirational figure. This demonstrates that everyone including people with disabilities can participate in performance sports. This is in accordance with government regulations in Law of the Republic of Indonesia No. 3 of 2005 concerning the National Sports System, article 30 paragraph 1 (one) regarding the fostering and development of sports for people with disabilities, which states that "Fostering and developing sports for people with disabilities are carried out and directed to improve health, self-confidence, and sporadic participation".

Athletes are required to have technical, physical and mental preparation skills to develop cognitive, emotional and behavioral strategies. However, not

only athletes with perfect bodies are capable of doing so; athletes with disabilities are also capable of controlling their emotions well enough to excel. (Fitriana and Anisia, 2019). In addition to advancing sports achievements for people with disabilities, the government makes various efforts that can support the improvement of sports performance for people with disabilities. One of these efforts is the establishment of an organization that fosters and develops sports for people with disabilities and provides athletes with the resources they need to improve their abilities. This is also consistent with Article 30 paragraphs 2 (two) and 3 (three) of the Law of the Republic of Indonesia No. 3 of 2005 on the National Sports System namely : (2) "Sports organizations with disabilities are responsible for promoting and developing sports for people with disabilities through upgrading and training activities, as well as tiered and sustainable competition at the regional, national, and international levels." (3) "The government, local governments, and/or sports organizations of people with disabilities in society are required to establish centers for fostering and developing sports for people with disabilities".

Therefore, the establishment of different kinds of sports organizations is one of the different types of efforts that have been made to boost sports performance in Indonesia. The NPC is one of the organizations founded (National Paralympic Committee). NPC is an organization that guides disabled athletes in Indonesia. This committee is responsible for regulating sport coaching and training activities for people with disabilities, as well as for improving the performance and welfare of athletes. In addition, the Committee also aims to

shape the personalities of people with disabilities in Indonesia and to form physical and mental fitness in order to be healthy and strong through sport. In order to further facilitate the expansion of guidance, there are not only national-level organizations such as the National Paralympic Committee of Indonesia (NPCI), but also regional-level organizations such as the NPC of North Sumatra (National Paralympic of North Sumatra).

Physical and psychological differences that each individual possesses can be classified as normal or abnormal. Physical disorders can occur in one or more organs of the body, resulting in a condition in physical function and the body's inability to carry out a task normally. Mental disorders typically manifest as deviations in one's ability to think critically and logically in dealing with the world.

Physical disorders can manifest as abnormalities in the physical senses, namely the sense of hearing (deaf), the sense of sight (blind), abnormalities in the function of the speech organs (speech impaired), motor organs, namely disorders of the muscles and bones, abnormalities in the nervous system of the brain that result in motor system disorders, and limb abnormalities caused by poor growth, such as being born without hands or feet, amputations, and so on. Abnormalities in the mental aspect can spread in two directions, as mental disorders that are more (supernormal) and mental disorders that are less (subnormal).

Accidental changes can cause individuals to lose bodily functions. People who have disabilities as a result of accidents are also faced with a tragic experience, namely an accident in which he/she lost his/her function body.

Accidents can have a variety of effects on the human body, including physical injuries resulting in traumatic brain injury, neck injuries such as whiplash, neck strains, or disk damage, and back or spine injuries such as sprains, strains, fractures, or disk injuries. Accidents can also cause a person to become severely disabled physically and cause the physical condition to lose its function. Amputation of limbs, paralysis, fractures, and muscle disorders are all symptoms of bodily function loss as a result of the accident.

Indonesia is currently one of the Asian countries with the highest number of disabled people. According to data compiled by the Ministry of Social Affairs through the Disability Management Information System, until 13 of January 2021, the number of people with disabilities recorded was 209,604 individuals. Disabled is someone who has a physical or mental disorder that is disturbing or an obstacle for him/her to carry out his/her daily activities properly or normally. Disabled are not disadvantages, but rather differences. Those who have limitations are also able to demonstrate their own advantages and live their lives as ordinary people. Someone with physical limitations has the same rights and dreams as everyone else, including the ability to choose a profession, even if they want to be an athlete.

Sport for people with disabilities is used as a medium to develop their potential and talents, given that every human being apart from having shortcomings also has his/her own strengths, abilities and uniqueness. The choice as an athlete for people with disabilities is understandable because with sports achievements, people with disabilities can prove that they are able to compete and

achieve success. Sports practitioners will greatly assist people with disabilities in exploring their hidden sports talents and abilities, so that athletes with disabilities are able to actualize themselves. The success of self-actualization of an athlete can be seen in the achievements he/she has achieved (Herani, 2018).

Based on the findings of preliminary interviews conducted by researcher with two athletes with physical disabilities, it was discovered that both athletes considered mental toughness and sport to be two interconnected and potentially influencing factors. Furthermore, both athletes believe that mental toughness can aid in the improvement of athlete achievement. Nina Gusmita, an athlete with acquired physical disabilities, stated that controlling thoughts and feelings toward positive things that can help achieve optimal performance is the most influential component of mental toughness in overcoming these stressors, this is also known as awareness and control of thoughts and feelings (Jones, 2007). Nina also stated that she has a desire for much greater success, admitting that she is dissatisfied with her current achievements and believes that she can achieve greater success than she is now.

Different from Nina Gusmita, Sofyan, an athlete with a congenital disability, stated that the factors causing stress or things that could affect his mental toughness were anxiety about his opponent's ability and being easily intimidated by other athletes' performance. He also stated that the support of those around him, particularly his parents, had a significant impact on his mental toughness. Sofyan went on to say that preparation and prayer are powerful tools that are frequently used to overcome this problem. According to Gucciardi et al.

(2008), thorough preparation entails doing everything possible to mentally and physically prepare yourself. According to the interview results, the two athletes have different mental toughness profiles.

When considering individuals' personal dispositions and skills, as well as their overall psychological well-being, it appears that whether individuals have congenital or acquired disabilities is potentially an important individual difference. Several studies have found that people with disabilities are more likely to experience anxiety and depression. Depression in people with disabilities is distinguished by the presence of both psychological and physical symptoms. Typical psychological symptoms include feelings of helplessness, guilt, failure, despair, pessimism towards oneself, one's environment, and one's future, withdrawal from one's environment, and attempts to harm oneself. While physical symptoms such as decreased appetite, fatigue, weight loss, and difficulty sleeping are common. Individuals may also experience feelings of hopelessness, low self-esteem, stress, worthlessness, and sensitivity. The state of a disabled person's body causes feelings of frustration, low self-esteem, withdrawal from the environment, and feeling useless (Nafi et al., 2020).

Campbell (1995) conducted a study of comparison of psychological well-being of individual with congenital and acquire disabilities, and the results showed that sports participants who used wheelchairs and had acquired disabilities reported higher positive psychological well-being than those who had congenital disabilities. The subjects with congenital disabilities reported higher

trait anxiety and lower mastery and self-esteem than those with acquired disabilities.

Campbell (1995) also stated that there are some several previous researchers who have studied differences in athlete psychological conditions, one researcher have studied differences in athlete psychological conditions based on when the athlete becomes disabled, researcher found that it was related to the age at which disability occurred, the earlier in life disability occurred, the lower the individual's self-esteem. Another study investigated this factor in these athletes' sport socialization. Individuals with congenital disabilities, i.e., disabled from birth, had fewer early experiences in sport and were more reliant on other social agents, such as physical therapists, family members, and current athletes with disabilities, to attract and maintain their interest in sport than individuals with acquired disabilities. This backs up another research that claim that people who are disabled from birth are more likely to be helped by family members and physical therapists as they age. People who are constantly being helped are more likely to feel inferior. As a result, people born with disabilities are more likely to develop learned helplessness, as well as a lack of independence and personal skills to cope with stressful situation.

The findings appear to back up Wright's (1983) claim that people who are disabled early in life may lack independence and personal skills to cope with stressful situations. Another possibility for the group with acquired disabilities reporting higher levels of psychological well-being is "growth through adversity". This hypothesis suggests that individuals acquiring disabilities later in life have

had to develop better coping skills to confront and accept their disabilities. Individuals with acquired disabilities may be able to use the coping skills that have been developed to improve their psychological well-being. The study indicates that, sport participants in wheelchairs with congenital disabilities have a generally positive mood, but they may encounter problems in maintaining such a mood as scores on self-esteem and mastery are often low and trait anxiety high. In summary, whether sports participants in a wheelchair have congenital or acquired disabilities appears to be an important variable when considering psychological well-being.

Athlete's psychological well-being is related to mental toughness. This is due to the fact that mental toughness can assist athletes in dealing with anything that may affect their psychological condition. Mental toughness is a collection of characteristics, mentalities, behavior patterns, and emotional responses that enable you to persevere and confront any hurdle, difficult circumstances, or tension encountered, as well as to maintain focus and determination when things are going well in order to consistently achieve your goals (Gucciardi et al, 2008). While mental toughness currently appears to be an unconvincing psychological concept, there is some agreement on its existence. Most researchers believe that mental toughness is a relatively stable temperament, though it can change in response to certain types of experience. Several studies have found that adversity and hardship play an important role in the development of mental toughness (Gucciardi, 2010).

Mental toughness, according to current thinking, is a combination of personal assets that are essential for target behavior despite different degrees of

needs of the situation (Gucciardi et al., 2015). In terms of improving mental toughness, research appears to support instinct and circumstantial information that athletes should be exposed to, rather than shielded from, stressful situations, challenges, and adversity (Collins and MacNamara, 2012).

Based on the description above, it is possible to conclude that the psychological conditions of athletes with acquired disabilities differ from those of athletes with congenital disabilities. This difference can be caused by a variety of factors, one of which is the athlete's mental toughness. Two variables, mental toughness and whether disabilities are acquired or congenital have now been identified as important influences on the psychological well-being of athletes with disability. The purpose of the present study was to investigate differences in mental toughness associated with congenital and acquired disabilities. Based on this, the authors want to conduct research on The Mental Toughness Profile of Athletes with Congenital and Acquired Disabilities at The North Sumatera National Paralympic Committee.

1.2 Focus and Sub-focus of Research

The study concentrated on the mental toughness of athletes with disabilities in North Sumatra. This focus is divided into two sub-focus research areas, which are as follows:

1. How is the mental toughness profile of athletes with congenital disabilities?
2. How is the mental toughness profile of athletes with acquired disabilities?

1.3 The Formulation of the problem

From the background description and problem identification presented, it is concluded that the formulation of the problem is in the form of a research question, namely:

1. How is The Mental Toughness Profile of Athletes with Congenital and Acquired Physical Disabilities at The North Sumatera National Paralympic Committee ?

1.4 The objective of this study

The objective of the study is to determine The Mental Toughness Profile of Athletes with Congenital and Acquired Physical Disabilities at The North Sumatera National Paralympic Committee.

1.5 The Significance of the Study

The findings in the study are expected to be useful and relevant in some respects, both theoretically as well as practically.

1. Theoretical Benefits

The theoretical benefits of this research are expected to contribute to knowledge, especially in the context of Sports Psychology, which is related to the phenomenon of athlete's mental toughness, which is still rarely considered, and this research is expected to provide input and insight into the knowledge of the athletes' mental toughness profile.

2. Practical Benefits

Practically, the results of the study can be useful :

a. For students

This research is expected to be able to increase knowledge and experience about athletes' mental toughness.

b. For organization

It is hoped that it can contribute in the form of insights for the organization to keep paying attention to important factors that can affect athlete's psychological well-being, especially the condition of athlete's mental toughness.

c. For Further

This research is expected to be used by future researchers as reference material, or as a reference for similar research in the future. Further research can also add other variables as independent variables both from external factors and internal factors in order to determine which variables can strengthen and influence the dependent variable.