

CHAPTER VI

CONCLUSIONS AND RECOMMENDATIONS

6.1 Conclusion

Based on the data analysis and discussion, it is possible to conclude that the two athletes have very different life processes and experiences. Nina and Sofyan develop disabilities at different ages and in different ways. Nina is an athlete who has a disability as a result of an accident. Nina's accident when she was 17 years old required her to go through a difficult recovery process and resulted in the loss of her right leg. Nina must also adapt to various changes, such as how she moves and performs activities.

Sofyan, unlike Nina, is an athlete with a physical disability caused by the poliovirus, which attacked his body at an early age. Sofyan went through a period of growth with different foot conditions from children in general, and he also received various unpleasant and even degrading treatments from other people. Sofyan felt he was receiving treatment and words from others that he should not have received. Despite differences in processes and experiences due to their disabilities, Sofyan and Nina have a similar mental toughness profile. According to the findings of the analysis and discussion, Nina's mental toughness profiles consist of 17 characteristics and Sofyan's mental toughness consist of 15 characteristics.

6.2 Recommendations

Based on the researcher's research on the mental toughness profiles of athlete with congenital and acquired disabilities, the researcher discovered that both athletes' mental toughness profiles are decent and do not demonstrate any significant differences. This study is limited, there are still many other variables that can affect the mental toughness of athletes but were not considered in this study, for example, gender, number of years participating in sports, and functional ability. Researchers should investigate the possibility of other influential variables and their interactions as a whole.

Researcher hope that the research conducted can provide information on mental toughness more broadly, the research is expected to provide a broader understanding and view of mental toughness both characteristics and factors that can influence it. The author received a lot of information and new perspectives on mental toughness, sports achievements for athletes with disabilities, and many other things during the research process, so the authors hope that this research can provide many new perspectives and information about mental toughness and athletes with disabilities, especially people who work and play a contribution in the world of sports. Aside from that, readers can learn a lot from the two athletes' life experiences, such as how they dealt with every problem and challenge, and how they were able to accept every condition, even the most difficult ones. Furthermore, readers also may learn about how the two athletes can have a strong interest and passion for success, and how the two athletes always try to find

solutions to every problem and difficulty they face. In addition, the research is also expected to provide input to coaches, sports administrators and other sports workers regarding the influence and importance of mental toughness on athlete achievement and what factors need to be considered in an effort to improve athletes' mental toughness. The researcher also expects that athletes would pay more attention to their mental toughness and recognize it as something important. The author also hopes that athletes will learn and understand more about the mental toughness characteristics possessed by athletes with outstanding achievements, such as the two subjects.

