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# The Influence Of Emotions, Motivation And Self-Control On Athlete Concentration at Sakato Semen Padang College

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## Abstract

The aim of this research is to determine the direct and indirect influence of emotional levels, motivation and self-control on athletes' concentration. This type of research is correlational using the path analysis method. The population in this study were female athletes, sampling used purposive sampling, totaling 30 female athletes. The test instrument used was a Likert scale questionnaire of emotionality, motivation, self-control and concentration. The data analysis technique uses Path Analysis with  $\alpha = 0.05$ . The results of the research are: (1) There is a direct emotional influence on athlete concentration during the pandemic at the Sakato Minang Kabau training in Padang City, which is 9.12%. (2) There is a direct effect of motivation on the concentration of athletes during the pandemic at the Sakato Minang Kabau Training Center, Padang City, which is 6.30%. (3) There is a direct influence of the Self-Mastery variable on Athlete Concentration during the pandemic at the Sakato Minang Kabau Training Center, Padang City, which is 9.24%. (4) There is an indirect influence of Emotion on Concentration through Self-Mastery of 16.81%. (5) There is an indirect effect of motivation on concentration through style of 8.35%. (6) There is an indirect influence of Emotion on Concentration of 15.1%.

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## INTRODUCTION

Sport is one of the aspects that cannot be separated from human life (Aalto et al., 2024). This is because sport is part of human life which can improve the physical condition of human beings both physically and spiritually, and provide pleasure and can provide health for humans can also be

a means of recreation (Wood et al., 2024). Exercise for freshness requires strenuous physical activity or activity than for health. Of the many sports that exist, one of the martial arts that is popular today by early age, teenagers, and adults is pencak silat (Fitriady et al., 2020; Nasrullah et al., 2020).

The highest achievement in sports is the dream of every athlete, both national and international (Takamatsu & Kawata, 2024). Athletes who excel cannot be underestimated anymore at this time. An athlete who has good achievements has a very decent life, for example there are several Indonesian athletes who have very high income such as Iqbal Chandra, Sarah, Arum Dara and many others, brilliant achievements are certainly not easy to get. The need for hard work in preparing everything both physical, tactical and mental factors. Psychological factors are often decisive in competing, especially when competing with equally strong opponents, where a mental role is needed (Singh & Boruah, 2024). Regarding the mentality of competing an athlete is often the study by several experts.

The development of pencak silat sports in West Sumatra is very good, as evidenced by the existence of several universities or targets that produce outstanding athletes. Several schools have participated in national and even international championships such as Perisai Diri and Sakato schools based in Gor Semen Padang. But the athletes' achievements only reached the open tournament championship, at the time of official championships such as PON, Sea Games, and even the Asian Games, West Sumatra silat players did not succeed in passing the selection call.

During the pandemic, athletes conducted independent training at home with makeshift facilities and training programs provided by coaches to athletes (Tóth et al., 2024). Independent training makes athletes feel bored when doing exercises, this is because there is no friend or coach who gives instructions if the athlete makes a mistake in movement. After several months of delays in sports matches or events, and athletes are no longer at their best in training programs, and there are some official matches that are held virtually via video. This results in indirect assessment and makes athletes feel down. Matches that can be done virtually video are only in the art category. The competition category has not been held because of direct body contact (Brummer et al., 2024).

After the researcher interviewed the coach of the Sakato Semen Padang pencak silat College and saw directly the training site. Athletes' achievement abilities have decreased, especially since the current pandemic is ongoing (Ríos-Garit et al., 2024). This is due to the low achievement of athletes, due to the lack of physical training so that one of them results in the low ability of silat fighters to achieve achievements and lack of motivation for the athlete's mentality so that when competing athletes hesitate to attack. Before the pandemic, the athletes of the Sakato Semen Padang pencak silat college always achieved good achievements at the regional level such as the provincial sports week (PORPROV), the student sports week at both the regional and national levels. One of the athletes of Sakato Semen Padang who passed the National Sports Week (PON) in Papua 2020 Ochi Ramdani and Yola in the women's doubles category. This makes the researcher interested in conducting this study because the researcher wants to see how the athlete's emotions during the training period and waiting for the match to be allowed again, whether the motivation of the athlete decreases during independent training and the role of the athlete's parents during independent training.

## **METHODS**

According to Sugiyono, (2015) "Research variables are everything in the form that the researcher determines to be studied so that information about it is obtained" in this study there are 2 main variables, namely: free variables (exogenous) and bound variables (endogenous). Independent variable (Independent Variable) "An independent variable is a variable that affects or causes changes or the emergence of independent variables while bound variables (Dependent Variables). Variables that are influenced or that are consequences". Based on the population above, sampling uses the purposive sampling technique. Purposive sampling is a sample determination technique based on the consideration of the objectives that have been set by the researcher, therefore purposive sampling does not pay attention to the principle of representation of the population. The test instruments used were, Likert scale questionnaire of emotional, motivation, self-mastery and concentration.

## RESULT AND DISCUSSION

In this section, the author will explain the description of the data which is the result of tests and measurements of all research objects. The data of this study consisted of the results of Concentration (Y) as a bound variable (endogenous), then Emotional (X1), Motivation (X2), as an independent variable (exogenous). and Self-Mastery (X3) as an intermediate variable (Intervening).

Table 1. Data Description

Variabel	N	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance
Emotional	30	15	31	605	20.15	4.467	19.957
Motivation	30	12	19	451	15.03	1.956	3.826
Self-Mastery	30	67	167	3990	133.00	24.707	610.414
Concentration	30	75	93	2675	89.17	4.356	18.971
Valid N (listwise)	30						

Emotional is one of the aspects that helps determine effectiveness in learning (Izzatunnisa 2021:8). Athletes will learn well if there is a motivating factor, namely Emotional. Athletes will study seriously if they have high Emotions. Emotional is all the driving force that exists in athletes that are able to provide the desire to learn to touch the purpose of learning (Idzhar 2016:224). The goal of learning is to get good concentration, so that if athletes have high motivation in learning, they will be able to get better grades or concentration. Athletes who are motivated in learning will continue to work even if the coach leaves the classroom inside and outside the classroom, does extra tasks, does not want to waste time, actively does school work outside of class hours and looks for activities related to learning. A decrease in Emotional in athletes will cause individuals to be less eager to follow the learning process (Kurova et al., 2024). Mood and concentration are important components necessary for activity, interest, and Emotion in Athletes. Athletes who are lazy to study will affect Emotional and learning achievement (Charmant et al., 2024).

From the results of the research that has been carried out on the Emotional variable on Concentration, it was found that there is a direct influence of Emotional (X1) on Concentration (Y). Furthermore, the results of this study also show that there is a significant relationship between Emotional and Concentration obtained by athletes with a percentage of 9.12%. While the remaining 90.88% were influenced by other factors. Starting from the findings of the research above, it can be concluded that there is a significant influence between Emotions and Concentration. Emotions are

more closely related to cognitive assessment (intelligence) than psychomotor assessment (movement) and affective assessment (Alarfaj et al., 2024). To create strong emotions, trainers must be able to choose a learning model that is in accordance with the material presented and the abilities of each participant. Through the right strategy, participants will be encouraged and excited to learn. The higher the Athlete's Emotional Strength at the Sakato Minang Kabau Training, Padang City, the greater their contribution to Concentration.

The author does not only look at the relationship and contribution of the findings of this research, but continues on the influence of each variable. In the discussion of this emotional variable based on the study of theory, theoretical framework and hypothesis submitted in the research, the results of this research can be accepted as empirically correct.

Starting from the findings of the research above, it can be concluded that there is a significant influence between Motivation and Concentration (Mantzioris et al., 2024). Motivation is a person's ability to do activities for a relatively long time without experiencing excessive fatigue and still have a reserve of energy for the next activity, whether it is sudden. Motivation is very important and is needed in an effort to achieve good Concentration (Rich et al., 2024; Zeng et al., 2024). Therefore, a participant must have good motivation to support good concentration, because with very good motivation athletes will be able to do all exercises without experiencing fatigue.

## CONCLUSIONS

The results of the study are: (1) There is a direct emotional influence on athlete concentration at Sakato Minang Kabau Training, Padang City is 9.12%. (2) There is a direct influence of motivation on concentration in athletes at the Sakato Minang Kabau Training, Padang City is 6.30%. (3) There is a direct influence of the Self-Mastery variable on Athlete Concentration at the Sakato Minang Kabau Training, Padang City is 9.24%. (4) There is an indirect influence of Emotions on Concentration through Self-Mastery of 16.81%. (5) There is an indirect effect of Motivation on Concentration through force of 8.35%. (6) There is an indirect influence of Emotions on Concentration of 15.1%.

## CONFLICTS OF INTEREST STATEMENT

Regarding this study, the author declares that there is no conflict of interest.

## AUTHOR CONTRIBUTIONS

Study concept and design: Muhammadiyah Nur Sya'ban. Acquisition of data: A Anton Komaini. Analysis and interpretation of data: Tjung Hauw Sin. Drafting the manuscript: Muhammadiyah Nur Sya'ban. Critical revision of the manuscript for important intellectual content: Wilda Wellis. Statistical analysis: Muhammadiyah Nur Sya'ban.

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