

## The Relationship Between Motivation and Mentality towards Athletes' Psychology in Supporting Football Achievement: A Literature Study

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### Abstract

The nature of exercise aims to improve the various components that an athlete needs, for example physical exercise, techniques, tactics and achievements. The purpose of this study was to discuss the relationship of motivation and mentality of athletes to achievement. This type of research uses literature studies. The database in this study with article criteria derived from *sinta* 2-5 indexed journals. The number of articles reviewed in this study totaled 4 articles with characteristics 1). Articles of the last five years, 2). The articles reviewed must be related to the focus of this research. Then the procedures for searching for the articles needed in this study are based on the Google engine: 1). Google scholar and 2). Google Chrome. The analysis of this study focused on the relationship of motivation and mentality of athletes in football achievement. The results of this study indicate that there is a relationship between mentality and athlete motivation on athlete achievement based on the results of the review. The four articles that were reviewed as a whole had positive results, that the athlete's mentality plays an important role in achieving good performance. The existence of these two psychological factors, helps athletes get maximum achievements. It is concluded that motivation and mentality affect the achievements of athletes which will have an impact on athlete performance, then athletes create maximum achievements.

**Keywords:** Athlete; achievement; football; mental; motivation.

### Abstrak

Sepak bola adalah olahraga yang identik dengan kerja sama tim. Sifat senam bertujuan untuk meningkatkan berbagai komponen yang dibutuhkan seorang atlet, misalnya latihan fisik, teknik, taktik, dan prestasi. Seorang atlet sepak bola tidak mementingkan faktor psikologis, dalam hal ini faktor psikologis mental dan motivasi dari atlet tersebut. Tujuan dari penelitian ini adalah untuk membahas hubungan motivasi dan mentalitas atlet terhadap prestasi. Jenis penelitian ini menggunakan studi literatur. *Database* dalam penelitian ini dengan kriteria artikel berasal dari *sinta* 2-5 jurnal terindeks. Jumlah artikel yang diulas dalam penelitian ini berjumlah 4 artikel dengan karakteristik 1). Anggaran lima tahun terakhir, 2). Artikel yang direview harus berkaitan dengan fokus penelitian ini. Keempat artikel tersebut dilampirkan pada tabel 1. Kemudian prosedur pencarian artikel yang dibutuhkan dalam penelitian ini berdasarkan mesin *Google*: 1). *Google scheller* dan 2). *Google Chrome*. Analisis penelitian ini difokuskan pada hubungan motivasi dan mentalitas atlet terhadap prestasi sepakbola. Hasil penelitian ini menunjukkan bahwa ada hubungan antara mentalitas dan motivasi atlet terhadap prestasi atlet berdasarkan hasil *review*. Dari keempat artikel yang diulas secara keseluruhan memberikan hasil yang positif, bahwa mentalitas atlet berperan penting dalam mencapai prestasi yang baik. Adanya kedua faktor psikologis tersebut, membantu atlet mendapatkan prestasi yang maksimal. Disimpulkan bahwa motivasi dan mental mempengaruhi prestasi atlet yang akan berdampak pada prestasi atlet, selanjutnya atlet menciptakan prestasi yang maksimal.

**Katakunci:** Atlet; mental; motivasi; prestasi; sepakbola.

## 1. Introduction

In any sport, an athlete cannot be avoided by two factors, namely: motivation and mentality, these two factors apply in football. These two factors are seen as very important, because a human or an athlete does not have a clear motivation, it is certain that there are no changes that can be made by the athlete (Irfan et al., 2020). This also applies to the mentality of an athlete, even though an athlete has motivation but does not have a good mentality, it is certain that the motivation that is already in the athlete's personality will not be achieved (Vazne, 2018). If an athlete aligns these two factors, it is certain that big or small things can be resolved properly (Shynkaruk, 2019). In achieving maximum performance, an athlete is not only supported by a good training program, good protein support, but physical and psychological factors must be in good health (Prudhomme, 2020). Because only the athlete is physically good and the athlete's psychology is not good, it is certain that maximum achievement cannot be created properly. However, these two things can be considered properly, then the opportunity to create maximum performance is even greater (Penna et al., 2021). So now many coaches are starting to understand that high achievement does not only depend on technical aspects, but also non-technical factors such as motivation, self-confidence, emotional factors, teamwork and athlete personality (Astriani, 2010).

Good motivation can indicate success both individually and in groups. Being well motivated can allow everyone to work better, both individually and in groups. During the match, having a good performance certainly has good motivation and skills, so that the goal will be achieved in achieving presumption. Having a strong motivation, will be able to make something difficult easy, which feels heavy will be light to carry out, meaning that having high motivation can make something impossible possible (Wafiroh et al., 2022).

Football is a team sport that is very popular among children and adults. To improve football skills, it is necessary to master various basic football techniques. As for football techniques, including shooting, passing, and dribbling (Nugroho, 2017). To achieve achievements in the sport of football in addition to mastering these basic technical skills, it is necessary to also pay attention to several factors that can support the achievements of football athletes including physical, technical, tactical and mental conditions (Jihad & Annas, 2021). According to (Wahidah, 2013) The determining factors for maximum achievement are endogenous and exogenous factors. Endogenous factors include good physical and mental health, perfect technical control, correct tactical problems, psychological aspects, good personality and maturity. Meanwhile, exogenous factors include trainers, funding, tools, places, equipment, organizations, the environment and government involvement.

The game of football is a team game, so cooperation and cohesion in the game of football is very important to be applied in addition to the basic techniques of football, physical and mental. Cooperation is not only carried out in sports games, but in our daily lives as human beings who have a social nature in terms of cooperation, we cannot avoid in our daily lives. According to (Iskandar, 2018) The success of the show can be measured and rewarded by cooperation. Cooperation is defined as a social process by which performance is evaluated and valued based on the achievements of groups of people working together to achieve certain goals. While according to (Habibie et al., 2019) To achieve success in cooperation, it must also be accompanied by self-confidence, since self-confidence has a significant correlation with achievement.

Indonesia has several places for athletes to train and achieve achievements, one of which is PPLP. According to Assalam & Sulaiman (2015). The Student Education and Training Center (PPLP) is a national sports school center where school-age sports talents are sought, nurtured and polished, which will later become qualified athletes. PPLP itself is a forum for a group of selected athletes who excel in their respective fields and eventually become qualified and experienced athletes.

Efforts to improve athlete achievement, self-confidence is one of the main assets in achieving peak achievements as an athlete and is very helpful in maintaining their best abilities so that the athlete continues to perform at maximum performance. Self-confidence is basically the belief in one's own abilities without the help of others (Firmansyah et al., 2018). In addition to building athletes' confidence to improve athlete achievement, it is also necessary to build a mentality to face the game, with a good mentality athletes can display their performance with full confidence and produce maximum play. Mental is very important that an athlete must have, because mental is a state in which a person does not feel guilty, has a realistic self-assessment and is able to accept his shortcomings or weaknesses, is able to face problems in his life (Kuswoyo et al., 2017). According to Riyadi et al., (2019) mental is a person's ability that involves thought processes towards a person's emotional and intellectual responses.

The process of mental exercise or mental shaping of an athlete is carried out on the entire length of the athlete's exercise, mental exercise is inseparable from the exercise program either annual exercise or exercise periodization. Mental exercises are generally not bound by time so can be done at any time. However, some require special time, for example when you first learn relaxation and concentration exercises (Akbar et al., 2019). Mental exercise is a method in which the performance of tasks is imagined or visualized without a clear physical effort that refers to the training of the brain on the structured use of exercises or cognitive techniques whose purpose is to improve certain brain functions (Samudra & Nurjamal, 2022). While according to Ramadan & Ningrum (2019), mental exercise is an exercise that refers to the cognitive of the athlete without making physical effort. According to Linggar et al. (2021), mental training is the ability to manage and focus one's emotions into positive forces for optimal performance in conditions of high stress. From this understanding, it can be interpreted that mental exercise is an exercise that is programmed to shape a person's psyche both cognitively, affectively and psychomotorly in an organized manner.

Mental training should be considered an important part of the athlete's preparation for demanding training schedules and competitions as physical training. Because successful athletes are highly motivated, focused, and confident athletes. Many coaches encourage their athletes to play through pain. They argue that the more athletes face these challenges, especially physical pain, the more they are able to push themselves to train and compete at a high level (Nopiyanto et al., 2022). The science of sports psychology is a broad field for the study of mental and emotional individuals in sports. Learning motor skills and mastering them is part of the psychological study of how athletes can learn sports skills faster, the basic principles of sports psychology can be used to accelerate learning and prepare mentally for peak performance (Saputra, 2020).

A coach is not only focused on basic techniques and physical training in the game of football but also has to look at motivation and mentality to improve the athlete's performance. From previous research conducted by Alim (2019), the relationship of motivation to athlete achievement that results from the acquisition of correlations with the number of 133 athletes of court tennis is known that it has no significant relationship to athlete achievement. The results of the study calculated  $r$  value of 0.112 in percentage terms of the relationship of motivation to athlete achievement was only 11.2%. The researcher said that motivation has nothing to do with the presence of senior class court tennis athletes at the regional level in Indonesia.

Unlike the previous researchers, Rohendi et al. (2021) said that motivation has a significant relationship to the achievements of PBV volleyball athlete Pasundan. It is known from the total sample of 12 people in the score range of 57-112 in the good and very good category. Moreover Juariyah & Adi (2017) from the results of his research, it is known that Metro FC football athletes in Malang Regency have a significant motivation to influence the achievements of athletes with a significance value of  $0.000 < 0.05$ . From several previous studies, especially in the game of football, motivation has an important role to improve the achievement of athletes. Athletes who have high

motivation will be more likely to train hard so that the results of the training can help achieve their achievements.

In addition to the motivation that influences the athlete's achievement, previous research conducted by Sufriyanto & Putra (2019) that mentality also influences the achievements of Kerinci County football athletes. Previously, football athletes in Kerinci Regency with an average age of 16 years had low self-confidence. After the researchers gave the mental imagery treatment, it was seen that there was a significant change in the athlete's confidence level. The result of significance can be seen from the calculated  $t$  value of  $5.452 > t_{table} 2.101$  at the level of 5%. Based on several explanations about the relationship between motivation and mentality to athlete achievement, researchers are interested in discussing mental and motivational achievements of football athletes using review studies from previous researchers.

## 2. Research Methods

This study used the literature review method. Riview literature is research that by collecting some quintessence from previous studies and analyzing those written in the text (Yustika, 2018). The data collection technique in this study used an internet web base by focusing on articles relevant to this study. The data used is a secondary type of data in the sense that researchers do not go directly to the field.

It should be noted that the procedures for searching for articles relevant to this research are using the sinta database with the help of the Google Chrome and Google Scholar engines. The search system for these articles uses keywords derived from the title of this study. As many as 59 articles were found during the search process for the article, but of the 59 articles found, only 4 articles were used as a reference for researchers to conduct a review. This is because 55 articles were not included or were not needed in this study, with reasons 1). 10 articles published under 2015, 14 articles only talk about one variable and 31 articles do not discuss variables in this study at all. The researcher also emphasized that all data used for this study was sourced from the national or sinta database with the provisions of the last 5 years so that their existence is still relevant today.

## 3. Result

Table 1 below is the four articles that became the main reference or source for the author in completing this research. Because the research database is sourced from the articles listed in the table below. The four articles have several components that need to be listed in the table below, namely 1). Author's name, 2). Article title, 3). Journal name, 4). Journal accreditation, 5). Research results which include, a. the variable being measured, b. number of samples and c. The following statistical test is used in detail the four articles that are relevant to this research as follows.

**Table 1. List of Articles that are Material for Review**

Source	Author's Name and Year of Publication	Publisher	SINTA Index	Research Results
1.	Riga Mardhika & Dimiyati, 2015	Journal of Sports, Yogyakarta State University	2	The results showed that: (1) there was a difference in the effect of the imagery training method and the concentration training method on the success of a penalty kick, as evidenced by the value of $p = 0.002 < 0.05$ , (2) there was a difference in the effect between soccer players who had high self-confidence and confidence low self-esteem towards the success of penalty kicks, as evidenced by the value of $p = 0.012 < 0.05$ , (3) there is an interaction between mental training

Source	Author's Name and Year of Publication	Publisher	SINTA Index	Research Results
				methods and self-confidence towards the success of penalty kicks, as evidenced by the value of $p = 0.004 < 0.05$ . The variable measured in this study is self-confidence in the success of soccer players' penalty kicks. The sample in this study were Ps Gama club soccer players with a total of 58 athletes. The statistical test results in this study used the two-way Variant formula (ANOVA) followed by the Newman Keuls range test at a significant level of $\alpha = 0.05$ .
2.	Beni Apriansyah, Sulaiman & Siti Baitul Mukarromah, 2017	Journal of Physical Education and Sports, Semarang State University	4	The results of the study: (1) the contribution of motivation to the achievement of PTC athletes is 24.4%, (2) the contribution of cooperation to the achievements of PTC athletes is 18.8%, (3) the contribution of confidence to the achievements of PTC athletes is 13.3%, (4) the contribution of motivation and cooperation to the achievements of PTC athletes is 24.4%, (5) the contribution of motivation and confidence to the achievements of PTC athletes is 24.6%, (6) the contribution of cooperation and confidence to the achievements of PTC athletes is 19.6 %, (7) the contribution of motivation, cooperation and self-confidence to the achievement of PTC athletes is 24.6%. The variable measured in this study is the achievement of football athletes. The sample in this study were the athletes from the Pati Football School Training Center in Pati Regency. total subject 33 athletes. The statistical test results in this study used the multiple regression correlation formula.
3.	Reza Resah Pratama, 2019	Journal of Sport Education, Riau University	3	The results of the data analysis show that the influence of nutrition, motivation and self-confidence on the achievement of football athletes is 54.5%. Simultaneously the variables of nutrition, motivation and self-confidence really influence the achievement of football athletes, this is evidenced by a significance value of 0.000. The variable measured in this study is athlete motivation. The sample in this study were Sriwijaya University football athletes. total subject of 30 athletes. Statistical test results in this study used the normality test formula and linearity test, assisted by SPSS 20.
4.	M.Riyan Prawitama	Tambusai	5	The results of the study prove that there



Source	Author's Name and Year of Publication	Publisher	SINTA Index	Research Results
	& Prima Aulia, 2020	Education Journal, Universitas Pahlawan Tuanku Tambusai		is an effect of mental training on increasing self-confidence in soccer athletes after being given mental training. The results of the hypothesis test showed significant results with a value of $t = 4.235$ ( $t_{count} > t_{table}$ ) and a $sig = 0.038$ ( $p < 0.05$ ). The variable measured in this study is the athlete's confidence. The sample in this study was the Persegat Padang Pariaman academy football athlete. total subjects 113 athletes. The statistical test results in this study used the t-test formula with the help of SPSS 25.0.

#### 4. Discussion

For the discussion in this article, the researcher focuses on the four articles that were reviewed in this study sequentially. The following is an overall discussion as follows:

- 1) The first article written by Mardhika & Dimiyati, 2015 with the title "the effect of mental training and self-efficacy on the results of penalty kicks of football players". The purpose of this study is to find out three important aspects that support the success of a soccer athlete in taking penalty kicks, namely: a. The effect of imagery training methods and concentration training methods on the success of soccer players' penalty kicks, b. Effect of high self-confidence and low self-confidence on the success of a soccer player's penalty kick and c. The interaction between mental training methods and self-confidence in the success of soccer players' penalty kicks. This research method is experimental research with a 2 x 2 factorial design, using pre-test and post-test in four groups that were treated with two methods. The population of the study were Ps Gama club soccer players with a total of 58 soccer athletes. The instrument used in this study was a self-confidence test, to measure the level of self-confidence of soccer players. The instrument for measuring the success of an athlete's penalty kick uses a modification of the penalty precision test. The data analysis technique used was the two-way Analysis of Variance (ANOVA) followed by the Newman Keuls range test at a significant level of  $\alpha = 0.05$ . The results of this study prove that there is a difference in the effect of the imagery training method and the concentration training method on the success of penalty kicks, as evidenced by the value of  $p = 0.002 < 0.05$ , (2) there is a difference in the effect between soccer players who have high self-confidence and low self-confidence on the success of penalty kicks, as evidenced by the value of  $p = 0.012 < 0.05$ , (3) there is an interaction between mental training methods and self-confidence towards the success of penalty kicks, as evidenced by the value of  $p = 0.004 < 0.05$ . Based on the results of this study, researchers can conclude that an athlete's mentality is very influential in achieving goals in a match.
- 2) The second article written by Apriansyah, Sulaiman & Mukarromah, 2017 with the title "Contribution of Motivation, Cooperation, Self-Confidence to the Achievement of Athletes of the Pati Football School Training Center in Pati Regency". The purpose of this study was to analyze the contribution of motivation, cooperation and self-confidence to athlete achievement at the Pati football school training center in Pati Regency. This research method uses quantitative research with a regression correlation analysis approach. The research instrument used a questionnaire for independent variables while achievement used an

assessment model of playing football skills in a small side game. The total population in this study were 33 athletes taking samples using total sampling. The data analysis technique uses multiple regression correlation with the help of SPSS. The results of this study prove that, the contribution of motivation to PTC athlete achievement is 24.4%, the contribution of cooperation to PTC athlete achievement is 18.8%, the contribution of confidence to PTC athlete achievement is 13.3%, the contribution of motivation and cooperation to athlete achievement PTC is 24.4%, the contribution of motivation and confidence to the achievements of PTC athletes is 24.6%, the contribution of cooperation and confidence to the achievements of PTC athletes is 19.6%, and the contribution of motivation, cooperation and confidence to the achievements of PTC athletes is 24.6%. Based on the results of this study, researchers can conclude that three factors are the main focus in this study, namely: the contribution of motivation, cooperation, self-confidence affect the achievement of football athletes in the Pati Training Center in Pati Regency.

- 3) The third article written by Pratama, 2019 with the title "The Influence of Nutrition, Motivation and Confidence on the Achievement of Sriwijaya University Football Athletes". The research objective was to determine the effect of nutrition, motivation, and self-confidence on the achievement of football athletes at Sriwijaya University. The method in this research is quantitative with a survey approach. The instrument in this study used a questionnaire. Data analysis using normality test and linearity test. Statistical calculations were assisted using SPSS 20. The results of this study proved that the effect of nutrition, motivation and self-confidence on the achievement of football athletes was 54.5%. Thus simultaneously the variables of nutrition, motivation and self-confidence really influence the achievement of football athletes, this is evidenced by a significance value of 0.000. Based on the results of this study, the researchers drew the conclusion that the three variables studied in this study proved to have a positive impact on the achievement of football athletes at Sriwijaya University.
- 4) The fourth article written by Prawitama & Aulia, 2020 "The Effect of Mental Training on the Confidence of the Persegat Academy Soccer Athletes in Padang Pariaman". The purpose of this study was to determine the effect of mental training on increasing the confidence of football athletes. This research method uses an experimental design with a pretest-posttest control group design. The subjects in this study were football athletes at the Persegat Padang Pariaman academy who experienced low self-esteem. The data analysis technique used is the t-test method with the help of SPSS 25.0. The results of the study prove that there is an effect of mental training on increasing self-confidence in soccer athletes after being given mental training. Then the results of the hypothesis test showed significant results with a value of  $t = 4.235$  ( $t_{\text{count}} > t_{\text{table}}$ ) and a  $\text{sig} = 0.038$  ( $p < 0.05$ ). Based on the results of this study, the researcher can conclude that there is a significant difference between the mean of the experimental group and the control group.
- 5) Based on the results of the review of the four articles, the researchers emphatically said that the mentality and motivation of a soccer athlete greatly influences the maximum performance that will be achieved in a competition. The similarities between the four previous researchers and this research are: 1). The research objective focuses on the motivational and mental role of athletes in achieving achievements, 2). The focus of the sports branch that is the main study is football and 3). The results of the research of the four researchers who discussed the mentality and motivation of soccer athletes proved to have an effect on the achievements of soccer athletes. Then the differences between the four research articles and this article are 1). The research method used, because the four previous researchers used experiments, 2). Data analysis, 3). And has two variables in the research. However, the four articles clearly and convincingly talk about the motivational and mental factors of football athletes in achieving the best performance.

Motivation is one of the components of the psychological factor of athletes that is needed in all sports to achieve high results. In addition, mental factors can also have a psychological influence on athletes when running a match, having a good or positive mentality can provide the right decisions in sports matches, especially in football. A good mentality does not make athletes hesitate in running the game so that their performance seems maximum. In the sport of football, psychologically not only mental and motivational is needed, the level of confidence of athletes is also very much needed in the game. Athletes must have a high level of confidence to face their competitors in a match, let alone against a more powerful opponent. Psychological factors are used so that the athlete can show his best abilities, in other words, the athlete is calm, focused and able to win the game.

## 5. Conclusions and Recommendations

The results of the study review from a number of research articles that have been collected by researchers, that mentality and motivation have a relationship in improving the achievement of football athletes. In addition to these two factors, from a review of a number of research articles, researchers also found that the confidence factor also plays an important role in supporting the performance of athletes. Athletes who have good self-confidence, can perform well and can achieve the achievements desired by athletes. Researchers advise all readers, especially football coaches, that to improve the achievement of athletes is not only trained in physical and technical forms, but psychological exercises such as mental, motivation and self-confidence must also be trained. Because these factors are an integral part of the entire training program in improving athlete performance.

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