

## Psychological Well Being in Athletes Disabilities

### *Psychological Well Being pada Atlet Difabel*

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#### A B S T R A C T

This study aims to determine the psychological well being of athletes with disabilities. Disabilities are individuals who have physical, mental, sensory and intellectual limitations. Sports media can help people with disabilities to develop and explore hidden potentials and talents, so that with sports media people with disabilities can have achievements. Individuals are said to have psychological well being if they have six dimensions, namely self-acceptance, positive relationships with others, autonomy, mastery of the environment, goals in life and personal growth. This study uses a qualitative approach using the intrinsic case study method. Data mining techniques used were documentation and semi-structured interviews and analyzed using theory driven thematic analysis. Participants were 2 disabled athletes. The results showed that all participants, numbering two people, had good psychological well-being, were able to accept their current situation, had independence, had life goals to achieve, were able to form warm relationships with others, were able to control their environment and were able to develop their talents and abilities. personal. The results of this study will be useful as a reference for coaches with disabilities and athletes with disabilities to find out how athletes who have psychological well being are described in life.

#### A B S T R A K

Penelitian ini bertujuan untuk mengetahui *psychological well being* pada atlet difabel. Difabel merupakan individu yang memiliki keterbatasan fisik, mental, keterbatasan sensorik dan intelektual. Media olahraga dapat membantu difabel untuk mengembangkan, dan mengeksplorasi potensi serta bakat yang terpendam, sehingga dengan media olahraga para difabel bisa memiliki prestasi. Individu dikatakan memiliki *psychological well being* jika memiliki enam dimensi yaitu penerimaan diri, hubungan positif dengan sesama, autonomi, penguasaan lingkungan, tujuan dalam hidup dan pertumbuhan pribadi. Penelitian ini menggunakan pendekatan kualitatif dengan menggunakan metode studi kasus intrinsik. Teknik penggalan data yang digunakan adalah dokumentasi dan wawancara semi terstruktur dan dianalisis menggunakan analisis tematik *theory driven*. Partisipan berjumlah 2 orang atlet difabel. Hasil penelitian menunjukkan bahwa seluruh partisipan yang berjumlah dua orang memiliki kesejahteraan psikologis yang baik, dapat menerima keadaan dirinya sekarang, memiliki kemandirian, memiliki tujuan hidup yang akan dicapai, mampu membentuk hubungan yang hangat dengan orang lain, mampu mengontrol lingkungan dan mampu mengembangkan bakat serta kemampuan pribadi. Hasil penelitian ini akan bermanfaat sebagai referensi bagi pelatih difabel dan atlet difabel untuk mengetahui bagaimana gambaran atlet yang memiliki *psychological well being* dalam kehidupan.

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Disability is a condition of an individual who has an inability to carry out certain activities as normal people, this condition is caused by an impairment resulting from birth or accidental injury. (Widinarsih, 2019). Disabilities are very much determined by the socio-cultural and physical environment, even in some remote areas individuals with disabilities are isolated from society because of negative perceptions and stereotypes (Thohari, 2019).

According to the UUD number 8 of 2016 Article 1 paragraph 1 defines that a person with disabilities is an individual who has several limitations, namely mental, physical, intellectual or sensory limitations in the long term, where when faced with problems, this can make it difficult to participate fully and effectively in society based on equal rights (Arya, 2020). Disabled categories according to (Ratih, 2014) namely blind, deaf, mentally retarded and quadriplegic.

According to data presented by the Coordinating Ministry for Human Development and Culture until June 2023, the number of people with disabilities in Indonesia reached 22.97 million people or around 8.5% of Indonesia's population. Survey conducted by the Central Bureau of Statistics (2020), revealed that the most common disabilities in Indonesia were visual impairments 64%, walking and concentration disorders 38.3% and 29.7%.

Sport is an activity that provides benefits for the body, health and fitness (Ayu, 2018). Athletes with disabilities is a term for athletes with disabilities who are psychologically affected because they have different physical conditions than normal individuals (Fauziah et al., 2023). The condition of disability in sports often becomes a personal obstacle and an environmental barrier (Trujillo et al., 2022).

Sports for persons with disabilities can be used as a medium for developing their talents and potential (Rahmawati et

al., 2020). Sport can also improve the well-being of life and mental or physical health for persons with disabilities (Carretti et al., 2022).

Physical limitations are not a barrier to exercise, but not all athletes with disabilities have physical limitations, there are also those who experience limitations due to accidents they have experienced (Bulan & Tyas, 2023). Athletes with disabilities do not mean they do not have healthy conditions, because health is a fundamental right for every individual to get it without exception for persons with disabilities, so to keep persons with disabilities healthy they need to understand the welfare of life in various ways (Wijayanti et al., 2016).

Athletes with disabilities are individuals who have incomplete physical conditions like normal individuals, with conditions such as not having incomplete arms and legs as well as hearing or sight (Muttaqin & Supraptiningsih, 2017). So that with such a physical condition there is a great risk when practicing and competing such as falling or experiencing physical injury.

Failure in training that often occurs makes disabled athletes give up and give up, this is a source of stress for them (Mardiyah & Prakoso, 2017). One of the negative impacts of athletes with disabilities because they have physical deficiencies is discrimination in the surrounding environment (Tumanggor et al., 2021).

Achievement is one of the success factors in the world of sports (Hafidz et al, 2022). The many achievements that athletes with disabilities can achieve can create new enthusiasm, so that athletes with disabilities can have a better life because they can do things like normal athletes. Views on the happiness and well-being of each athlete are different (Jooste & Kubayi, 2018). Psychological well being, especially for disabled athletes, refers to the extent to which an individual

fulfills his potential, is aware of his traits and attitudes, and has an optimal level of practice (Cooke et al., 2016)

According to Simpson et al., (2023) *psychological well being* has an important contribution to the world of health, performance and sport. These important contributions include controlling emotions, finding meaning in life (Potts et al., 2022), have a good relationship (Davis, 2019).

According to Cynthia et al., (2021) when an individual with a high level of psychological well-being, the individual will have the ability to choose and create an environment according to their physical condition, accept their own weaknesses and strengths, have good relationships with others and have positive behavior. Factors that influence a person's psychological well-being are culture, social class, economic level, education level and personality (Amalia & Ameria, 2021). Psychological well being has six dimensions, namely self-acceptance, positive relationships with others, personal growth which refers to individual awareness of his own potential so that he has the desire to continue to develop, has a purpose in life, has mastery of the environment so that he can control all external activities and autonomy that refers to independence and being able to deal with social pressure in the surrounding environment (Ryff in Riasri et al., 2020)

Research conducted by Damayanti et al., (2021) revealed that the disabled condition has the potential to cause low psychological well-being resulting from the individual's physical condition. In line with this, research conducted by Sholichah et al., (2021) found that 40% of athletes with disabilities had very low psychological well-being because athletes felt confused about their life goals and had difficulty making decisions that required the intervention of others. Research conducted by Jooste and Kubayi (2018) states that sport functions as something meaningful and contributes to the

psychological well being of athletes with disabilities.

Several studies on psychological well being, especially in Indonesia, have been carried out, but no one has researched it in the context of athletes with disabilities. Athletes with disabilities need special attention in order to have confidence to improve performance optimally and to think positively about their potential. Based on this justification, the researcher is interested and needs to do research related to psychological well being in athletes with disabilities.

## Method

This research uses a qualitative approach, with the aim of exploring in depth the psychological well-being of athletes with disabilities for each participant. This research uses an intrinsic case study approach to look at the phenomenon and answer the questions in this research (Creswell, 2015). The data collection technique in this research uses side purposive, namely choosing certain criteria and it must be appropriate to the research subject. The criteria specified are athletes and those with disabilities. The identities of the subjects in the research were kept confidential with the initials ZA and FA.

The interview method use in this research is in-depth interview or in-depth interview, the aim is to gain a thorough and in-depth understanding of matters related to psychological well being in athletes with disabilities. The organizing process is carried out first, after that the researcher creates a certain code to carry out data analysis which is called coding. Coding is done in order to present an overview of the topic under study and the data will be categorized into the same themes so that it is easy to analyze. The data analysis technique used in this study is thematic analysis using a theory-driven approach where thematic development is carried out based on theory Ryff (1989).

## Result

The themes in this study which will be presented below are the result of analysis of participant interview data, namely based on the dimensions of self-acceptance, positive relationships with others, autonomy, environmental mastery, goals in life, and personal growth (Ryff & Keyes, 1995). The following are the themes of the research results:

### Self-acceptance

Both participants had positive self-acceptance regarding their condition as athletes with disabilities. Participant I has the desire to gain more experience, insight and opportunities so that he can become a successful athlete even though he is a person with a disability. This did not discourage him. Participant I has been suffering from the disease since he was 1.5 years old. This condition started when he had a fever and was given an injection by a doctor, which caused him to suffer from polio since he was 1.5 years old. His life is far from society because he does not want to use a wheelchair and blend in. However, this condition did not last long, he felt that there had to be a change in himself and he had to get up. Having achievements is the path he chose. Participant I tried to accept herself and be grateful for her life, so she had to go out of town for a sewing course. During the sewing course, he tried swimming and eventually became an athlete.

*“Ya gimana mbak saya terima aja, dulu makanya saya jarang banget keluar rumah ya di dalam rumah aja. Kadang ya hopeless juga dengan kehidupan, sampai sekarang ya pasti ada lah rasa hopeless tersebut (FA230723/18)”*

*Saya selalu ingat pasti saya bisa tapi ya kadang saya jenuh, kalau kejenuhan itu pasti ya bisa dilewatin.*

*Udah itu aja, tapi saya bersyukur*

*sekali mbak (FA230723/24)”*.

Participant II has positive self-acceptance regarding his physical condition, because he had a birth disability in the Cerebral Palsy category. This condition encouraged him to become an accomplished individual and have a strong desire to become an athlete because he saw many people in his surroundings who were athletes with disabilities. This motivation requires him to look for opportunities to become a long jump and running athlete. Becoming an athlete is a way for him to make his family proud..

*“Peran saya cukup membantu soalnya kakak saya yang anak pertama itu sudah menikah uda punya keluarga jadi ga bisa bantu banyak, terus saya menjadi atlet gini alhamdulillah saya juga bisa membantu perekonomian keluarga (ZA240723/76)’*

*“Cukup bangga saya dengan prestasi saya, karena belum tentu teman diluar sana bisa seperti saya. Saya satu pasti saya tidak melupakan latihan yang tekun, semangat, tidak pantang menyerah dan minta doa restu kepada orangtua (ZA240723/82)”*

*“Kalau dibandingkan dengan hidup saya sebelum menjadi atlet saya sudah merasa puas, tapi untuk kedepannya saya tidak mau merasa puas kak karena banyak yang belum saya raih (ZA240723/92)”*

### Positive relationship with others

Positive relationships with other people, namely a person's ability to build close relationships with other people in society, family, education and sports. Participant I and Participant II are athletes who have good relationships in their environment.

Participant I often communicates with his family using video calls and sends messages to his family when they are in long distance contact. He also has

good relationships with athletes and coaches because he always pays attention and evaluates training. Participant I is the pride of the people in the neighborhood where they live, they are very proud to have neighbors who are athletes and often hold events when participant I is home.

*“Tetep berhubungan baik mbak, ya selalu saya kasih kabar kegiatan saya hari ini kepada orang tua saya (FA230723/30)”*.

*“Masyarakat lingkungan dirumah saya menerima saya dan bangga saya bisa menjadi atlet mbak, kadang kalau saya pulang kerumah itu ya saya kumpul dengan masyarakat juga mbak. Mereka bangga kok mbak, ada warga kampungnya yang menjadi atlet nasional gitu mbak heheheh. Kalau teman-teman diluar atlet juga saya ada beberapa group komunitas, ya chat biasa aja mbak bercandaan juga (FA230723/34)”*.

Participant II also experienced the same thing, the community was very proud of him for being an athlete. His limitations are not an obstacle to being able to achieve. Being an athlete is something he does for his family and he has a good relationship with his family.

### **Autonomy**

Autonomy is a person's ability to determine their actions. Participant I is an independent individual, this can be seen in the process of achieving his dream of becoming a disabled athlete. Participant I wants to rise from his downturn and have high insight and experience. Her sacrifice was no joke, she sold a wheelchair to pay for living expenses in Solo while taking sewing lessons and practicing. This hard work led him to become a national athlete with a disability.

*“....Nanti kalau orangtuamu sudah tidak ada, siapa yang mau ngasih*

*kamu makan gitu”*. Karena ada dorongan dari kedua orangtua itu saya berani ke solo.... (FA230723/48)”

His sewing teacher in Solo encouraged him to become an athlete because he saw that his talents could be developed. So, Participant II was selected to take part in national training for two months and immediately took part in the SEA GAMES in Singapore in 2015. He wanted to prove that he was able to rise and excel, this was the reason he chose to become an athlete.

Participant II is an individual who has quite good independence. When his training performance was not good according to the coach, he increased his training portion. The pressure in the social environment regarding his condition as a disability has no impact on the achievements he achieves.

*“Saya pastinya mencari tahu banyak hal tentang tantangan tersebut, setelah itu saya juga mencari tahu strateginya apa saja agar lancar dan bisa menaklukkan tantangan tersebut (ZA240723/86)”*.

### **Dominate the environment**

Environmental mastery is the ability to control all external activities and take advantage of these opportunities. Participant I has good mastery of the environment, this can be seen when his initial talent was just floating in the pool but he continued to practice until he has now become a national athlete.

*“.....Kadang saya kan capek atau apa kolam limitnya tidak sampai, kan setiap program untuk renang itu kadang tidak sampai kan ya gitu ya karena faktor kecapekan mereka pasti tahu, kadang ada juga ya ngasih saran seperti ini, padahal saya sudah benar-benar melakukan yang terbaik itu aja sih dalam hati saya (FA230723/50)”*.

This was also experienced by participant II. He was clever at taking advantage of an opportunity when he did not pass the PON athlete selection in the running and long jump athlete categories, he made the decision to take part in the soccer selection specifically for disabled athletes with cerebral palsy.

### **Purpose in life**

Goals in life, individuals who are committed to pursuing their life goals can understand the meaning of life and overcome these problems. Gratitude is a description of the meaning of life for participant I, he is very grateful to have been given the opportunity to become an athlete and make his family proud.

*“Harapan saya, saya bisa memberikan sumbangan medali untuk indonesia di kancah internasional (FA230723/68)”.*

*“Harus berjuang lebih baik dari sebelumnya, punya mindset tetap semangat dan berjuang untuk keluarga saya karena adik-adik dan keluarga saya masih butuh saya (FA230723/105)”.*

Confidence and practice are images of meaning in life for participant II. This makes him confident about the achievements he will achieve in the future.

*“Saya bangga dengan diri saya sendiri saya sebentar lagi ke PON juga, pasti orangtua saya bangga. Prestasi dari tahun 2019 saya mendapatkan tiga emas terus apa ya.. uda itu aja, terus apa lagi ya... tahun 2019 itu kerjurda dapat 2 emas lari 100meter sama lompat jauh, terus yang kemarin 2021 perpaprov itu dapat 1 emas lompat jauh. (ZA240723/28)”.*

*“Harapan saya satu ingin bangga kan orangtua, dua ingin memberitau ke apa semua orang kalau difabel*

*juga bisa melakukan apa ya bisa melakukan juga ya seperti atlet gini (ZA240723/68)”.*

Both participants have the same goal in life, namely to have high achievements and win a gold medal in the Sea Games, because according to them it is a prestigious competition.

### **Personal growth**

Participant I's personal growth in becoming a disabled athlete can grow and develop with very good potential in the field of sports. It is not easy for him to develop his potential to become a rendang athlete, but he is confident that this can be achieved by practicing hard. Participant I realized that swimming athletes must have good breath. When Participant I entered the old age phase, he chose to change sports, namely shooting. Performance that always receives comments from the coach can increase enthusiasm and motivation in training.

*“Ya kalau dapat medali kamu bisa beli rumah, atau apa gitu ya kan. Akhirnya aku mikir kalau aku dapat uang bisa bantu orang tua karena peluangnya katanya bagus ya saya ikut. Tapi itu ga mudah mbak karena saya kan polio dulu ga suka naik kursi roda (FA230723/12).”*

*“Sebenarnya saya ga ada niatan sih mbak milih renang, kebetulan saya bisa ngambang terus pelatih liat ada peluang jadi ya jalani aja..... (FA230723/22).”*

The obstacle in training that participant II found was a lack of speed and tempo in running and jumping. He always accepted that the reality of being disabled was an obstacle and affected his performance. However, this obstacle must be optimized by increasing the portion of training so that he can become a successful disabled athlete.

*“Saya tahu kan kondisi saya seperti ini, jadi atlet saya harus latihan lebih semangat, percaya diri. Meskipun saya beda dari yang lain tapi saya bisa (ZA240723/24).”*

### **Discussion**

Previous research conducted by Ningsih and Susanti (2019) revealed that 90.9% of respondents with disabilities had high psychological well-being. Meanwhile, research conducted by Kokun et al., (2018) stated that athletes with disabilities had a higher level of psychological well-being than individuals with disabilities who were not athletes. This is similar to what was produced in this study, researchers found that even though the two participants had similarities, namely being athletes with disabilities, self-acceptance, positive relationships with other people, independence, mastery of the environment, life goals and personal growth as well as concepts in life showed indicators different ones. Meanwhile, research conducted by Puce et al., (2019) explains that perceptions of psychological well-being have a negative correlation with increasing age and disability conditions acquired from birth have a higher level of psychological well-being than disability conditions acquired after birth. Participant I and Participant II have experienced the physical condition of people with disabilities since childhood so their self-acceptance of this condition is good.

The aspects of positive relationships with fellow family, community, education and family environment that both participants have are very good. The two participants formed this relationship because of cultural factors in their environment. According to Erfina (2018), cultural factors built into the environment are one of the factors in a person's well-being. Research conducted by Jooste and Kubayi (2018) stated that the factor in a person's well-being is the culture that is

formed in their environment, namely the trainer factor is one of the main factors in determining the performance of an athlete with a disability.

Both participants have been able to overcome social pressure well in their own ways. The way to deal with problems is almost the same, namely by evaluating the problem and looking for effective solutions. Participants who have high autonomy tend to be able to have goals in their lives. Both participants have good control of the environment, this can be seen when both participants master the conditions in their environment.

Rogers (in Feist, 2010) raises several questions, namely whether the psychological well-being of individuals truly has a purpose in life, realizes their potential, has quality relationships with other people, and can they be responsible for their lives. Both participants have the same life goal as athletes to be able to win medals at the upcoming Sea Games. This can also help athletes with disabilities to actualize themselves well. Practicing is one way for athletes with disabilities to reduce anxiety levels when competing. This is in line with research conducted by Baniyadi and Salehian (2021) which revealed that training allows athletes to strengthen their psychological well-being because they can deal with anxiety and stress better.

According to both participants, this life goal can produce extraordinary rewards, where these rewards can later help their family's lives because individual economic factors play a very important role in individual psychological well-being. The positive impact of sport on people with disabilities consistently influences psychological well-being and can change lives for the more positive (Haslett et al., 2017; Kane et al., 2016; O. Kokun et al., 2021; O. M. Kokun et al., 2018; Puce et al., 2019).

### **Conclusion**

The results of the analysis of the

six dimensions contained in psychological well-being can be concluded that the two athletes with disabilities have good psychological well-being in their own way. The two participants in the self-acceptance dimension have a positive attitude towards themselves, this is because the perception of their own condition is not a threat in life but a motivation to further develop. On the dimension of positive relationships with other people, athletes with disabilities are able to interact well and can establish intimacy either through conversation or when doing activities together.

Both participants had an attitude of wanting to develop and felt an increase in their well-being from time to time in the dimension of personal growth. Both participants were able to create a positive context and choose an environment that suits the needs or personal values of each participant as an athlete with disabilities. Whereas in the autonomous dimension, the two participants are able to evaluate themselves and behave using the values they have. The two participants have the same goal in life when they become athletes with disabilities, they want to get a gold medal in the upcoming sea games. The condition of being a person with disabilities is not an obstacle for the two participants, this condition makes them passionate about achieving a prosperous life and making their family proud.

### **Recommendation**

The implications of this research can be used practically by other disabled athletes in order to improve psychological well being in life. Seeing the results of research on psychological well-being in athletes with disabilities, it is hoped that further research will focus more on research on psychological well-being in one of the sports branches.

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