

THE DOMINANT MENTAL ASPECT FROM INDONESIAN SPORT CLIMBING ATHLETE AT THE 2018 ASIAN GAMES

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Abstract

The purpose of this study was to explore the dominant mental aspects of Indonesian sport climbing athletes at The Asian Games 2018. The research subject is Aries Susanti who has won a gold medal and set the latest record. The method is qualitative research. Data analysis using descriptive analysis techniques. The results showed that dominant mental aspect are discipline, never give up spirit and hard work and supported by good environment, coaching and family.

Keyword:

Athlete, Mental, Sport Climbing

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Introduction

The purpose of holding sport climbing branches in addition to increasing motivation in achievement, can introduce branch climbing to the general public so that it can be better known and enjoyed by the general public. Although including new sports that are competed at the national level, the branch of sport climbing is a sport that has a lot of enthusiasts and competitors to reach athletes who excel, so athletes must train mental aspects from an early age so that later they become athletes who can control mental attitudes (adaptability and mental strength) when facing a match (El Moutaraji et al., 2021).

Along with the development of FPTI, quite a number of achievements both nationally and internationally. At the national level, the National Championship and National Age Championship are never absent. At the international level, Indonesian athletes have triumphed in Asian and even world championships. These achievements must of course be well guarded by conducting a continuous coaching program through a tiered national competition system and participating in International competition at both the Asian level and the World series.

The Indonesian Rock Climbing Federation was officially established on April 21, 1988 with the initial name of the Indonesian Rock Climbing and Mountain

Federation (FPTGI). In 1990 it was changed to the Indonesian Rock Climbing Federation (hereinafter abbreviated as FPTI). FPTI officially became a member of the Indonesian National Sports Committee in 1994 and became the 50th member. FPTI is responsible for the administration and development of all aspects related to sports and national rock climbing competition. FPTI has authority over all national rock climbing competitions. The sport of rock climbing was first contested at the Asian Games. At the 2018 Asian Games Jakarta - Palembang. Sport contributes to national identity, meaning that through sports national pride can be elevated.

One international event that can lifting the country degree is the Asian Games which are followed by various countries in Asia. Of the various sports that are held, one of them is a branch rock climbing. Rock climbing in the latest Asian Games it took place in the year two thousand eighteen followed by sixteen Countries with six numbers competing are Speed WR, The male and female Speed Relay and Combine take place at the Jakabaring Stadium - Palembang. The Indonesian National Team fielded seven male athletes and were determined female athletes get 3 gold each in Women's Speed WR number, Speed Relay daughter and son.

Three gold medals that Aries Susanti won had two medals gold in the Women's Speed World Record number and the Women's Relay Team Speed. Athlete it has become a sports hero who raises dignity and price the nation's self in the eyes of other countries so as to support the country's identity. Pelatnas rock climbing for the preparation of the 2018 Asian games from February 17 August 18 in Yogyakarta, with athlete composition:

1. Men's relay team speed: Abuzar Yulianto, Rindi Supriyanto, M Hinayah
2. Women's team speed: Aries Susanti Rahayu, Puji Lestari, Rajiah Salsabilah

Efforts to achieve maximum performance require a lot of supporting knowledge such as anatomy, physiology, sports medicine, biomechanics, statistics, tests and measurements, psychology, motor learning, science education, nutrition, history and sociology (Bompa & Buzzichelli, 2015). It was said that psychology was needed in the process of training, in the process psychology becomes a science that can help athletes to achieve their maximum performance (Henriksen et al., 2020). The athlete in control physical, technical and tactic are good, but if an athlete's mind is disturbed with negative things like excessive negative emotions can be disturb the concentration and will not be maximized in competition (Sonia & Wahjuningtjas, 2019). Symptoms of anxiety and stress in a match such as anxiety, feeling worry, tension, confusion, lack of or loss of concentration, and taste decreased confidence in a match (Pinto et al., 2018). This is one factor the failure experienced by athletes is the lack of mental training for the athlete itself (Surat et al., 2019).

At the time of practicing, the ability of athletes can be said to be better because rarely make mistakes but when competing mistakes often done by athletes. This is one of them due to mental factors, when practicing athletes rarely get emotional pressure as in situations competition (Hahn, 2021). An athlete who has prepared good physical, tactic, technique and can be predicted to win.

There are several factors that influence the success of an athlete in running a match so that he can reap achievements including feel anxiety. According to (Spielberger & Sydeman, 1994) anxiety can be defined as "fear, nervousness, discomfort, and the arousal of the autonomic nervous system induced temporarily by situations perceived as dangerous (i.e., how a person is feeling at the time of a perceived threat). Everyone has experienced anxiety or fear of various situations such as fear of being scolded, fear of not going up to class, fear of failure, fear of being hit and afraid or worried before competing. Anxiety in the match will cause excessive emotional pressure that can interfere with the competition and affect performance or achievement.

Based on the results of research on the formation of self-image that shows a tendency to change the attitude of athletes. Self-concept can actually increase motivation, reduce fear of failure, and can develop social attitudes (Liu & Yu, 2019). Since each athlete has different characteristics and abilities that require special attention and different treatment, mental training must be preceded by diagnostic research, then setting goals to be the object or treatment target for athletes.

For this reason, research is needed regarding mental aspects in this case research that leads to mental aspects from athletes who won medals at the 2018 Asian Games. This research was conducted based on several problems faced by an athlete when facing a match include an athlete who has prepared good physical, tactics, and techniques can be predicted to win, but if the athlete experiencing anxiety that is too high then expectations should become easily reached will be difficult. An athlete who experiences anxiety and stress when athletes competing, technical, tactic and physical abilities that are prepared with both will be chaotic in the field. Athletes can't display performance best because of the anxiety and stress experienced. Every athlete has a level of anxiety in facing matches and stress that is different. This difference is due to ability and how each athlete deals with anxiety and stress that natural athlete. An athlete is expected to train the mental aspects early on in order to overcome the problem of anxiety and stress at the time competition.

Based on the identification of the problems mentioned above, the researcher formulate the problem in this research are: "What the dominant mental aspects possessed by Aries Susanti so that they can won a Gold medal at the 2018 Asian Games?"

Methods

This research is a descriptive qualitative research. Descriptive research methods are designed to gather information and find a picture of current real conditions According to Hadari 2007 "descriptive research can be interpreted as a problem solving procedure that is investigated by describing or describing the state of the subject or object of research (a person, institution, society and others) at the present time based on the facts that appear".

This descriptive research has the intention to find out and find as much information as possible and provide an overview of the mental aspects possessed by Aries Susanti so as to be able to win a gold medal at the 2018 Asian Games event.

In general, descriptive research is not to test certain hypotheses, but only describe what they are about the mental aspects that an athlete has. (Denzin & Lincoln, 2005) and (Creswell et al., 2007) emphasize that qualitative research is important to reveal 6 (six) things, namely (a) deepen certain meanings, (b) understand and explore certain contexts, (c) identify phenomena that have not been anticipated (unanticipated phenomena), (d) understand the processes that occur behind phenomena, (e) construct causal explanations, and (f) describe patterns (patterns).

Qualitative research is defined as "the study of the nature of phenomena", including "their quality, different manifestations, the context in which they appear or the perspectives from which they can be perceived", but excluding "their range, frequency and place in an objectively determined chain of cause and effect (Lucassen & Olde Hartman, 2007). Thus the qualitative mindset used is in order to uncover problems that are not yet clear to researchers, so that research results can differ from work hypotheses. In the field implementation, this method is used in the hope of being able to reveal facts according to the current social situation or situation, carry out the research process and reveal the problem by adjusting to real conditions and conditions so that all activities that occur can be observed, explained and the truth can be justified.

Data source

The source of research data is the subject of the data obtained. (Arikunto, 2006) argues that what is meant by the data source is "the subject from which the data was obtained" further to make it easier to identify the data source, he identified it into three parts namely: Person, which is a data source that can provide data in the form of oral answers through interviews or written answers through a questionnaire. Place, which is a data source that provides a state of being stationary and moving. Paper, which is a data source that presents signs in the form of letters, numbers, pictures, or other symbols.

This study requires data to conclude the results of the study, there are two types of data used in this study, namely primary data and secondary data. The primary data needed in this study includes various facts and information disclosed by informants relating to knowledge about the mental aspects possessed by Aries Susanti at the 2018 Asian Games event.

Primary data obtained from interviews with several sources both Aries Susanti as key informants and trainers and managers of the Rock Climbing Pelatnas team. Secondary data in the form of documents, documentation, written data obtained both from informants or from electronic media, mass media, and social media.

Data collection technique



To explore data and information, researchers will conduct interviews with key informants, non-participant observation and through literature studies by studying literature sourced from books, electronic journals, newspapers, regulations and documents related to the topic. Data collection techniques are the most strategic step in research, because the main purpose of research is to get data. In order to obtain as complete information and facts as possible from the empirical situation in this study, the researchers used several data collection techniques. According to (Sugiyono, 2010) there are several kinds of data collection techniques in research, namely observation, interviews, and documentation.

1. Interview

Interview is a meeting of two people to exchange information and ideas through questions and answers, so that meaning can be constructed in a particular topic (Sugiyono, 2010). So by interviewing, the researcher will find out more in depth about participation in interpreting situations and phenomena that occur, where this cannot be found through observation. Conducting an interview means to extract as much information or data as possible from the respondent or informant. The interview in this study is structured in the sense that the researcher has prepared a research instrument in the form of written questions about the mental aspects of Aries Susanti so as to successfully reap the gold medal at the 2018 Asian Games.

2. Documentation

The document is a record of events that have already passed. Documents can be in the form of writings, drawings or monumental works of a person. With this method the researcher tries to find data about things or variables in the form of notes, transcripts, books, newspapers, magazines, inscriptions, minutes of meetings, agendas and so on. So with this technique what is observed is not living things but inanimate objects. In this case, the documents needed are information about Aries Susanti.

Determination of informants in this study was conducted by purposive sampling. Determination of informants is done according to specific objectives, meaning that only selected informants who meet the requirements of the characteristics of the research object. In this study the key informant was Aries Susanti while the other informants consisted of the Head Coach and Manager of the 2018 Rock Climbing Pelatnas Team.

In this study using data validation techniques by means of the results of interviews conducted validity and triangulation process. The data validation technique is done through triangulation. The triangulation technique is zipping information from a diverse range of individuals and settings, using a variety of methods (Maxwell, 2012). That is a technique to ensure the validity or validity of data through cross-checking between informants with other informants.

The data analysis technique used is (Huberman & Miles, 1994), data analysis is performed at the time the data collection takes place and after the data collection is completed within a certain period. Activities in data analysis, namely data reduction,



data display, and conclusion drawing / verification. The data obtained in the field is quite a lot, for that it needs to be recorded carefully and in detail. Reducing data means summarizing, choosing the main points, focusing on the important things, looking for themes and patterns. Thus the data that has been reduced will provide a clearer picture and make it easier for researchers to do further data collection, and look for if needed.

Result

The results of this study are the emergence of the dominant mental aspects of the Indonesian sport climbing heroes who won the gold medal when participating in the 2018 Asian Games, namely: 1. Discipline 2. Never give up spirit 3. Hard work These three mental aspects are the assets of an athlete's success in achieving the achievement, then to prove that these aspects arise because they are trained even though those three aspects are the basic aspects that are possessed by every athlete who excels but if they are not in the right environment and motivation when the process goes won the gold medal at the 2018 Asian Games will not work, we can see the results of the research in the following discussion.

Discussion

From the findings of the research, there are 3 mental aspects that emerged to win the gold medal at the 2018 Asian Games, namely: 1. Discipline 2. Never give up spirit 3. Hard work. Apart from the mental aspects, there are other aspects that support the maximum achievement including the environment, experience and the quality of physical conditions (Gano-Overway, 2013). So further research is needed on other aspects such as the quality of physical conditions in Indonesian rock climbing athletes who won the gold medal at the 2018 Asian Games. owned and run by every head coach and trainer. Supporting Factors for the Success of Aries Susanti Becoming Champion At the 2018 Asian Games.

Aries sports career journey to successfully become champions and break world records is not easy. Mental guidance for athletes is important, to win the game and become champions. Trainers need to understand this part, namely recognizing the existence of individuals as subjects that are fostered. The diversity of athletes is called existence, namely knowing what it is and the characteristics or laws that are consistent with what it is on the subject being fostered (Denison & Avner, 2011).

Coaching must be in accordance with the existence of athletes as beings who have a body and soul, social beings, and creatures of God with all its properties and laws (Twietmeyer et al., 2020). Before giving treatment to athletes, it is necessary to understand human existence in general, with traits that should not be ignored which are the guiding principles for athletes, so that mental training given to athletes in accordance with what is expected (Potrac et al., 2002).

In the beginning of selection for national training, actually Aries was not included in the selection of athlete to enter national training, but the head coach and

coach who could read the potential and characteristics of athletes who could support the team to become champions saw this potential in Aries.

As the statement made by the Head of the Asian Games Coach when interviewed: 'Who saw the potential of Aries was the coach so at the beginning of the Aries selection did not take part in the National Training selection for the Asian Games but we both called Aries to be able to join the team, and we were the two head coaches and trainers facing and successfully recommending and convincing the PP FPTI board to allow Aries to join with the 2018 Asian Games Rock Climbing Pelatnas team'.

The two men saw the potential that could still be developed in Aries and recommended PP Rock Climbing to recruit Aries to be able to join the 2018 Asian Games Pelatnas team. From interviews conducted on several informants who provided information about Aries Susanti in this chapter, it will discuss what are the supporting factors for Aries Susanti to become champions.

Dominant mental aspects of Aries:

1. Discipline

As an athlete, Aries Susanti basically has a basic concept of self-formation, one of which is the aspect of discipline. The level or degree of discipline each athlete has is very different. Discipline is defined as a consistent pattern of behavioral choices that support success (Walter, 2002). Discipline is interpreted in relation to threats and punishment, from the other side discipline is also closely related to supervision or control and the learning process. The principle of self-control is important in the discipline of athletes who show the habit of always fulfilling the rules, regulations and values, which means that they can control themselves not to violate the rules and regulations or values that are (Mischel, 2014). Conversely athletes who cannot control themselves will often do something that is contrary or violates the provisions and values.

Based on the results of interviews conducted according to the head trainer explained that the basic mental attitude of disciplined athletes naturally owned by Aries but actually Aries is an athlete with a fairly low self-discipline application as stated by the head coach that: 'Discipline in quotes if athletes are not disciplined must have been eliminated from national training, Aries is historically not a disciplined person, with a background in quotes is not good. She (Aries) is not ranked for national training, due to indiscipline and other things so he does not go down in the individual category only down in the team which automatically does not boost his individual rank.

Discipline has to do with a responsible attitude, because disciplined athletes tend to uphold, support and defend the values they profess. The sense of responsibility to fulfill and obey and adhere to these values will develop into an attitude and have a long impact on daily life. Thus, through sports programs in the pesantren or in the community is a comprehensive investment program that will have a long impact until humans are adults. As (Sudibyo, 1993) argues, 'the nature of discipline is obedience



and a sense of responsibility not to violate the rules, rules and values that are considered good by the community'.

The development of disciplines that contain adherence or obedience to values, especially starting from childhood, the role of parents and childhood social environment is very big influence on the development of children's discipline later (Kim & Park, 2020). Self-investment must be based on a basic understanding of discipline, which in essence implies awareness of awareness and awareness, and a sense of responsibility, as well as the ability to control oneself and put others first (Pelham, 1995). The discipline of self-control is a discipline that grows because of awareness and self-control, so oversee the possibility of deviant actions in themselves. Gradually foster discipline in athletes, it can begin by fostering discipline "under control", that is discipline with outside supervision, carried out by coaches and officers, i.e disciplines based on self-control not to violate rules and regulations, after having an understanding and awareness finally so-called athletes will be full on norms.

Achievement of Aries time during the 2018 Asian Games on the discipline that he had carried out succeeded in the best time so as to win a gold medal with an achievement time of 6.9 seconds, as can be seen in Figure 2. Discipline is not an attitude that is carried from birth, although personality traits from birth will also be decisive. Exercise discipline is one of the psychological aspects that is very important for athletes (Gee, 2010). The discipline of athlete training is the athlete's awareness and obedience to the provisions and norms that apply in the training environment (Eccles et al., 2020). Aries in national training can run an increasing discipline with a spirit that works hard to find environmental support for the formation of trust in coaches and teams so that the competitive spirit increases.

2. Never give up spirit / Unyielding Spirit (I must the number one)

The unyielding spirit of Aries that he was able to prove from every match event, the feeling of not wanting to lose by others was very evident from Aries himself as acknowledged by the Head of the Pelatnas Asian Games Coach when interviewed. This unyielding spirit is a very strong thing attached to aris himself which he keeps while training. Unyielding spirit is often seen during practice in breaking a record time or climbing route. This can be seen from the facial expressions of Aries in daily life during training or competition. As can be seen in Figure 3.

3. Work hard

Another mental attitude possessed by Aries is a hard worker with a strong determination. The meaning of hard work is to strive with all your heart to try to get the desire to achieve maximum results in general, but hard work should not be misinterpreted for negative goals, try honestly fair for positive goals hard work is according to capabilities and do not force yourself later can produce results that are less than the maximum, hard work also has limits - limits hard work is one way that can be used if anything you want to achieve, work hard for this that is, and the

important thing is hard work in a positive context does not necessarily work hard for negative goals (doing illegal acts, harming the rights of others and harming the surrounding environment.) All living things in the world need hard work even though hard work is not every the day is done by living things, let us work hard with m maximal with positive goals according to the goals we want to achieve. Aries's hard work in exercises such as running a program and maintaining ideal body weight to be able to be in top condition when competing.

Supporting Aspects:

1. Environment (Pelatnas is the right place to support Aries' trust in forming trust so as to increase the level of self-confidence of Aries and the coach team to become champions).

2. Coaching Team

3. The Family

The Role of the Coach in Applying Discipline to Athletes The coach's relationship with the athlete is very important and the formation of good and bad discipline. Authoritarian or coercive methods will have an adverse effect on the athlete's performance. Rigid discipline, in any form will be able to produce dissatisfaction, even can cause rebellion against the holders of power. Aries was assessed by the runner and Pelatnas coach. According to (Ferrar et al., 2018) which is quite interesting regarding the attitude of the coach, how a coach deals with athletes who are hesitant to become a team member. As a coach must have a firm attitude to be able to bring his influence so that athletes behave mature, accept the rules with full awareness (Stevens, 2020). The trainer must have a solid conception, master the basic principles to foster discipline, must be able to direct positive-constructive actions to provide guidance if necessary, and monitor the possibility of violations of the rules and regulations.

Training must really be a process of development, both technique and personality of the player. The trainer must function as a motivator during practice or competition. Do not let the coach be seen as a judge who punishes players who make the wrong moves. Words that imply the player's stupidity must be avoided. Instead the phrase must appear as a motivational remark.

There are two types of utterances that come out of the coach. That is criticism or praise. Criticism arises because the player fails to do something. Critics of players must be positive. For example "you can do better", or "you must learn the movement more actively", or "let's show your best abilities!" Praise indeed must often come out of the mouth of the coach, but keep in mind, too much praise will create an arrogant player. A player who is too arrogant will forget his situation. So he will appear as a selfish and self-centered player. This will hurt the whole team. Praise must be proportional. Praise will be better if given directly related to technical ability. For example, "good accuracy!", "Good ... it really has to be that hard!", "Yes ... that position is right!" etc.

Early coming to the national training camp was not a compliment presented by the coach and head coach but it might be a rip off for Aries not to make a mistake that would result in him being expelled from the team. But Aries continues to increase his enthusiasm to prove that he can be the best, the spirit when his trust to the coach who provides training programs for him that he runs so that from day to day when Pelatnas the achievement of climbing time always continues to improve. Aries's trust in the coaching team and the support of all the teams have been a supporting factor in the success of Aries's career to the present, in addition to her family being Aries's strong motivation for success. Figure 4. is when Aries won the gold medal at the 2018 Asian Games event.

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FIGURE

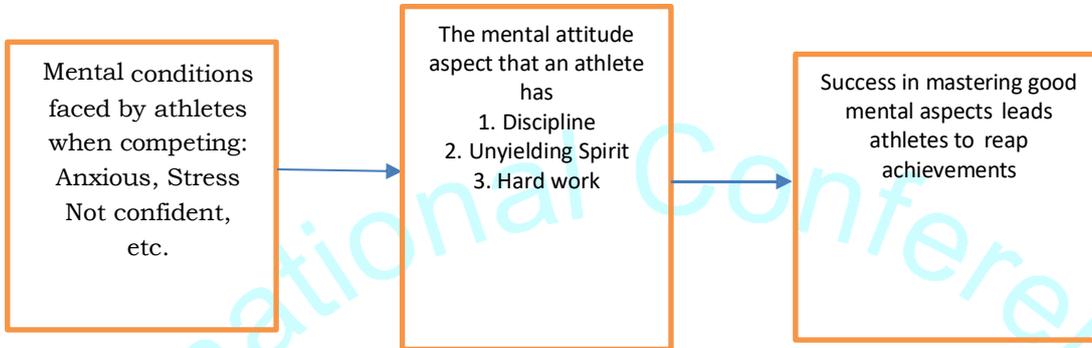


Figure 1. Framework of thinking
Source: author, 2019



Figure 2. the best time of Aries
Source: Aries Documentation, 2018



Figure 3. Unyielding Spirit (I must the number one)
Source: Aries Documentation, 2018



Figure 4. The gold medal at the 2018 Asian Games event.
Source: Aries Documentation, 2018