Psychological Competencies and 100 Meter Runner Student Athletes' Performance

Rachman Widohardhono[1], Nurhasan[2], Edy Mintarto[3], Miftakhul Jannah[4,*]

[1,2,3,4.] Universitas Negeri Surabaya, Surabaya, Indonesia

Sections Info	ABSTRACT
	This research aims to analyze the suitability of the theoretical model of the psychological competencies model b of the 100-meter runner student athletes with the empirical model. This study uses a quantitative approach. Total 65 (50 men and 15 women) 100-meter runner student athletes who participated in the national athletic championships. Instruments uses the Psychological Competency Scale and time records documentation data on the results of national championships. Data analyzed using partial least square (PLS). The results of the inner model test show a Q-square value of 0.919 (> 0.00). It means that there was suitability of the theoretical model of psychological competency of 100-meter runner student athletes' with the empirical model. The R-square value of performance is 0.881. It means that the 100-meter runner student athletes' performance were influenced by psychological competencies by 88,1%. These findings have implications for the selection and coaching of 100-meter runner student athletes. Further research needs to design mental skills training comprehensively based on psychological competencies

INTRODUCTION

Sport is one of the activities that are the pillars of the realization of a prosperous nation. In realizing this, athletes with optimal abilities are needed. A structured coaching system is needed and has a clear vision and mission to strive for sports achievements that student-athletes will achieve. According to Assalam et al. (2015), conceptually, the components of the coaching system (objectives, athletes, facilities and infrastructure, methodologies, evaluations, etc.) are essential to use in national, and club sports were coaching. Successful sports development that produces maximum achievements and contributes to increasing community economic activity, as a medium for promoting the nation on the international stage, stimulating an increase in the country's foreign exchange earnings, and fostering a sense of nationalism in all Indonesian citizens (Jopang, 2018).

Observing the achievement data reveals that the selection and coaching in Indonesia have not taken place as they should. According to Hidayatullah (2009), the cause of Indonesia's achievement is not optimal because, among others, the selection and guidance have not been directed and apply science. Student-athletes significant challenges can even increase stress and academic difficulties (Parker et al., 2018).

In fact, in Indonesia, the role of sport psychology has not been optimal. There are no studies in Indonesia that have formulated a coaching model. The USA and the United States Olympics involve sports psychologists in selecting and coaching athletes participating in the Olympics representing the USA. The application of the coaching system in Canada involves psychological factors in the selection and coaching process (Baker et al., 2020). The description above is in line with sports psychology research on

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