Developing Model and Psychological Competencies Scale of 100 Meter Runner Student Athletes

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ABSTRACT

The main aim of research is to develop model and instrument psychological competencies scale (PCS) of 100 Meter Student Athletes. This research use a mixed methods approach. 1st Study, used a qualitative approach, identifying the constructs and dimensions of elite 100 meter runner student athletes. Using literature review and interview of 2 elite athletes and 2 coaches. The results of the first study is psychological competencies model consists of goal setting, goal setting, motivation, concentration, emotion regulation, focus, self talk, self confidence, and persistence. Another result is 10 items of multidimentional measure of PCS. Each items in the scale were responded on five point level. Leveling describes psychological abilities based on behavior. 2nd Study, using a quantitative approach, instrument validation and reliability testing. We recruited 50, age 18-22 years from 100 meters runner student athletes voluntarily participated in this study. We assessed construct validity by examining how well the measures discriminated groups expected to differ based on their competencies, using Corrected Item-Total Correlation with a minimum limit of 0.300 to be declared a valid item. We assessed internal consistency of PCS using the Cronbach Alpha coefficient. The result of Corrected Item-Total Correlation obtained results All items are valid because they have a Corrected Item-Total Correlation value greater than the minimum limit of 0.300. The internal consistency of the (Cronbach's alpha coefficient) was 0.841. It can be concluded that PCS is valid and reliable for measuring for 100 meter runner student athlete.

INTRODUCTION

In today's modern society, the theme of competence develops in the fields of education, human resource management, education and training. It also penetrates the field of human resources in the field of sports. The discussion about people who are more sporty and have high performance becomes one of the topics of competency research (Duclos-Bastías et al., 2021; Novan et al., 2020). There are around 150 competency articles in the field of sports reviewed by Zhao (2018). Various researchers have provided different definitions over the years and this has given rise to ongoing debate. The first definition of competence is presented by McClelland who defines competence as a "personal trait or set" of habits that lead to more effective or superior work performance (Rahmawati et al., 2021).

In subsequent years further definitions can be found in research, for example, Lapina & Sceulovs (2014); Phillips & Martin (2021) defines competence as "the underlying person's characteristic, which results in effective and/or successfully or performance in work". In relation to Chouhan & Srivastava (2014); Romão & de Sá (2020) "competence is a skill and abilities; things you can do; gained through work experience, life experience, study or training." Clifford (2020); Frezza & Adams (2020) state that

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