



The Relationship Between Emotional Intelligence and Self- Efficacy Towards The Achievement Of Kurash Athletes In Lampung Province

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Abstract

This study aims to determine the relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes in Lampung Province. The method used is a survey method with a correlational approach. The research sample consisted of 25 people. The research instrument used was a questionnaire. Research hypothesis: 1) there is a relationship between emotional intelligence and athlete achievement, 2) there is a relationship between self-efficacy and athlete achievement, 3) there is a relationship between emotional intelligence and self efficacy and Kurash athlete achievement. The results of the study showed that: 1) there is a significant relationship between emotional intelligence and athlete achievement ($r_{\text{count}} = 0.443 > r_{\text{table}} = 0.413$), 2) there is a significant relationship between self-efficacy and athlete achievement ($r_{\text{count}} = 0.658 > r_{\text{table}} = 0.413$), 3) Simultaneously, emotional intelligence and self-efficacy towards athlete achievement ($r_{\text{count}} = 0.662 > r_{\text{table}} = 0.413$) with a contribution of 43.84%.

Keywords: *Emotional Intelligence, Self-Efficacy, Athlete Achievement, Kurash.*

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INTRODUCTION

Exercise is a series of regular and planned exercises that people do and are aware of to improve their functional abilities. In addition to nourishing the body, sports can be a means of competence to find one's potential or talent through sports. Fostering the development of the sports industry is an activity that is carried out systematically to improve competence and competitiveness through the sports profession as well as efforts to strengthen the sports industry to support sports achievements. Government support in coaching sports to achieve achievements requires exercises that are identified as physical, technical, intellectual, psychological and moral preparation. One of the sports coaches and development by the government is Kurash.

Kurash is a type of traditional martial arts that originated in Uzbekistan. Kurash has a basic movement of slamming each other and hooking special clothes. The basic movements of

this sport resemble the martial arts of Wrestling and the martial arts of Judo, only in Kurash the condition of the slam is in a standing position on the upper hook, it is not allowed to use the hook on the foot. Kurash wrestlers use towels to hold their opponents back, and their goal is to knock out their opponents.

In Lampung Province, the Kurash sports branch began to show development and increased participation in regional and national championships. However, there are significant variations in athletes' achievements, which cannot be fully explained from physical or technical aspects alone. This condition raises the suspicion that psychological factors such as emotional intelligence and self-efficacy also affect the achievement of athletes' achievements.

The problem that arises is that there is no research that specifically examines the relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes in Lampung Province. In fact, understanding this relationship is important as a basis for planning more effective mental training and athlete coaching programs. Achievement in the world of sports is not only determined by physical ability and technique, but also influenced by psychological factors. One of the psychological factors that is very important in supporting athlete performance is self-efficacy. Self-efficacy refers to an individual's belief in his or her ability to organize and carry out the necessary actions to achieve the desired results in a given situation (Bandura, 1997). And to understand the role of self-efficacy in athletic performance, it is necessary to study in depth how self-efficacy is formed, the factors that affect it, and its development strategies in the context of sports training.

METHOD

This study uses a survey method, which is used to obtain data from a certain natural (not artificial) place, but the researcher performs treatment in data collection, for example and distributes questionnaires, tests, structured interviews and so on (the treatment is not like in an experiment). Quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to research on certain populations or samples, sampling techniques are generally carried out randomly, data collection using research instruments, data analysis is quantitative/statistical and the goal is to test hypotheses that have been set. Based on the above opinion, quantitative data can be processed or analyzed using mathematical or statistical calculation techniques. Quantitative data serves to determine the amount or quantity of the subject being studied.

The population in this study is Kurash Athletes from Lampung Province. The sample in this study used a questionnaire survey method. The sample in this study is 20 Lampung Province Kurash Athletes. The Relationship between the Level of Emotional Intelligence and Self-Control on the Performance of Kurash Athletes in Lampung Province. This study was carried out at Gor Kurash Jatimulyo, South Lampung. The research was carried out for 7 days.

The variables in this study used 3 (three) main variables. In this study, the variables consisted of: Emotional Intelligence (X1), Self-Control (X2), Dependent Variables (Y), Kurash Athlete Performance

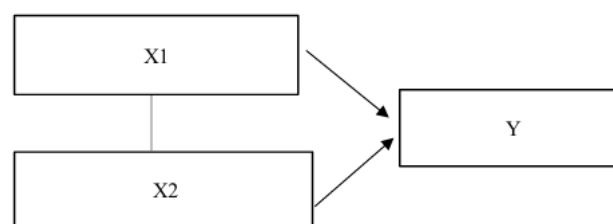


Figure 1. Research Design

The data collection technique used in this study was obtained and used a questionnaire test to measure variables, such as emotional intelligence, self-control, and athlete performance. The questionnaire can be divided into sections for each variable, and uses a Likert scale to assess the degree to which respondents agree or disagree with the question asked. The instrument used in this study was in the form of a closed questionnaire. A closed questionnaire is a type of questionnaire that is arranged in such a way that respondents only need to give a checkmark (✓) on the appropriate column or place, and the questionnaire format uses a tiered scale. Statements in the questionnaire consist of two types of items, namely favourable (positive statement) and unfavourable (negative statement). This is so that respondents read all statements and are thorough.

Prerequisite Test

1. Normality Test

The normality test aims to test whether in the regression model, the interfering or residual variables have a normal distribution.

2. Linearity Test

The linearity test was used to find out whether the independent variables and the dependent variables in this study have a linear relationship, namely whether the increase in the score of the independent variable was followed by the increase in the score of the dependent variable.

Uji Hypothesis

Hypothesis tests were carried out using Pearson Correlation Product Moment. This correlation analysis is used to determine the strength of the relationship between variables, and other variables that are considered influential to be controlled or made fixed (as control variables).

RESULTS AND DISCUSSION

Result

The purpose of this research can be achieved and data collection from each research variable. The data collected in this study consisted of three variables, namely: emotional intelligence, self-efficacy and achievements of kurash athletes. The data obtained from each of these variables is then grouped and analyzed and statistical, as seen in the appendix.

Table 1. Data from Emotional Intelligence Research, Self-Efficacy, and Achievements of Kurash Athletes

No	Results	Variabel		
		Emotional Intelligence	Self-Efficacy	Performance Kurash Athlete
1	Mean	54,88	60,88	57,8
2	Median	56	60	57
3	Mode	56	60	56
4	Standard Deviation	5,90	7,22	10,04
5	Min	42	45	30
6	Max	67	75	72

1. Emotional Awareness

Table 2. Frequency Distribution of Emotional Intelligence

No	Category	Frequency (f)	Presentase (%)
1	Very good	2	8%
2	Good	5	20%
3	Enough	12	48%
4	Less	5	20%
5	Less Than Once	1	4%
Total		25	100%

2. Self-Efficacy

Table 3. Frequency Distribution of Emotional Intelligence

No	Category	Frequency (f)	Presentase (%)
1	Very good	1	4%
2	Good	9	36%
3	Enough	10	40%
4	Less	3	12%
5	Less Than Once	2	8%
Total		25	100%

3. Kurash Athlete Achievements

Table 4. Frequency Distribution of Kurash Athlete Achievements

No	Category	Frequency (f)	Presentase (%)
1	Very good	0	0%
2	Good	8	32%
3	Enough	11	44%
4	Less	5	20%
5	Less Than Once	1	4%
Total		25	100%

Data Analysis

1. Normality Test

Table 5. Normality Test

No	Variabel	L Count	L table (0,05)	Conclusion
1	Intelligence Emotional (X1)	0,144	0,220	Normal
2	Self-Efficacy (X2)	0,091	0,200	Normal
3	Athlete Achievements Kurash(Y)	0,078	0,195	Normal

2. Linearity Test

Table 6. Linearity Test

No	Variabel	F Count	F Table	Conclusion
1	Emotional Intelligence-Performance	1,281	4,533	Linier
	Kurash Athlete			
	Self-Efficacy-Athlete Performance			
2	Wrestling	1,080	5,780	Linier

The decision-making criteria in the linearity test are in the form of:

- 1) If $F \text{ calculates} > F \text{ table}$, then the conclusion is that there is no linear relationship between the two variables.

2) If $F_{\text{calculated}} < F_{\text{table}}$, then the conclusion is that there is a linear relationship between the two variables.

Uji Hypothesis

1. Uji Hypothesis 1

Table 7. Correlation of Emotional Intelligence and Athlete Achievement

Correlation	Calculation	r_{Table}	Criteria	Remarks
X1 – Y	0,443	0,413	Medium	Signifikan

The test of the significance of the correlation coefficient was carried out and how to consult the price $r_{x1.y} = 0.443$ and $r(0.05)(23) = 0.413$. Since the correlation coefficient between $r_{x1.y} = 0.443 > r(0.05)(23) = 0.413$, it means that the correlation coefficient is significant. And thus the hypothesis that reads —There is a significant relationship between emotional intelligence and the achievements of Kurash Lampung athletes is accepted.

2. Uji Hypothesis 2

Table 8. Correlation of Self-Efficacy and Athlete Achievement

Correlation	Calculation	r_{Table}	Criteria	Remarks
X1 – Y	0,658	0,413	Strong	Signifikan

The correlation coefficient significance test was carried out and how to consult the price $r_{x1.y} = 0.658$ and $r(0.05)(23) = 0.413$. Since the correlation coefficient between $r_{x1.y} = 0.658 > r(0.05)(23) = 0.413$, it means that the correlation coefficient is significant. And thus the hypothesis that reads —There is a significant relationship between self-efficacy and the achievements of Kurash Lampung athletes is accepted.

3. Hipotesis 3

Table 9. Correlation of Emotional Intelligence and Self-Efficacy on Athlete Performance

Correlation	Calculation	r_{Table}	F_{count}	Rate $(0.05, 2; (23))$	Description
X1 and X2 – Y	0,662	0.413	8,588	3,422	Signifikan

Because the value of F is calculated $> F_{table}$ ($>$) H_3 is accepted, meaning simultaneously / together —There is a significant relationship between emotional intelligence and self-efficacy on the achievements of Kurash Lampung athletes.

Discussion

The results of the study showed that there was a significant relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes in Lampung Province. This means that the higher the level of emotional intelligence and self-efficacy that an athlete has, the better the achievement achieved. The Relationship of Emotional Intelligence and Athlete Achievement. Emotional intelligence plays an important role in the world of sports because the ability to manage emotions greatly affects performance when competing. Athletes who have high emotional intelligence are able to: Control the pressure and stress of competition, Show stable focus, Have strong internal motivation, Establish positive relationships with coaches and teammates.

The Relationship between Self-Efficacy and Athlete Achievement. Self-efficacy is related to an individual's belief in his or her ability to complete a task or achieve a certain goal. Athletes and high self-efficacy are confident in their abilities and dare to face challenges, even when facing stronger opponents. The Relationship of Emotional Intelligence and Self-Efficacy Together on Athlete Achievement. When emotional intelligence and self-efficacy were analyzed simultaneously, the results showed a significant relationship with the achievements of Kurash athletes in Lampung Province. This shows that the two psychological aspects complement each other. Athletes with high emotional intelligence can manage stress and maintain motivation, while high self-efficacy makes them confident in their abilities. The combination of the two creates strong mental readiness, focus, and high fighting power in facing the match.

CONCLUSION

Based on the results and discussion of research that has been conducted on the relationship between emotional intelligence and self-efficacy to the achievements of Kurash Porvinsi Lampung athletes, the following conclusions can be obtained: There is a significant relationship on the emotional intelligence and achievement of Kurash athletes in Lampung Province. There is a significant relationship with self-efficacy and the achievement of Kurash athletes in Lampung Province. There is a significant relationship between emotional intelligence and self-efficacy on the achievements of Kurash athletes in Lampung Province.

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