



## Effectiveness The Positive Self Talk Method to Mental Trust Self Athlete Category fight Footprint Muhammadiyah University Prof. Dr. Hamka

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**Abstract:** This study aims to analyze the effectiveness of positive self-talk on the athlete's mentality in the fighting category Tapak Suci UHAMKA. The method used for this study was method experiment one group pretest-posttest design with a quantitative approach. For taking a sample, this study used a purposive sampling technique. The research instrument was a pretest and posttest questionnaire that had been validated. Data analysis techniques using the Wilcoxon T test with the help of SPSS ver. 26 proved that Asymp. Sig.(2-tailed) = 0.012. Because the value of 0.012 < 0.05, until  $H_0$  was rejected, there was a significant (real) effect. The conclusion from the results of this study is that positive self-talk was proven to be effective in improving the mentality of UHAMKA Tapak Suci fighting athletes. Research results implicat that if athletes and coaches know the method of Positive Self-Talk and are supported with the sufficient facility, then practice can be used as a variation from mental exercise to improve athlete confidence.

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## Introduction

The sport involves body parts moving with a specific technique inside it; there is an element of play, happiness, and satisfaction (Kevin Pranata, 2016). Sports have become activities that are liked by almost all groups of society, especially among school children or the elderly. Sport has many branches; one of the branches is Pencak silat. Pencak silat comes from 2 words namely 'pencak' and 'silat'. The interpretation of Pencak is taken from the Javanese language, which means to be ready under any circumstances to fight, and silat comes from the Malay language. This strategy originates from spirituality and friendship (Izzaty et al., 2015). According to (Kurnia Nenggala, 2006). Pencak silat is an exercise with part method and skill, particularly in demonstrating silat. Pencak silat athletes must master the method, the silat skill, and the rules in Pencak silat.

Pencak silat in Indonesia is under the auspice of Ikatan Pencak Silat Seluruh Indonesia (IPSI). There are ten historical silat groups of IPSI; one is Tapak Suci Indonesia Putra Muhammadiyah (Saputra & Greetings, 2020). Tapak Suci is one of the Ortom in Muhammadiyah that was founded on July 31, 1960, in Yogyakarta and is overgrowing until this moment and is famous abroad. Tapak Suci also engaged in Da'wah, a martial art that respects *akhlakul karimah* following the aim of muhammadiyah, is to make Islam progressive.

The tournament in Pencak silat is divided into four categories, the art category (Singles, Doubles, and Teams) and the fighting category. The art category focuses on demonstrating every move set's beauty movement. On the other hand, the fighting category is a match between 2 different athletes who fight each other using attacking and defending



components. Win a match in the silat fighting category is a challenge because besides beating ourselves from the training sessions, athletes are also confronted with an opponent to defeat. To win a match, athletes must get more points higher from the opponent. To multiply the points, athletes must attack an opponent with punches, kicks, slams, or dropping methods with a different score in each movement (Marlianto et al., 2018). There needs to be more than just several specialty techniques to win a match maximally. Many athletes, while making an attack or doing techniques they have mastered, could be more optimal. Good or not athletes in a match will affect the psychology of the athlete (Di & Tadulako, 2019).

According to (Supardi, 2018) anxiety levels could affect the results of athlete achievement in a match. Possible factors that cause anxiety vary; usually, anxiety is caused by intrinsic factors, and extrinsic factors can cause anxiety, depending on each athlete's response. Anxiety that is caused by intrinsic factor is: bad performance as a result of fear of a failure, personality traits that are indeed anxious, and the lacking of experience in a match or tournament, meanwhile from extrinsic factor is: the opponents, the spectators, friends, the administrators, the places where the matches are being held, and match facilities,

The psychological problem that athletes most often experience is anxiety. Based on observation and interviews in this pre-study with athletes in the fighting category in UKM Tapak Suci UHAMKA, It is known that the measure of the success of an athlete in a Pencak silat match depends on the athlete's self-readiness. The athlete's readiness can be seen from the physique and technique as well as the level of anxiety and confidence that the athlete has. An athlete's mentality is needed to minimize anxiety and increase the athlete's confidence when competing. According to (Adi, 2016) Mental is the ability of the mind and thought processes that involve emotional and intellectual. The athlete's mentality plays a vital role in a match as an attitude athletes possess to overcome all obstacles and obstacles to achieve victory (Nisa & Jannah, 2021). Mental is the ability possessed by athletes to withstand pressure and stay oriented to the goal.

Based on the phenomenon of athlete experience and the anxiety felt by Tapak Suci UHAMKA, athletes who cannot maximally implement the techniques they have mastered lack of confidence to launch attacks during matches and feel unsure of their abilities. It can be seen from how athletes use a ready stance or rigid posture and tremble during the match. The athlete's anxiety and confidence can be anticipated by doing mental training. *Mental training* is a training method in which the training component is focused on imagination or visualizing the actual situation in a match without doing visible physical training (Lismadiana, 2017). The cause of this phenomenon is the lack of mental training in Tapak Suci UHAMKA athletes to increase self-confidence and minimize anxiety during matches. It is also confirmed by research (Princess et al., 2021) In general, the quality of the athlete's mental training program is included in the outstanding category, as seen from the results of all the evaluation components of the training program.

According to (Tjung Hauw Sin, 2016) Mental training is a process of training to increase someone's mental toughness by involving concentration, directing action toward a goal according to plan, and feelings control (emotions and thoughts) and psychophysical conditions. There are many mental training to increase self-confidence and performance that can be applied, one of which is positive self-talk. (Komarudin, 2015) explained that self-talk can be a psychological strategy to increase self-confidence and minimize an athlete's anxiety. Self-talk is an internal discussion or dialogue with oneself; it can also be interpreted as a method by which a person can express what is in his mind and have a dialogue with himself (Atmoko et al., 2018). Self-talk is also divided into 2, positive self-talk and negative self-talk.



Positive self-talk is spoken diction that focuses on making someone more positive. On the other hand, negative self-talk is choosing spoken diction focusing on making oneself more negative, generally making oneself continue to be pessimistic (Utami, 2022). Special counseling techniques and positive self-talk are believed to improve athletes' mentality (Pratama et al., 2020). Self-Talk is the counselor's ability to control thoughts and will affect how the counselor communicates adequately (Jones, Richard, 2012).

Based on the problems above, positive self-talk has excellent potential to overcome athletes' mental problems. Applying mental training in the Tapak Suci UHAMKA training period can overcome problems and anxiety related to the mentality of fighting category athletes. This study aims to determine the effectiveness of applying the Positive Self-Talk method to the confidence level of athletes in the fighting category. It is based on the results of the phenomena and conditions of Tapak Suci UHAMKA athletes who still need to be mentally prepared enough to compete in the championship achievements. Therefore the importance of mental training using the Positive method of Self-Talk is considered capable of anticipating and minimizing mistakes that occur in the future when athletes compete.

### Research Method

This study used the experimental method of one group pretest-posttest design with a quantitative approach which was carried out in only one group that was randomly selected, and no stability and clarity tests were carried out before the treatment was given. The sampling technique used was purposive sampling; the sample would be devoted to athletes who did meet predetermined criteria. The samples that had been selected will then be put into one experimental group to be given treatment using the positive self-talk technique; from the results of the sampling technique, eight athletes are selected according to the criteria.

The research instrument used a validation questionnaire or questionnaire using the Microsoft Excel 2010 application. The response data or athlete responses were analyzed and then averaged using a Likert Scale (always, often, rarely, and never). There were positive and negative items as a support to obtain more accurate information; scoring was inversely proportional to positive and negative. This research took place at UKM Tapak Suci UHAMKA by conducting three meetings or mental training treatments divided into several stages, basic mental skills, preparatory mental skills, and performance skills. It starts with filling out the pre-test and ends with filling out the post-test.

**Table 1. Likert Scale Criteria**

Quality Score	Criteria Appropriateness	Information
$3.26 < x \leq 4.00$	Valid	No Revision
$2.51 < x \leq 3.26$	Valid Enough	Partial Revision
$1.76 < x \leq 2.51$	Invalid	Revision part & material review
$1.00 < x \leq 1.76$	Invalid	Not in use

The data analysis technique of this research used descriptive analysis techniques. According to Ananda & Fadhli (2018), descriptive analysis is a form of research data analysis to test the generalization of research results based on one sample. In this study, the descriptive analysis used was a descriptive categorization analysis of data obtained from a solid mental scale, where respondents would answer one of the quantitative data provided, Selalu (SL), Sering (S), Jarang or Tidak Pernah (TP).

Testing Requirements Analysis in this study is the normality test and homogeneity test. According to (Kristiana Sinaga et al., 2019) the normality test was carried out to



determine whether the samples were normally distributed. It is essential to know about determining the selection of statistical tests to be used. In the normality test, the method used to process data is the Kolmogrov-Sminor SPSS 2.5 test with the following conditions:

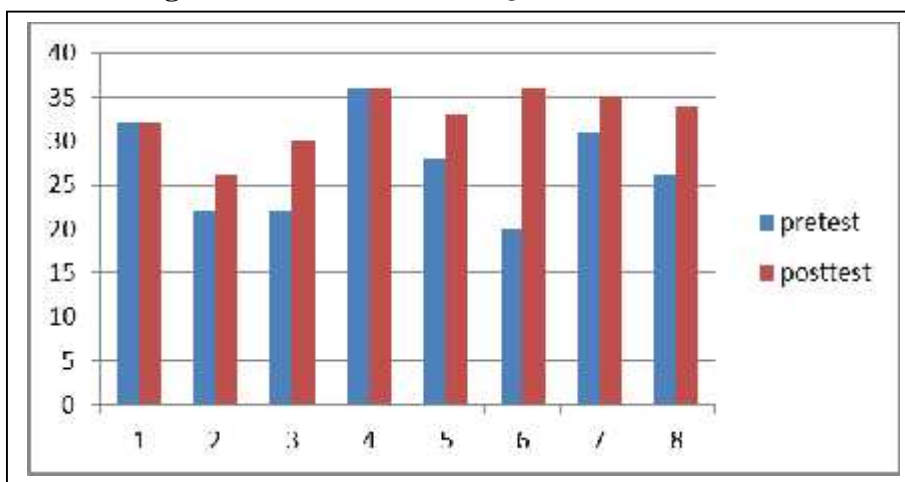
- 1) If the sig value  $> 0.005$  then the data is normally distributed
- 2) If the sig value  $< 0.005$  then the data is not normally distributed.

Meanwhile, according to Subando (2021) the Homogeneity test is used to analyze whether two variables have the same variance. If we have the same variant, we can make a comparison, but if we have a different variant, we cannot. A significance value ( $p$ )  $> 0.05$  indicates that the data group comes from a population with the same (homogeneous) variance. On the other hand, a significance value ( $p$ )  $< 0.05$  indicates that the data group comes from populations with different variances (heterogeneous). So, make sure our data results are homogeneous by having a significance value ( $p$ )  $> 0.05$ . After confirming that the data is homogeneous, we can continue the comparative analysis using the Anova or T-Test.

## Results and Discussion

The research procedure was carried out using two stages of data collection, pretest, and posttest, to measure the extent of the athlete's mental development. The treatment in this study was carried out in three meetings following the stages of mental training (Jannah Miftahul, 2020). Mental training is divided into three stages, basic mental skills, preparatory mental skills, and mental performance skills. The first treatment begins with a questionnaire. It aims to measure the mental readiness of athletes, followed by entering the basic mental skills stage, which is the basis of the mentality that must be possessed by an athlete, which includes a positive attitude, motivation, fighting spirit, purpose and commitment, and intrapersonal abilities. In the periodization of basic mental skill training, it is usually placed in general preparation that prepares the basic athlete both in terms of mentality and attack or defense.

**Chart 1. Scoring Results Sub Indicator Questionnaire Basic Mental Skill**

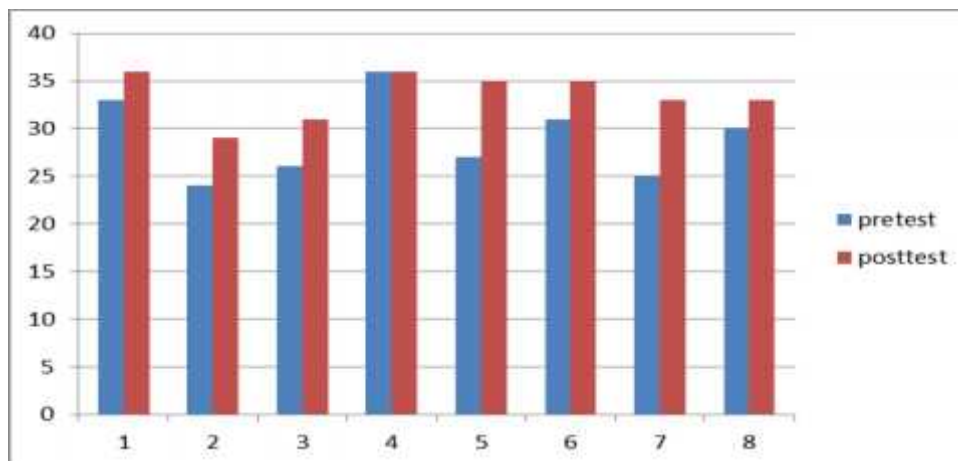


Based on the results of the pretest and posttest questionnaire instrument in the basic mental skill sub-indicator from the first meeting is valid with an average value of pretest = 3.0138 and posttest = 3.638. In this sub, there is an increase in athletes in the basic mental skill indicator. The second stage, the mental skill preparatory, is an exercise for athletes who have entered the preparation stage that is more directed or focused on deepening the athlete's ability. Mental training in this phase is more oriented to imaging exercises and giving self-



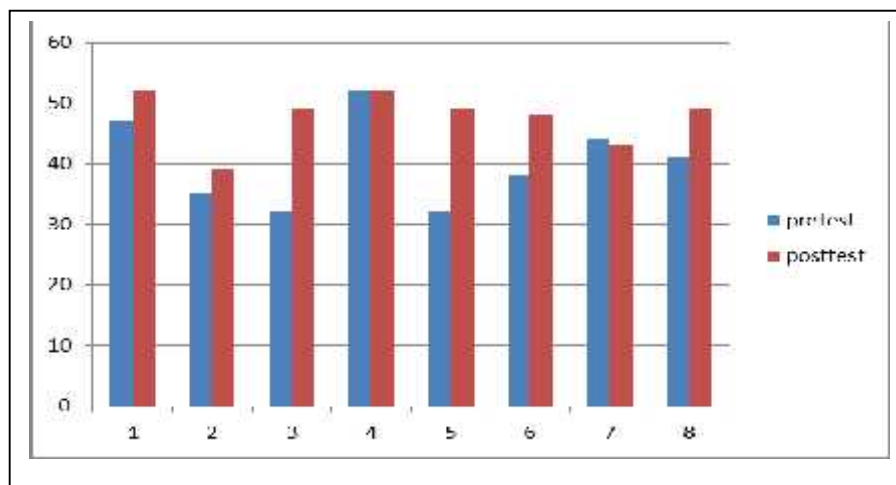
talk. At the Mental Skill preparatory stage, several things must be mastered by athletes, the focus of athletes, athlete's emotional management, and stress management. The stage uses visualization exercises by relaxing the body, imagining the situation in the match, and implementing all techniques and tactics that have been trained from the beginning of the match until the winner's announcement. This visualization exercise uses positive self-talk and affirmation to increase self-sense and minimize athletes' anxiety.

**Chart 2. Scoring Results Sub Indicator Questionnaire Preparatory Mental Skills**



The results of the pretest and posttest questionnaire instruments on the preparatory mental skills sub-indicator from the first meeting were valid, with an average pretest = 3.222 and posttest = 3.722. In this sub-indicator, there is an increase in athletes on the preparatory mental skill sub-indicator. The third stage is Performance mental skill, which is the athlete's mental preparation for a competition. After going through the two phases of mental training, general preparation, and special preparation, the athlete focuses on applying techniques that have been trained both for attack and defense that have been trained. Relating to the match, it aims to win by analyzing the situation for launching an attack or defense. Training at this stage uses the sparring partner training method, namely training against friends, which aims to improve mentality during matches in actual events. This treatment was closed by filling out the post-test questionnaire.

**Chart 3. Sub-Indicator Scoring Results Mental Skill Performance**







Based on the results of the pretest and posttest questionnaire instruments on the mental skill performance sub-indicator from the first meeting, it can be said to be valid with an average value of pretest = 3.086 and posttest = 3.664. There is an increase in athletes on the mental skill performance sub-indicator in this sub.

The questionnaire instrument has been tested to determine the response of athletes and trainers to mental training. The research was conducted at Tapak Suci Yatuna; samples taken were six athletes in the Tapak Suci YATUNA fighting category, East Jakarta. The primary purpose of implementation is to achieve training goals, overcome athlete problems, and ensure that athletes experience improvement in training. The Microsoft Excel 2010 application shows that the questionnaire is categorized as valid, seen from the results of the average value of all indicators = 3.67.

**Table 2. Validity Instrument Tapak Suci YATUNA**

Indicator	Average	Criteria
Basic Mental Skill	3,291	Valid
Preparatory Mental Skills	3,277	Valid
Performance Mental Skills	3.125	Valid Enough

The validity table above shows that possessing mental skills shows an average value = 3.291 > 3.26, categorized as valid, and there is no revision. The Preparatory mental skill indicator shows an average value = 3.277 > 3.26, categorized as valid, and has no revision. The mental skill performance indicator shows an average value = 3.125 < 3.26, categorized as quite valid criteria. There have been several revisions in the mental skill performance instrument because the average value is < 3.26. Testing prerequisite analysis using normality test and homogeneity test. The normality test aims to test whether or not the research data on all variables have a normal distribution. In contrast, the homogeneity test aims to determine whether the two variables are homogeneous or not (Paturahman, 2017). Normality test and homogeneity test using the SPSS ver.26 application

**Table 3. Normality Test  
One-Sample Kolmogorov-Smirnov Test**

		Unstandardized Residual
N		8
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	6.87723016
Most Extreme Differences	Absolute	.192
	Positive	.121
	Negative	-.192
Test Statistic		.192
Asymp. Sig. (2-tailed)		.200 <sup>c,d</sup>

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

Based on the results of the normality test, it shows the Asymp value. Sig. (2-tailed) = 0.200 > 0.05 indicates that the effectiveness of positive self-talk and athlete mentality has a normal distribution because it has a significance value of 0.200 greater than the value of = 0.05.

**Table 4. Homogenitas Test  
Test of Homogeneity of Variances**

Levene Statistic	df1	df2	Sig.
2.104	1	14	.169



#### ANOVA

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1242.563	1	1242.563	7.676	.015
Within Groups	2266.375	14	161.884		
Total	3508.938	15			

Based on the results of the homogeneity test, the value of Sig. = 0.169 > 0.05 indicates that the effectiveness of positive self-talk and mental athletes has a homogeneous distribution because it has a significant value of 0.169, more excellent than the value of = 0.05. The hypothesis in this study used the Wilcoxon t-test, which aims to determine whether there is a difference between two paired samples. The research hypothesis is that there is a positive self-talk effect on the mentality of athletes in the UHAMKA Tapak Suci fighting category. This hypothesis test using SPSS ver.26.

**Table 5. Hypotesis Wilcoxon Signed Rang Test Ranks**

		N	Mean Rank	Sum of Ranks
posttest - pretest	Negative Ranks	0 <sup>a</sup>	.00	.00
	Positive Ranks	8 <sup>b</sup>	4.50	36.00
	Ties	0 <sup>c</sup>		
	Total	8		

a. posttest < pretest

b. posttest > pretest

c. posttest = pretest

#### Test Statistics<sup>a</sup>

	posttest - pretest
Z	-2.521 <sup>b</sup>
Asymp. Sig. (2-tailed)	.012

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Based on the results of the Wilcoxon signed rang test of the hypothesis, it is known that the Asymp value is. Sig (2-tailed) is 0.012. Because 0.012 < 0.05, it can be concluded that "the hypothesis is accepted." There is a difference or improvement in the athlete's mentality by using positive self-talk mental training methods. It is relevant to previous research from (Elhaque et al., 2021) which showed that there were differences in concentration scores after and before the positive self-talk treatment in the experimental group (Sig. = 0.018 < 0.05). It is the same as research conducted by (Miftakhul & Effendi, 2019 ) which shows that there are differences in confidence scores before and after receiving treatment (Sig.=0.028, p<0.05). So, these results show that positive Self-Talk training research can increase athletes' confidence. Research is the same (Fauzan et al., 2021). This positive Self-Talk training method can affect the ability of athletes to increase self-confidence during matches. It can be seen from the hypothesis testing proving that the value of Self-Talk training is positive it can increase self-confidence and improve drop shot results in badminton athletes. It is strengthened by research (Indraharsani & Budisetyani, 2018) which shows a p-value (0.003) < 0.05; it can be concluded from the p-value (0.003) that self-talk treatment is effective, there are significant differences in the experimental group before and after self-talk treatment. In other sports, there are also similarities related to the positive Self-Talk method; research from (Pratama et al., 2020) shows the results of research on statistical testing. It is known that the value of Sig. (2-tailed) 0.24 > 0.05, which means there is no difference in the effect of self-talk and imagery relaxation exercises on concentration. However, each has a different



increase, where self-talk (27.71%) has a better percentage increase than imagery relaxation (10.97%); this can be a reference for researchers in evaluating the ineffectiveness of implementing self-care treatment of positive talk.

### Conclusion

The conclusion from this study results was that self-talk has a significant positive effect on the mental confidence of UHAMKA tapak Suci athletes. With Asymp value. Sig. (2-tailed) is  $0.012 < \text{than } 0.05$ . These results indicated that "the hypothesis is accepted." The results of this study have implications; namely, if athletes and coaches know that adequate facilities support the Positive Self-Talk method, then this exercise can be used as a variety of mental training to increase athletes' confidence.

### Recommendation

Based on the results of this study, (1) it is hoped that coaches will develop more creativity in packaging training material to maximize the results and abilities that exist in athletes. (2) counselors can further develop counseling techniques so that they can help athletes deal with mental problems experienced by athletes.

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