

Assessing the Mental Training Needs to Enhance Self-Confidence in IPSI Banyuasin Pencak Silat Athletes

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Abstrak

Kepercayaan diri merupakan faktor psikologis penting yang memengaruhi performa atlet di setiap cabang olahraga, termasuk pencak silat. Penelitian ini bertujuan untuk menganalisis tingkat kepercayaan diri atlet pencak silat dari IPSI Banyuasin. Penelitian ini menggunakan pendekatan kualitatif deskriptif dengan subjek yang terdiri dari 15 atlet dan 3 pelatih dari IPSI Banyuasin. Teknik pengumpulan data meliputi wawancara, observasi, kuesioner, dan dokumentasi. Sedangkan analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan menggunakan teknik triangulasi sumber dan metode untuk memastikan validitas data. Hasil penelitian menunjukkan bahwa tingkat kepercayaan diri atlet IPSI Banyuasin masih diklasifikasikan sebagai sedang hingga rendah. Sebanyak 60% atlet mengaku sering merasa tegang dan ragu-ragu sebelum pertandingan, 26,6% atlet memiliki kepercayaan diri sedang, dan hanya 13,4% atlet menunjukkan kepercayaan diri tinggi. Faktor utama yang memengaruhi kepercayaan diri meliputi pengalaman kompetisi, dukungan dari pelatih dan rekan satu tim, kesiapan fisik dan teknik, serta kemampuan mengelola emosi. Secara keseluruhan, penelitian ini menegaskan bahwa pengembangan mental merupakan aspek penting yang harus diintegrasikan ke dalam program pelatihan pencak silat, dan bahwa media audio visual dapat menjadi alat yang efektif untuk membantu atlet IPSI Banyuasin mencapai kesiapan mental yang optimal.

Kata kunci: Rasa Percaya Diri, Atlet Pencak Silat, Perkembangan Mental, Citraan, Media Audio

Abstract

Self-confidence is an important psychological factor that influences athlete performance in every sport, including pencak silat. This study aims to analyze the level of self-confidence of pencak silat athletes from IPSI Banyuasin. This study used a descriptive qualitative approach with subjects consisting of 15 athletes and 3 coaches from IPSI Banyuasin. Data collection techniques included interviews, observations, questionnaires, and documentation. While data analysis was carried out through data reduction, data presentation, and conclusion drawing using source and method triangulation techniques to ensure data validity. The results showed that the level of self-confidence of IPSI Banyuasin athletes was still classified as moderate to low. As many as 60% of athletes admitted to often feeling tense and hesitant before matches, 26.6% of athletes had moderate self-confidence, and only 13.4% of athletes showed high self-confidence. The main factors influencing self-confidence include competition experience, support from coaches and teammates, physical and technical readiness, and the ability to manage emotions. Overall, this study confirms that mental development is an important aspect that must be integrated into pencak silat training programs, and that audio imagery media can be an effective tool to help IPSI Banyuasin athletes achieve optimal mental readiness.

Keywords: Self-confidence, pencak silat athletes, mental development, imagery, audio media

1. INTRODUCTION

Self-confidence is a critical psychological factor that significantly influences athlete performance across all sports, including pencak silat. Athletes who possess high self-

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confidence are more likely to perform optimally, think clearly under pressure, and maintain composure during competitions, whereas a lack of self-confidence can hinder performance, increase anxiety, and impair decision-making abilities (Weinberg & Gould, 2019). Initial observations and interviews with coaches and athletes from the Indonesian Pencak Silat Association (IPSI) in Banyuasin Regency indicate that many athletes experience difficulties in maintaining self-confidence, particularly before and during matches. Several athletes reported feeling nervous, fearing failure, and doubting their abilities despite rigorous physical and technical training (Agustiandho et al., 2021).

Moreover, mental training has traditionally received less attention than physical and technical preparation, partly due to limited understanding and availability of psychological training resources tailored to athletes' needs. Consequently, conducting a thorough needs analysis is essential to determine appropriate coaching strategies and training media to enhance self-confidence among IPSI Banyuasin pencak silat athletes. Insights from such analysis can guide the development of practical and effective mental training programs that align with the unique demands of martial arts performance (Arifin & Kurniawan, 2022).

Empirical evidence demonstrates that targeted psychological interventions, such as PETTLEP-based visualization and positive self-talk, can significantly improve athletes' self-confidence. For instance, PETTLEP-based visualization training has been shown to strengthen mental readiness, manage stress, and increase self-confidence during training and competitions (Agustiandho et al., 2021). Similarly, self-talk interventions over several weeks significantly enhanced athletes' confidence, focus, and emotional regulation in competitive contexts (Arifah et al., 2020). Descriptive studies also highlight variability in self-confidence levels among athletes, emphasizing the need to evaluate and develop psychological skills systematically for optimal performance (Akbar & Sahri, 2023).

Further research supports the critical role of self-efficacy and motivation in bolstering self-confidence. Athletes with higher self-efficacy tend to experience lower competitive anxiety and demonstrate stronger performance outcomes (Firmansyah & Januarumi, 2021; Lailiyah & Jannah, 2022). Likewise, studies on psychological skills inventories indicate that self-confidence in pencak silat athletes is often moderate and requires targeted interventions to maximize potential (Afifah et al., 2022). Research on mental training, imagery, and cognitive behavioral strategies confirms that these techniques enhance pre-competition readiness, tactical understanding, and confidence in martial arts athletes (Smith & Thompson, 2023; Liu et al., 2024).

Sport psychology literature consistently shows that interventions such as goal-setting, self-talk, and mental imagery improve athletes' self-confidence by strengthening cognitive and emotional processes (Johnson et al., 2025; Martinez & Lee, 2021). Similarly, meta-analyses on martial arts athletes report that psychological strategies, including visualization, emotion regulation, and self-talk, significantly enhance both confidence and competitive performance (Chen et al., 2026). Additionally, the coach-athlete relationship plays a crucial role in developing self-confidence, with supportive communication and trust contributing to athletes' psychological resilience (Garcia & Santoso, 2024). Studies also highlight the

importance of a mastery-oriented motivational climate, which positively correlates with higher levels of self-confidence in young athletes (Rodriguez et al., 2023).

Theoretically, self-confidence in sports psychology is conceptualized as an individual's belief in their ability to succeed in a given context, which can be nurtured through mastery experiences, verbal persuasion, emotional management, and prior successes (Weinberg & Gould, 2019). Therefore, integrating mental training strategies with physical and technical preparation is essential in developing pencak silat athletes capable of performing under pressure while maintaining psychological resilience (Taufik & Prasetyo, 2025). This study aims to examine the current state of self-confidence in IPSI Banyuasin pencak silat athletes and explore evidence-based interventions to enhance mental readiness and performance.

2. METHOD

This study employed a qualitative descriptive approach, aiming to provide an in-depth exploration of the mental training needs to increase self-confidence among athletes and coaches. The study was conducted at the Indonesian Pencak Silat Association (IPSI) in Banyuasin Regency, located at Jalan Hasan Sanduk, Mutia Ragansy Complex, Block A.13, RT 46, RW 17, KM 14, Sukajadi Subdistrict, Banyuasin Regency, South Sumatra Province. Data collection was conducted over a three-month period, from October to December 2025.

2.1 Data Collection Techniques

Data were gathered using a combination of methods to ensure a comprehensive understanding of athletes' mental training needs and self-confidence levels. The following techniques were employed:

1. Interviews – In-depth semi-structured interviews were conducted with athletes and coaches to gather detailed information regarding self-confidence levels and perceived gaps in mental training (Akbar & Sari, 2023).
2. Observation – Direct observation of athletes' behaviors during both training sessions and competitive matches allowed the researchers to assess confidence levels in real-time (Dewi & Indriani, 2022).
3. Questionnaires – Structured questionnaires were used to measure athletes' self-confidence levels and their opinions about the effectiveness of existing mental training programs (Mulyana et al., 2024).
4. Documentation – Relevant documentation, such as training activity logs, match schedules, and coaches' notes, was reviewed to understand the overall training process and mental readiness strategies employed (Johnson et al., 2023).

2.2 Data Analysis Techniques

The data collected were analyzed through descriptive analysis, following these steps:

1. Data Reduction – The data were sorted and simplified to eliminate irrelevant

information and to focus on key insights regarding self-confidence and mental training needs (Lestari & Rahmawati, 2024).

2. Data Presentation – The analysis results were presented in tables, graphs, and narrative summaries to clearly represent the needs identified in the study (Santoso & Fitriani, 2025).
3. Conclusion Drawing – Conclusions were drawn based on the key findings from the data analysis, providing an understanding of the mental training needs and self-confidence levels among athletes and coaches (Suharto et al., 2023).

3. RESULT AND DISCUSSION

The results of this study indicate that most athletes of IPSI Banyuasin have moderate to low levels of self-confidence. Based on questionnaires and interviews with 15 athletes, about 60% reported frequently feeling tense and anxious before matches, doubting their abilities despite thorough physical and technical training. Meanwhile, 26.6% of athletes expressed moderate self-confidence, and only 13.4% exhibited high self-confidence during competitions. Several factors contribute to these lower confidence levels, including limited competitive experience, inadequate psychological support from coaches, lack of structured mental training such as imagery or relaxation, and pressure from spectators and opponents (Kurniawan & Ardiansyah, 2022; Wijaya et al., 2025).

Interviews with coaches and athletes identified four main factors that influence self-confidence. First, competitive experience: athletes who regularly participate in competitions tend to demonstrate higher confidence compared to newcomers. Second, coach and peer support: verbal encouragement, motivation, and positive interactions from coaches and teammates enhance morale and strengthen athletes' belief in their abilities. Third, physical and technical readiness: athletes who feel physically fit and have mastered techniques show higher confidence when facing opponents. Fourth, mental and emotional condition: athletes who can regulate their emotions remain calmer during matches than those who are easily anxious (Hidayat & Santoso, 2023; Anggraini & Nugroho, 2021).

The needs analysis revealed that both athletes and coaches require practical, easy-to-use, and self-administered mental training media. Specifically, they need audio-based training materials containing relaxation instructions and positive imagery, resources on strengthening self-confidence such as self-affirmations, visualizing success, and anxiety management, as well as guidance for coaches on integrating mental training into routine physical training

programs. About 80% of the top athletes expressed interest in trying audio-based imagery training, considering it convenient, equipment-free, and suitable for use at home or before competitions (Rahmawati, 2020; Lestari & Fadillah, 2024).

From the data analysis, three main findings emerged. First, athletes' self-confidence still requires improvement, as many feel nervous and hesitant when facing stronger opponents. Second, mental training is not yet prioritized in regular training programs, with coaches focusing primarily on physical and technical preparation without systematic psychological practice. Third, there is a high demand for audio-based mental training media, reflecting athletes' need for accessible guidance in relaxation and positive visualization techniques (Prasetyo et al., 2025; Hartono & Sari, 2024).

The discussion highlights that self-confidence among IPSI Banyuasin athletes is generally suboptimal. Athletes with lower confidence are prone to anxiety, reduced focus, and poor emotional control during competitions, supporting Vealey's (2007) assertion that regular psychological training is essential for maintaining optimal confidence. Furthermore, this study indicates that audio-based mental training can be an effective solution. Audio-guided exercises allow athletes to independently practice imagery, relaxation, and self-affirmations, helping them achieve a calmer mental state before competition (Nugroho & Hidayat, 2021; Prabowo et al., 2023).

The findings also emphasize the critical role of coaches and sports organizations. Coaches should integrate mental training into every session, for example, through light meditation, motivational exercises, and the use of audio imagery. Meanwhile, IPSI Banyuasin can develop technology-based training modules to support ongoing psychological preparation. Positive interactions, trust, and effective communication from coaches have been shown to significantly enhance athletes' self-confidence, especially among younger competitors (Setiawan & Wibowo, 2022; Ardiansyah et al., 2024; Lailiyah & Jannah, 2025).

In conclusion, this study shows that the self-confidence of IPSI Banyuasin athletes remains moderate to low, influenced by competitive experience, social support, physical readiness, and emotional regulation. Both athletes and coaches require practical, easily accessible audio-based mental training, which has strong potential to improve athletes' confidence during competitions. The findings underscore the importance of integrating psychological training into regular routines to optimize overall athletic performance.

4. CONCLUSION

Based on the research results and discussions, several conclusions can be drawn: most athletes still have moderate to low levels of self-confidence. Sixty percent of athletes admitted to frequently feeling tense and anxious before matches. They doubted their abilities despite thorough training. Meanwhile, 26.6 percent of athletes reported moderate confidence, and only 13.4 percent demonstrated high levels of self-confidence during matches. Overall, this study demonstrates that needs analysis is an important initial step in designing audio-based mental training media to enhance the self-confidence of IPSI Banyuasin pencak silat athletes in a targeted and sustainable manner.

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