



Building a Champion Mentality: Coaches' Behavior on Karate Athletes' Psychological Health

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ABSTRACT

This study aims to explore more deeply how the behaviour of karate coaches in Banjar City can contribute to the formation of a champion mentality and how much influence it has on the psychological health of athletes. This type of research is quantitative with a correlational approach. The instrument used is a combination of the Coaching Behavior Scale for Sport (CBS-S) and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). Samples were collected using a purposive sampling technique with certain considerations. Athletes selected to be sampled have a minimum requirement of 6 months who have been trained by the same coach routinely at least 3 times a week. The population in this study were karate athletes in Banjar City with a sample of 25 athletes. The data that has been collected is processed and analyzed using software in the form of Statistical Product and Service Solution (SPSS) 27 using the Pearson Correlation test and the coefficient of determination (R Square) test. The results of the data analysis show that coach behaviour is strongly related to the psychological health of athletes which is significant. With a percentage of 37.7% of the psychological health of athletes influenced by the behaviour of coaches, this percentage is considered quite large because there are other factors outside the behaviour of coaches that affect the psychological health of athletes, both internal and external factors. This study also revealed that of the 25 athletes who were the research samples, 10 of them had good psychological levels, 9 athletes experienced mild depression, and 6 other athletes experienced severe depression. The results of this study conclude that the behavior of coaches affects the psychological health of athletes including motivating to build a champion mentality in athletes.

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- A. Conception and design of the study;
- B. Acquisition of data;
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INTRODUCTION

Karate is a branch of martial arts that has existed for a long time in Banjar City and is still actively running and continues to develop, one of which is by involving its athletes in various competitions, both at the provincial and national levels. The interaction between coaches and athletes creates an environment that can have a positive effect, but it does not rule out the possibility of hurting the psychological health of athletes. This



relationship between coaches and athletes can be a trigger for stress that affects the psychological health of athletes (Simons & Bird, 2023). Effective coaching behavior can not only improve physical performance, but can also strengthen self-confidence, motivation, and mental resilience. Coaches who understand psychological aspects can deal with stress and failure, and maintain emotional balance during training and matches. One of the successes of an athlete lies in how the coach trains himself and also his athletes (Geraldi Novian & Ira Purnamasari Mochamad Noors, 2020).

Coaches are related to leaders. As a leader, coaches are responsible for influencing, motivating, and guiding athletes to achieve their goals. As a leader, coaches also contribute significantly to improving the behaviour and self-efficacy of followers through feedback (Liu & Gumah, 2020). Leadership is the power of ambition, the power of enthusiasm, and the power of creative morals that can influence members to change their attitudes to understand the wishes of the leader (Pakpahan, 2022). The leadership behaviour of coaches is expected to provide an effective contribution and the leadership behaviour chosen can increase the likelihood of successful performance (Nugroho et al., 2022). In addition, coach leadership also utilizes the use of charisma, intelligence, wisdom, and political skills, as well as artistic skills through the communication process to unlock the potential of individuals or groups, lead, discipline, and achieve greater results. It is also a process that empowers the potential to do what is desired and the ability to set specific goals and strive to achieve them (Fahmi, 2024).

Sports psychology is a factor that influences the performance of athletes and factors that are outside and within the athlete (Negara et al., 2021). The psychological health of athletes is receiving increasing attention in the world of modern sports. Athlete psychology is a branch of sports psychology that studies how psychological factors affect the performance and mental health of athletes in sports. The coach's understanding of athlete psychology through the coach-athlete relationship can reduce negative influences (Şenel et al., 2024) and help improve performance through mental training and psychological skill development. A positive approach from the coach will have an impact on improving the psychological health of athletes (Kim et al., 2020). This is because not only physical training, skills, tactics, and plans, but mental training also contributes to developing positive mental behaviour to achieve maximum performance (Kusuma & Rindaningsih, 2024).

In addition to playing a role in achieving maximum performance, mental health is also a very important aspect in developing quality athletes (Subakti & Nurdin, 2023). The mentality referred to in this study is a champion mentality which is interpreted as behaviour that does not give up easily, always fights, dares to face challenges, and is not afraid to lose in any situation and condition (Thauwrisan, 2023). Building a champion mentality in athletes is also an effort to train athletes to withstand pressure and turn failure into an opportunity for further growth. Similar to the psychological health of athletes, a champion mentality is not only formed through a training process that involves several elements, including the role of the coach.

An athlete's mentality is one of the determining factors in whether the athlete can achieve or not, the athlete's mental toughness will affect the athlete's performance level

(Sahrul, 2024). This article aims to explore more deeply how the behaviour of karate coaches in Banjar City contributes to the formation of a champion mentality and the psychological health of athletes. This is because the coach is one of the factors in the development of motivation in athletes (Gunawan & Setiobudi, 2023) so that with good coach behaviour, can build a champion mentality for its athletes. Through a correlational approach, it is expected to find a strong relationship between coach behaviour and the level of psychological health of athletes. This understanding is very crucial for coaches and athletes to understand good psychological health by using motivation, self-confidence, and mental toughness to achieve success when competing (Pratama & Wiyaka, 2021).

METHODS

The type of research method used is a quantitative method that uses data collection techniques and instruments in the form of questionnaires and a correlational approach. Quantitative research was chosen to measure and analyze the relationship between variables based on numerical data obtained through questionnaires collected in a closed manner (Gatarina Nurani Oktavia et al., 2023). The instrument used to measure coach behaviour is the Coaching Behavior Scale for Sport (CBS-S) and the instrument used to measure athlete mental health is The Warwick-Edinburgh Mental Well-being Scale (WEMWBS). The use of CBS-S has not only been validated by previous studies but has also been shown to be useful in developing good coaching practices (Carlsson & Lundqvist, 2016). Meanwhile, WEMWBS has been validated as a reliable research instrument for evaluating mental health (Bilgin Çetin et al., 2021).

The population in this study were 43 karate athletes in Banjar City. The technique used in sampling was the purposive sampling technique using certain considerations. In this study, the consideration used is karate athletes in Banjar City who have trained with the same coach for at least 6 months with a training schedule of 3 times a week. The number of athletes who meet the requirements as samples is 25 people. Data collection was carried out using a questionnaire given to the sample online with the help of technology in the form of Google Forms. The data that has been collected will be processed and analyzed using software in the form of Statistical Product and Service Solution (SPSS) 27.

RESULTS AND DISCUSSION

Result

The data obtained were then processed and analyzed using a normality test to determine whether the variables were normally distributed or not. Next, testing was carried out using Pearson correlation to determine whether the coach behaviour variable (X) and the athlete's psychological health variable (Y) were significantly related. The determination coefficient test was carried out to determine the extent to which the coach behaviour variable (X) can affect the athlete's psychological health (Y). The results of the data that have been tested will be shown in the table.

Table 1.
Normality Test Results

Variable	Sig.	p-value
Coach Behavior (X)	0.200*	0.05
Athletes' Psychological Health (Y)	0.064	0.05

Based on Table 1. the results of the normality test using Kolmogorov-Smirnov show that the coach's behaviour has a significance value (sig.) of 0.200, a p-value greater than 0.05, this means that it can be assumed that the data on the coach behaviour is normally distributed. Table 1. also shows that the psychological health of athletes has a significance value (sig.) of 0.064 and, a p-value of more than 0.05, then it can be assumed that the data on the psychological health of athletes is also normally distributed. Because the two variables show normally distributed data, it can be continued with a simple correlation analysis (bivariate correlation) Pearson Correlation.

Table 2.
Correlation Test Results

Variable	Sig.	p-value
Coach Behavior (X)	0.200*	0.05
Athletes' Psychological Health (Y)	0.064	0.05

Table 2. shows the results of the Pearson correlation test with a correlation coefficient value of 0.614 with a significance level (sig.) $p < 0.05$, this indicates a positive and statistically significant correlation between coach behaviour and psychological health in karate athletes in Banjar City. This result can be interpreted that the more positive the coach's behaviour (by providing good motivation, support, and feedback), the better the psychological health of the athletes.

Table 3.
Correlation Level and Correlation Strength

No.	Correlation Value (r)	Correlation Level
1	0.00-0.199	Very Weak
2	0.20-0.399	Weak
3	0.40-0.599	Quite
4	0.60-0.799	Strong
5	0.80-0.1000	Very Strong

The results of the correlation test in Table 2. show a value of 0.614, so in Table 3. it is concluded that there is a strong correlation between coach behaviour and psychological health in karate athletes in Banjar City. Therefore, table 2 and Table 3 show that when the value of the coach behaviour variable (X) increases, the value of the athlete's psychological health variable (Y) also tends to increase.

Table 4.
Psychological Health Outcomes of Athletes

Category	Score	Correlation Level	
		N	Percentage
Clinical Depression	< 41	6	24%
Mild Depression	41 - 44	9	36%
Prosperous	> 44	10	40%
Total	-	25	100%

In Table 4. it is known that the results of the psychological health of athletes are adjusted to the category norms according to The Warwick–Edinburgh Mental Well-being Scale (WEMWBS). The results of the study showed that in karate athletes in Banjar City, as many as 6 people or 24% were included in the clinical depression category, 9 people or 36% were included in the mild depression category, and 10 people or 40% were included in the prosperous category.

Table 5.

Average Level of Psychological Health of Athletes

Descriptive Statistics	Category	Score
Mean	53.8	Prosperous

Table 5 shows the average results of the psychological health of karate athletes in Banjar City which has an average value of 53.8 (value >44), indicating that the majority of karate athletes in Banjar City are in the prosperous category.

Table 6.

Results of the Determination Coefficient Test

	R	R Square
Coach Behavior* Athlete Psychological Health	0.614	0.377

In Table 6. the results of the determination coefficient test (R Square) are obtained, the regression value obtained is $R^2 = 0.377$, meaning that the coach's behaviour variable can influence the athlete's psychological health variable by 37.7%, this result has a fairly good meaning to influence the athlete's psychological health. However, there are still around 62.3% where this can be influenced by other factors outside the coach's behaviour (Farhansyah et al., 2023). Among them can be influenced by internal factors, such as originating from personal characteristics, having a history of mental health, and level of motivation. In addition, there is also the possibility of being influenced by external factors originating from the family environment, social environment, academic pressure, economic conditions, and competition with teammates.

Discussion

Based on the data that has been processed and analyzed, the results show that coach behaviour affects the psychological health of athletes. With coach leadership through good behaviour, providing internal and external motivation also plays an important role in the psychology of athletes to achieve success (Rohimin & Mega, 2024). Coach behaviour greatly helps athletes find their potential through strategies and motivation for athletes (Purbaningrum & Wulandari, 2021). Harsono (2021), in his book entitled Psychological Dynamics in Sports Training, said that there are techniques for motivating athletes, including motivation through verbal, pep talks (advice), behavioural motivation (behaviour), incentive motivation (giving gifts), superstition, through pictures, mental images (mental fantasies), motivation because of fear (fear motivation), and positive and negative thinking. The psychological health of athletes can also affect the match, if psychological health is good it will produce good results too (Devi & Indardi, 2023). Athletes with good psychological

health tend to be able to control anxiety (Putri & Alfian, 2023) when competing with a champion mentality created with the help of a coach.

The results of this study also show that athletes who experience depression (either mild or clinical) are quite high. This psychological health problem is an issue that needs more serious attention in the world of sports. However, although the results of the study show that most athletes have good psychological health, there are still athletes who have psychological health below the well-being category. Therefore, improvements are needed in supporting the psychological health of athletes. Depression experienced by athletes can cause a lack of motivation, difficulty concentrating, and sleep disorders that can hinder their achievements.

CONCLUSION

Based on the results of the study, it is confirmed that the role of the coach is not only limited to physical and technical aspects but also has a significant influence on the psychological health of athletes. Therefore, it can be concluded that the behaviour of the coach can be a determining factor in achieving maximum performance and good psychological health of athletes. By understanding the relationship between coach behaviour and the psychological health of athletes, a program can be developed to prevent psychological problems in athletes, such as anxiety when competing and when the match starts. Coaches can implement mental training continuously to make it easier for athletes when faced with negative pressure on themselves (Agita & Tansir, 2021). In addition, coaches also play an important role in motivating because they can help determine the success of athletes, both in training and during matches (Heliza, 2022). In providing motivation, coaches must also pay attention to punctuality, not be conveyed excessively, and be accompanied by examples of appropriate behaviour.

The researcher suggests that further research is expected to expand the level of relationship between the same variables in different sports to be a comparison of coach behaviour in athletes outside the karate martial arts sport, for example in silat athletes or outside the martial arts sport. The researcher also suggested increasing the number of samples, so that the study gets more specific and more accurate results. Although in this study, the coach's behaviour has a significant influence on the psychological health of athletes, it should be remembered that the psychological health of athletes is a complex phenomenon that is influenced by various factors. By understanding the factors that influence the psychological health of athletes, further research is needed to understand more deeply the various factors that influence the psychological health of athletes to help athletes achieve their well-being both in sports and personal lives.

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