



Analysis of Psychological Conditions Reviewed from Mental Toughness, Anxiety, and Self-Confidence in Bridge Athletes in Jambi Province

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ABSTRACT

This study focuses on the psychological condition of bridge athletes in Jambi Province, highlighting three main aspects: mental toughness, anxiety, and self-confidence. Bridge athletes often face pressure that can affect their performance, and this study aims to analyze how these psychological factors play a role in achieving achievements. This study uses a Mixed method between quantitative and qualitative methods. The sample consisted of 32 athletes, 3 coaches, 2 administrators of the Jambi Province Female Bridge Athletes. The instruments used were interviews and questionnaires. Initial findings indicate that many athletes experience difficulties in managing emotions and making decisions while competing. Based on the results of the descriptive analysis, the Standard deviation ranged from 0.69025 to 1.32698, indicating a fairly large variation in anxiety assessments among respondents. Overall, these results illustrate that despite the variation, the average level of anxiety of respondents tends to be low, with an overall average value of 68.7500 for the total score. This indicates that respondents are relatively not experiencing high anxiety.

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

An athlete must work hard from start to finish, starting with intensive training preparation, physical care, and mental preparation. A good and healthy mental condition is very important for athletes to achieve their desired achievements. Good mental health can significantly affect an athlete's performance in achieving sports achievements. In addition to technical skills and physical fitness, psychological factors play an important role in determining an athlete's success in achieving achievements (Nisa & Jannah, 2021). In an increasingly competitive world, mental toughness is becoming increasingly important to enable a person to survive and thrive in the face of various pressures and challenges. (Masduki, 2016) stated that intellectual intelligence (IQ) only contributes



about 20% to a person's life success, this means that other factors outside of IQ contribute much more, which is about 80%. Therefore, to become a successful person, it is not enough to rely only on intellectual intelligence, mental toughness is also important for every individual. The performance of athletes in a match is influenced by their abilities, psychological conditions during the match, physical fitness, previous training, and carbohydrate intake support during the competition (Effendi, 2016).

Athletes who have low mental toughness tend to display maladaptive responses when facing pressure, such as anxiety during the match, uncontrolled emotions, loss of focus, and behaviour that is beyond their control. Conversely, athletes who have a high level of mental toughness will show adaptive responses, namely remaining calm when receiving pressure from supporters, still being able to maintain concentration even though they are far behind their opponents, and increasing motivation due to the increasing intensity of the match (Retnoningsasy, 2020).

Emotions such as anxiety in sports are a very important component to consider in psychological development (Prasetya et al., 2024). Anxiety does not always have a bad impact, because anxiety functions as a control mechanism to stay alert to possibilities that will occur. However, if the level of anxiety is out of control if it interferes with body activity, this will certainly be very detrimental. If athletes experience anxiety and cannot control their mental condition, the abilities of individuals or groups that were previously very good or exceeded standards will not be seen in the match. High levels of anxiety can negatively impact an athlete's performance, increasing the likelihood of defeat (Hindiari & Wismanadi, 2022).

There is a relationship between sports anxiety and mental toughness, many sports experts argue that psychological factors, especially mental maturity and mental toughness, play an important role in determining an athlete's performance (Utami et al., 2024). Sports psychology includes various psychological factors that influence an athlete's personality, such as anxiety, achievement motivation, self-control, imagination, concentration, and relaxation (Hermahayu, 2023). Sports psychology is a branch of psychology that is applied in the world of sports, including factors that directly affect athletes as well as factors outside athletes that can affect their performance (Martín-Rodríguez et al., 2024).

The importance of sports psychology is also emphasized by (Hermahayu, 2023), which shows that factors such as anxiety, motivation, and self-control affect an athlete's performance. Thus, attention to the psychological aspects of athletes, especially in sports that require high strategy and concentration such as bridge, is very important (Gustian, 2016). This study aims to analyze the psychological condition of bridge athletes in Jambi Province, focusing on mental toughness, anxiety, and self-confidence, and their implications for their performance. The mental health of bridge athletes is closely related to aspects such as mental toughness, anxiety, self-confidence, concentration, emotional control, and increased motivation. Given the importance of mental factors for bridge athletes when competing, training and coaching in this area are necessary. Jambi Province Bridge implements improvement and development programs in coaching and nurturing athletes, considering that athletes have faced various obstacles in achieving achievements

in various championships. One of the main obstacles faced by athletes is psychological factors, especially related to mental toughness, anxiety, and self-confidence.

A preliminary study on July 25 – August 3, 2023, at the 59th South Sumatra Pre-PON and National Championship and November 13 – November 20, 2023, at the XVII South Kalimantan National Student Sports Week (POMNAS) in the bridge sport, obtained data from field observations and direct interviews with coaches, team managers and athletes. Findings from observations and interviews indicate that: First, athletes often feel uncomfortable with themselves doubt their abilities, and are less able to enjoy the match process. This can be seen from several times athletes made mistakes in decision making which resulted in many points being wasted. Second, athletes showed an inability to control and manage emotions, behaviour, and mindsets when under pressure when facing opponents who were considered superior. This can be seen from the athletes' emotions which often explode, especially when the points are only slightly apart or starting to lag behind their opponents. Third, the results show that athletes have not been able to forgive themselves for mistakes made in previous matches. This can be seen from the reaction of athletes who start to feel afraid when they have to face opponents from certain areas, especially if the athlete has been superior in previous matches.

These findings are in line with the results of additional observations and interviews conducted by researchers on March 10 – March 16, 2024. Based on observations and interviews with athletes, coaches, and team managers, various findings were obtained. Among other things, athletes lack initiative in making decisions, most athletes in team sports have not been able to collaborate effectively with the team, athletes still often make the same mistakes and ignore the coach's instructions, and some athletes show poor adaptability and often experience overthinking.

METHODS

This study uses a mixed method, namely a mixture of quantitative and qualitative. This study was conducted on Female Bridge Athletes of Jambi Province. The researcher conducted the study on Female Bridge Athletes of Jambi Province because after conducting interviews with Bridge administrators in the Province, namely psychological obstacles, mental toughness, anxiety, self-confidence, team collaboration and initiative were not good and many still did not understand the importance of mental health of athletes to achieve the desired achievements. The sample of this study consisted of 32 athletes, 3 coaches, and 2 administrators of Female Bridge Athletes of Jambi Province. The instruments in this study used interviews and questionnaires.

RESULTS AND DISCUSSION

Results

This study aims to determine how the analysis of the psychological condition of bridge athletes is seen from 3 aspects, namely: mental toughness, anxiety, and self-

confidence. This study was conducted for 15 days, wherein the data collection process, questionnaires were directly given to athletes, then interviews were conducted directly with athletes and coaches, and documentation was conducted directly in the field. The sample used in this study were 24 female athletes who had participated in the championship at the Jambi provincial level and 5 bridge coaches in Jambi province.

The data presented in this study were obtained from the results of questionnaires and interviews. In the mental toughness questionnaire, there were 48 statement items, while in the anxiety questionnaire, there were 27 statement items, while in the self-confidence questionnaire, there were 13 statement items, and in the psychology questionnaire there were 5 items. The sample was asked to answer these statements by giving a mark (✓) in the column provided. The sample was asked to answer these statements with the reality that existed in themselves. The scoring criteria for item numbers use a Likert scale consisting of 1-5, where the number 1 is equal to Strongly Disagree (STS), 2 Disagree (TS), 3 Neutral (N), 4 Agree (S), and 5 Strongly Agree (SS).

Table. 1
Mental Toughness Scale Frequency

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
149.00	1	4.2	4.2	4.2
152.00	1	4.2	4.2	8.3
170.00	2	8.3	8.3	16.7
173.00	1	4.2	4.2	20.8
175.00	1	4.2	4.2	25.0
177.00	1	4.2	4.2	29.2
178.00	1	4.2	4.2	33.3
181.00	1	4.2	4.2	37.5
184.00	1	4.2	4.2	41.7
187.00	2	8.3	8.3	50.0
191.00	1	4.2	4.2	54.2
193.00	1	4.2	4.2	58.3
194.00	1	4.2	4.2	62.5
195.00	1	4.2	4.2	66.7
201.00	1	4.2	4.2	70.8
202.00	1	4.2	4.2	75.0
205.00	1	4.2	4.2	79.2
206.00	1	4.2	4.2	83.3
207.00	1	4.2	4.2	87.5
209.00	1	4.2	4.2	91.7
213.00	1	4.2	4.2	95.8
230.00	1	4.2	4.2	100.0
Total	24	100.0	100.0	

Based on the results of the frequency analysis, there were a total of 24 respondents with variations in values that reflected different levels of mental toughness. The highest value obtained was 230, where only 1 respondent achieved that value. Most respondents had values in the range of 149 to 213, with the highest frequency at a value of 187, produced by 2 respondents (8.3%). The cumulative percentage shows that 50% of respondents had values below or equal to 187. The distribution of these values shows that there is variation in the level of mental toughness among respondents, with most values evenly distributed among several categories.

Table. 2
 Descriptive Statistics Results of the Anxiety Scale

N	Rang	Min.	Max.	Mean	Std. Deviation
24	4.00	1.00	5.00	3.4167	1.28255
24	4.00	1.00	5.00	2.3333	1.30773
24	4.00	1.00	5.00	2.3333	1.27404
24	4.00	1.00	5.00	2.0833	1.13890
24	2.00	1.00	3.00	1.7083	.69025
24	4.00	1.00	5.00	2.5417	1.21509
24	4.00	1.00	5.00	2.3333	1.12932
24	4.00	1.00	5.00	2.3750	1.24455
24	4.00	1.00	5.00	2.9167	1.31601
24	4.00	1.00	5.00	2.6250	1.20911
24	4.00	1.00	5.00	2.1667	.96309
24	4.00	1.00	5.00	2.5833	1.17646
24	2.00	1.00	3.00	1.5833	.65386
24	4.00	1.00	5.00	2.9167	1.24819
24	4.00	1.00	5.00	1.7500	.98907
24	3.00	1.00	4.00	1.7500	.94409
24	4.00	1.00	5.00	2.1667	1.09014
24	3.00	1.00	4.00	1.8750	.89988
24	3.00	1.00	4.00	1.7083	.80645
24	4.00	1.00	5.00	3.0833	1.28255
24	3.00	1.00	4.00	2.2917	1.12208
24	4.00	1.00	5.00	2.9167	.88055
24	4.00	1.00	5.00	2.7500	1.32698
24	3.00	2.00	5.00	3.3750	.96965
24	3.00	2.00	5.00	3.5417	1.17877
24	4.00	1.00	5.00	3.4167	1.28255
24	4.00	1.00	5.00	2.3333	1.30773
24	57.00	46.00	103.00	68.7500	17.61484

Based on the results of descriptive analysis of the anxiety scale, data were obtained from 24 respondents with a range of values between 1.00 and 5.00. The average (Mean) of respondent anxiety was 2.3333 to 3.5417, indicating that the level of anxiety was generally in the low to medium category. The standard deviation ranged from 0.69025 to 1.32698, indicating a fairly large variation in anxiety assessments among respondents. Overall, these results illustrate that despite the variation, the average level of respondent anxiety tends to be low, with an overall average value of 68.7500 for the total score. This indicates that respondents are relatively not experiencing high anxiety.

Table. 3
 Descriptive Statistics Results of the Self-Confidence Scale

N	Rang	Min.	Max.	Mean	Std. Deviation
24	3.00	2.00	5.00	3.9583	.85867
24	3.00	2.00	5.00	3.6667	.86811
24	3.00	2.00	5.00	3.9167	.88055
24	3.00	2.00	5.00	3.8333	.76139
24	2.00	3.00	5.00	3.7083	.55003
24	3.00	2.00	5.00	3.6250	.71094
24	3.00	1.00	4.00	3.0833	.88055
24	2.00	2.00	4.00	3.5000	.58977

N	Rang	Min.	Max.	Mean	Std. Deviation
24	2.00	3.00	5.00	4.0417	.62409
24	2.00	2.00	4.00	3.4583	.72106
24	4.00	1.00	5.00	3.6250	.92372
24	3.00	2.00	5.00	3.7917	.83297
24	2.00	3.00	5.00	4.5417	.58823
24	23.00	36.00	59.00	48.7500	6.18729

The table of descriptive analysis results of the self-confidence scale shows data from 24 respondents with a range of values between 2.00 and 5.00. The average (Mean) level of self-confidence of respondents ranges from 3.0833 to 4.5417, indicating that most respondents have a relatively high level of self-confidence. The standard deviation (Std. Deviation) varies between 0.55003 to 92372, illustrating variations in self-confidence assessments among respondents. Overall, these results indicate that respondents generally feel quite confident, with a total average value of 48.7500 for the overall score, reflecting a positive picture of the level of self-confidence in the context of this study.

Table. 4

Descriptive Statistics Test Results of Psychological Condition Scale

N	Range	Minimum	Maximum	Mean	Std. Deviation
24	2.00	3.00	5.00	4.0417	.62409
24	3.00	2.00	5.00	3.5417	.72106
24	4.00	1.00	5.00	3.6250	.92372
24	3.00	2.00	5.00	3.7917	.83297
24	2.00	3.00	5.00	4.5417	.58823
24	9.00	15.00	24.00	19.5417	2.60400

The descriptive analysis results table of the psychological condition scale shows data from 24 respondents. In this table, the minimum value ranges from 1.00 to 3.00, while the maximum value reaches 5.00. The average (Mean) for each score varies, with the highest value of 4.5417, indicating a good level of psychological condition among respondents. The standard deviation (Std. Deviation) shows variations in the assessment of psychological conditions, with the highest value of 2.60400, which comes from the total score on a particular item. These results provide a clear picture of the psychological condition of the respondents, which can be used for further analysis in the context of this study.

Discussion

The results of the study showed that the psychological condition of bridge athletes in Jambi Province was quite good, with positive mental toughness, although there was significant anxiety before the match. Athletes' self-confidence also varied, influenced by experience and environmental support. The use of the mixed method provided a deeper understanding of the factors that influence the psychological condition of athletes. Quantitative data provided a clear overview, while qualitative interviews added a personal dimension that cannot be measured with numbers.

CONCLUSION

The psychological condition of bridge athletes in Jambi Province includes good mental toughness but is accompanied by anxiety that needs to be managed. Support from coaches and the surrounding environment plays an important role in increasing mental toughness and athlete confidence. This study suggests the need for a more structured mental development program to help athletes overcome anxiety and increase their confidence.

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