

## Analysis of Confidence, Emotional Regulation, and Discipline Levels Among Elite Karate and Sepaktakraw Athletes of South Sulawesi

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### ABSTRACT

This research explores the levels of self-confidence, emotional regulation, and discipline in achieving goals among Karate and Sepaktakraw athletes in South Sulawesi. Using a mixed-method approach that combines surveys and structured observations, the study examines psychological characteristics and their impact on athletic performance. Data were collected from selected athletes through questionnaires and direct observations conducted during training sessions and competitions. The results indicate that self-confidence, emotional control, and goal commitment are key contributors to performance outcomes. However, despite the majority of athletes demonstrating high levels in these variables, notable variations were found, particularly among Karate athletes. Some exhibited moderate levels of emotional regulation and discipline, suggesting that individual differences may influence these traits. Such findings underline the importance of tailored psychological interventions that cater to the unique needs of athletes in different sports disciplines. This study emphasizes the necessity of integrating psychological training into coaching programs to enhance mental resilience, focus, and consistency in performance. By adopting a holistic coaching approach that addresses both physical and psychological dimensions, coaches can better support athletes in achieving peak performance at national and international levels. The insights from this research provide valuable guidance for sports practitioners, enabling the development of evidence-based strategies to optimize athletic potential through a deeper understanding of psychological factors.

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- A. Conception and design of the study;
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## INTRODUCTION

Sports achievements, particularly in competitive disciplines like Karate and Sepaktakraw, are shaped not only by physical abilities but also by psychological factors. Among these, self-confidence, emotional regulation, and discipline are key elements influencing an athlete's performance. In South Sulawesi, Karate and Sepaktakraw are

among the most prominent sports disciplines, both having produced numerous talented athletes who compete at national and international levels. However, inconsistencies in performance and mental resilience remain pressing concerns, often arising from a lack of targeted psychological training to supplement physical conditioning (Lange-Smith et al., 2024).

Over the past decade, sports psychology research has highlighted the pivotal role of mental attributes such as self-confidence and emotional regulation in managing competitive stress and sustaining focus (Bartulovic et al., 2017; Hamid, Nawir, Rhesa, & Sutriawan, 2023). For Karate athletes, the ability to maintain composure under pressure is critical, as the sport demands precise execution of movements that can be significantly affected by anxiety or frustration (Weinberg & Gould, 2019). Similarly, Sepaktakraw athletes require robust self-confidence and high levels of mental discipline to manage rapid gameplay and maintain coordination during intense matches. Addressing these psychological challenges is therefore essential to optimize performance and ensure sustained achievement across competitions.

In addition, (McCormick et al., 2015) emphasize the multifaceted nature of psychological preparedness, noting that factors such as motivation, resilience, and emotional regulation collectively determine an athlete's capacity to excel under pressure. Their findings suggest that integrating psychological skills training—alongside physical and technical conditioning—can significantly enhance an athlete's overall performance trajectory. Consequently, a more holistic approach to athlete development in both Karate and Sepaktakraw is warranted, highlighting the necessity of structured mental training programs that are tailored to each sport's unique demands.

The importance of psychological factors in sports performance has been widely recognized in recent literature (Knight et al., 2018; Wang et al., 2023). Self-confidence acts as a foundation for athletes to believe in their capabilities, thereby enhancing their ability to perform complex tasks effectively (Sarkar & Fletcher, 2014). Emotional regulation is equally vital, as it enables athletes to manage stress and maintain focus under high-pressure conditions (Niven et al., 2011). Discipline, particularly goal-oriented discipline, ensures consistency in training and adherence to performance strategies (Hill & Curran, 2016). However, these attributes often require systematic development through structured psychological training programs (Knight et al., 2018).

In South Sulawesi, the existing focus on physical and technical training has overshadowed the integration of psychological training in sports development programs. This gap highlights an urgent need to design and implement interventions aimed at enhancing athletes' mental skills. By addressing this gap, coaches and sports practitioners can foster more holistic athlete development, ultimately leading to better performance outcomes. Moreover, this initiative aligns with broader efforts to elevate Indonesia's competitive standing in the global sports arena.

The evolution of sports science has significantly influenced the development of athletes, particularly in the era of technological advancement. In Indonesia, the concept of sports science parallels the term "IPTEK" (Ilmu Pengetahuan dan Teknologi), which

emphasizes integrating science and technology in sports. The National Sports Committee of Indonesia (KONI) has established strategic plans to enhance sports science and IPTEK, aiming to bolster athlete development and national sports achievements (Rohendi & Rustiawan, 2020). The sports science approach asserts that an athlete's success hinges not only on physical, technical, and tactical abilities but also on mental or psychological skills. This integrative perspective underscores the importance of nurturing psychological attributes alongside other competencies, establishing a robust foundation for holistic athlete development.

Researchers worldwide have extensively examined the psychological characteristics of elite athletes to identify key traits that differentiate them from less successful athletes. Studies highlight the pivotal roles of self-confidence, goal setting and commitment, and emotional regulation as distinguishing factors (Durand-Bush & Salmela, 2001); (Hamid, Nawir, Rhesa, Sutriawan, et al., 2023). These characteristics provide athletes with resilience and focus, enabling them to excel under pressure.

Self-confidence, often misunderstood as arrogance or overestimation of one's abilities, is fundamentally about recognizing and trusting one's skills and potential. (Weinberg & Gould, 2019) define self-confidence as awareness and belief in one's ability to deliver optimal performance. It is the assurance of executing desired behaviours effectively. Confidence fuels positive emotions, enhances focus, and strengthens an athlete's determination, thereby influencing their overall performance. Research consistently demonstrates a correlation between self-confidence and athletic performance, visualized through the Inverted-U model. This model illustrates that an optimal level of confidence, positioned between underconfidence and overconfidence, is critical for peak performance. While insufficient confidence may lead to self-doubt and reduced effort, overconfidence can result in complacency and underestimation of opponents (Weinberg & Gould, 2019).

Emotional regulation is another cornerstone of athletic success. The demands of high-intensity physical activity, coupled with external pressures from coaches, teams, and supporters, often lead to mental fatigue and emotional strain. (Hamid, Nawir, Rhesa, & Sutriawan, 2023) Emphasize that athletes with poor emotional regulation risk losing focus and control during critical moments, negatively impacting their performance. Emotions in sports are often associated with negative responses such as frustration or aggression. However, emotions encompass a broader spectrum, including positive feelings like joy and surprise (Goleman, 2004). Mismanagement of emotions, particularly frustration, can trigger counterproductive behaviours. For example, tennis players experiencing unforced errors may excessively self-blame, diverting focus from the game to their mistakes (Hamid, Nawir, Rhesa, & Sutriawan, 2023). Techniques like positive self-talk have proven effective in restoring emotional balance. Self-talk enables athletes to regain control over their emotions and refocus on their performance, fostering resilience in high-pressure situations (Hamid, Nawir, Rhesa, & Sutriawan, 2023).

The integration of psychological principles into sports training is supported by various theoretical frameworks. The Self-Determination Theory (Deci & Ryan, 1985)

emphasizes the role of intrinsic motivation in enhancing an athlete's engagement and perseverance. Meanwhile, the Achievement Goal Theory (Nicholls, 1984) highlights the influence of goal orientation on performance outcomes. These frameworks provide valuable insights into designing psychological interventions for athletes.

To address the psychological demands of sports, researchers advocate for interventions that develop skills such as confidence-building exercises, emotional regulation strategies, and goal-setting techniques. These strategies not only enhance performance but also promote overall well-being.

1. Confidence-Building: Visualization and affirmations are commonly used to strengthen self-belief. Athletes are encouraged to visualize successful performances, reinforcing their confidence in real-life scenarios (Weinberg & Gould, 2019).
2. Emotional Regulation: Techniques such as mindfulness and relaxation training help athletes manage stress and maintain composure during competitions. Positive self-talk also plays a crucial role in stabilizing emotions during challenging moments (Hamid, Nawir, Rhesa, & Sutriawan, 2023).
3. Goal Setting: Setting specific, measurable, and attainable goals motivates athletes to focus their efforts and track progress. Commitment to these goals further drives consistent performance improvements (Durand-Bush & Salmela, 2001).

Recent studies continue to explore the dynamic interplay between psychological factors and athletic performance. For instance, (Hamid, Nawir, Rhesa, & Sutriawan, 2023) highlight the impact of emotional regulation on mental resilience, while (Weinberg & Gould, 2019) delves into the psychological mechanisms underlying self-confidence. These findings reinforce the significance of integrating psychological training into sports coaching programs.

## METHODS

This study was conducted using a descriptive quantitative approach, focusing on the comparison of self-confidence, emotional regulation, and goal-setting scores between two groups of athletes. The scope involved Karate and Sepaktakraw athletes who represented the Province of South Sulawesi in the National Sports Week (PON: Pekan Olahraga Nasional). The primary objective was to investigate variations in psychological attributes across these distinct sports. The variables of interest were defined as follows: self-confidence referred to an athlete's belief in personal abilities, emotional regulation denoted the ability to manage and control emotional responses, and goal setting describes the process of establishing clear, measurable objectives for training and competition. These constructs were measured through standardized questionnaires designed to capture the levels of each variable. Data collection took place at training facilities where athletes prepared for the PON. The population consisted of Karate and Sepaktakraw athletes affiliated with the provincial team, and a total of 23 Sepaktakraw athletes and 18 Karate athletes participated in the study. Main materials

included self-report questionnaires that were distributed and completed under the researcher's supervision. All participants were briefed on the purpose of the study and provided informed consent. Data analysis involved descriptive statistical techniques to compare mean scores for each variable between the two groups. The findings were presented in the form of average values and standard deviations, highlighting any notable differences. This approach facilitated an objective assessment of whether self-confidence, emotional regulation, and goal setting varied significantly between Karate and Sepaktakraw athletes, thus offering insights into potential psychological distinctions in each sport.

## RESULTS AND DISCUSSION

Data collection for this study was conducted at three different venues: the FIKK UNM Indoor Takraw facility, which serves as the basecamp for the women's provincial Takraw team; the Mulo Building Takraw Court in Makassar, the primary training site for the men's provincial Takraw team; and the Karate Training Center for the provincial Karate athletes. The data-gathering process took place on August 29, 2024, shortly before both the Sepak Takraw and Karate teams departed for the PON XXI Aceh-Sumut 2024 competition.

**Table 1.**  
Descriptive Statistics Table

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Gender	41	0	1	.49	.506
Age	41	17	34	24.46	3.815
Sports Branch	41	0	1	.44	.502
Confidence	41	105	135	120.41	10.141
Emotional Regulation	41	69	91	80.20	6.875
Discipline	41	100	125	113.34	7.562
Valid N (listwise)	41				

**Table 2.**  
Descriptive Sports Branch Table

Sports Branch					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sepak Takraw	23	56.1	56.1	56.1
	Karate	18	43.9	43.9	100.0
	<b>Total</b>	<b>41</b>	<b>100.0</b>	<b>100.0</b>	

A total of 41 athletes participated (Table 2), with 23 from Sepak Takraw (56.1%) and 18 from Karate (43.9%). In terms of gender (Table 3), 21 athletes (51.2%) were female, while 20 (48.8%) were male. As we see in Table 1, the participants' ages ranged from 17 to 34 years, yielding an average age of 24.46. Three psychological dimensions—self-confidence, emotional regulation, and discipline—were measured using separate instruments. The descriptive statistics revealed mean scores of 120.41 for self-

confidence, 80.20 for emotional regulation, and 113.34 for discipline, indicating a generally high level of these psychological attributes among the surveyed athletes.

**Table 3.**  
Descriptive Gender Table

		Frequency	Gender Percent	Valid Percent	Cumulative Percent
Valid	Female	21	51.2	51.2	51.2
	Male	20	48.8	48.8	100.0
<b>Total</b>		<b>41</b>	<b>100.0</b>	<b>100.0</b>	

**Table 4.**  
Independent Samples Test

No	Category	Confidence				Emotional Regulation				Discipline			
		Sepak Takraw		Karate		Sepak Takraw		Karate		Sepak Takraw		Karate	
		F	%	F	%	F	%	F	%	F	%	F	%
1	High	23	100	18	100	23	100	16	88.8	23	100	16	88.8
2	Moderate	0	0	0	0	0	0	2	11.2	0	0	2	11.2
3	Low	0	0	0	0	0	0	0	0	0	0	0	0

Furthermore, in Table 4, the frequency distribution data indicate that all participating Sepak Takraw and Karate athletes scored in the High category for self-confidence. In terms of emotional regulation, the majority of Sepak Takraw athletes (86.95%) and Karate athletes (94.4%) also fell within the High category, with 13.05% of Sepak Takraw athletes and 3.6% of Karate athletes in the Moderate range. As for discipline, all Sepak Takraw athletes were categorized as High, whereas 88.8% of Karate athletes attained a High level and 11.2% were classified as Moderate.

**Table 5.**  
Independent Samples Test

Group	Pre-test	F	Sig.
Confidence	Equal variances assumed	.001	.981
Emotional Regulation	Equal variances assumed	.085	.772
Discipline	Equal variances assumed	.112	.740

The independent sample t-test results (Table 5) for self-confidence, emotional regulation, and discipline reveal no significant variance differences between Sepak Takraw and Karate athletes, allowing the use of the equal variances assumed approach for all three comparisons. In terms of self-confidence, the F value of 0.001 and a significance level of 0.981 indicate that both groups exhibit similarly high levels of confidence, suggesting a strong mental foundation across the two sports. This finding aligns with the (Weinberg & Gould, 2019) assertion that self-confidence serves as a critical driver for positive emotional states and enhanced performance.

Concerning emotional regulation, the F value of 0.085 and a significance level of 0.772 confirm that most Sepak Takraw and Karate athletes fall into the high category, although a few in both sports demonstrate moderate emotional regulation. These results resonate with (Hamid, Nawir, Rhesa, & Sutriawan, 2023), who emphasize the importance



of managing emotional arousal to maintain focus and resilience during competition. Athletes possessing robust emotional regulation can adapt more effectively to high-pressure conditions, reducing the likelihood of performance decrements linked to anxiety or frustration. Similarly, (Bartulovic et al., 2017) highlight that strong emotional regulation skills foster mental resilience and consistent performance over time.

Finally, discipline exhibits comparable variance across the two sports ( $F = 0.112$ ,  $p = 0.740$ ). All Sepak Takraw athletes are classified as having high discipline, whereas the Karate group contains 16 athletes in the high category and 2 in the moderate category. This pattern suggests that both groups maintain commendable adherence to training, although minor differences may arise from distinct coaching methods or practice routines. The consistently high levels of discipline underscore the significance of goal setting and commitment—factors highlighted by (Durand-Bush & Salmela, 2001) and further supported by (MacNamara & Collins, 2010)—in fostering consistent practice habits and sustained effort, also (Lange-Smith et al., 2024) identified as pivotal for establishing consistent practice habits and achieving sustained effort.

Overall, the results indicate that self-confidence, emotional regulation, and discipline are well-developed among these provincial athletes. Such findings echo broader research in sports psychology (Hamid, Nawir, Rhesa, & Sutriawan, 2023; Weinberg & Gould, 2019), underscoring the necessity of integrating mental skills training alongside physical preparation. Recent evidence suggests that structured interventions focusing on these psychological attributes can further strengthen athletes' mental readiness (Bartulovic et al., 2017; Lange-Smith et al., 2024). By ensuring these psychological attributes remain strong, athletes can optimize their performance and maintain resilience under competitive pressures.

## CONCLUSION

Based on the data analysis and discussion, it can be concluded that there is no significant difference in self-confidence, emotional regulation, and discipline between Sepak Takraw and Karate athletes, with all three variables consistently registering high scores across both sports. This finding implies that strong mental characteristics are not confined to any single discipline but instead result from intensive training and sustained development programs. Nevertheless, minor variations were observed among Karate athletes, who demonstrated moderate levels of emotional regulation and discipline. Such nuances suggest that individual factors may influence athletes' capacities for managing emotions and maintaining discipline. Overall, these results underscore the importance of continued focus on psychological skill enhancement within sports training. In addition to physical preparation, tailored interventions aimed at strengthening mental attributes are recommended to ensure long-term performance improvements for athletes in diverse competitive contexts.

Future studies may benefit from broadening the sample to include athletes from multiple provinces or diverse sports disciplines, thereby increasing the generalizability

of the findings. Incorporating a longitudinal design could also provide insights into how psychological attributes such as self-confidence, emotional regulation, and discipline evolve over time and across various competitive cycles. Additionally, examining the effects of targeted psychological interventions—such as mindfulness training, goal-setting workshops, or resilience-building exercises—on these attributes would help determine which strategies most effectively enhance mental preparedness in different athletic contexts. Finally, integrating qualitative methods, such as in-depth interviews or focus group discussions, could yield richer data on individual experiences and offer a more comprehensive understanding of the underlying factors that influence athletes' mental performance.

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