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Review Of Equestrian Training (Equestrian Sports) On Athlete Concentration At Club Stable, Bahar Peat District

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ABSTRACT

This study examines the impact of equestrian training on the concentration levels of athletes at Club Stable Bahar, located in the Peat District. Recognising the unique cognitive demands of equestrian sports, this research investigates how structured training contributes to riders' mental focus and attentional capacity. The study employed a quantitative descriptive method, utilising observation techniques and validated questionnaires to collect data on athlete concentration levels. Six athletes from the club participated as respondents. The analysis categorised concentration levels into three groups: high, medium, and low. The results revealed that none of the athletes (0%) were in the high-concentration category, five athletes (83%) were in the medium category, and one athlete (17%) was categorised as having low concentration. These findings suggest that while equestrian training at Club Stable Bahar provides some cognitive stimulation, it may not be sufficiently structured to develop high-level concentration skills in most athletes. In conclusion, the overall concentration level of athletes engaged in equestrian training at Club Stable Bahar falls within the medium category. This highlights the need for the integration of targeted psychological skills training—particularly focused attention and mental conditioning—into the existing equestrian training programs. Enhancing these aspects may not only improve rider concentration but also positively influence overall performance and safety in equestrian sports. Further research with a larger sample size is recommended to validate these findings and develop evidence-based training models for cognitive skill development in grassroots equestrian settings.

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INTRODUCTION

Equestrian sports, often regarded as a sophisticated and historically prestigious athletic pursuit, involve a unique synergy between horse and rider that demands not only physical skill but also advanced cognitive functions such as focus, emotional regulation, and spatial awareness (Williams & Tabor, 2017). Unlike many other sports, equestrianism is distinct in that it incorporates an animal partner into the performance, thereby adding

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complexity and requiring deeper cognitive involvement from the athlete (Wolfram & Micklewright, 2016). Globally, equestrian disciplines such as dressage, show jumping, and eventing are recognised Olympic events and serve as platforms where both technical expertise and mental strength are tested rigorously (Schmidt et al., 2018).

Concentration, defined as the mental effort placed on sensory or mental events, is central to optimal athletic performance (Moran, 2012). In equestrianism, the ability of the rider to maintain intense and sustained concentration is critical in executing movements, managing horse behaviour, and responding to rapidly changing stimuli during competition (Neumayr et al., 2017). Research has consistently highlighted that mental skills, particularly concentration and attentional control, play a significant role in elite performance across various sports, including equestrian sports (Hale & White, 2020; MacNamara et al., 2016).

The demands of equestrian training encompass physical, technical, tactical, and psychological dimensions, all of which contribute to the performance capacity of athletes. Athletes are required to engage in repetitive technical drills, ride under varying environmental conditions, and adapt to different horse temperaments (Barlow et al., 2018). These training regimens are designed not only to enhance physical coordination and postural control but also to strengthen psychological factors like resilience, self-confidence, and concentration (Devienne & Guezennec, 2019).

At the grassroots level, such as at Club Stable Bahar in the Peat District, equestrian training often emphasises fundamental riding techniques, horse management, and rider-horse synchronisation. However, while much effort is devoted to developing physical skill sets, the cognitive aspects, particularly concentration training, may be undervalued or insufficiently integrated into the broader training programs (Fitriani et al., 2020). This is particularly significant as the literature indicates that cognitive engagement in sports training correlates with better decision-making and performance accuracy under pressure (Birrer & Morgan, 2010; Binsch et al., 2017).

Furthermore, the role of structured equestrian training in enhancing athletes' concentration has not been sufficiently studied in developing regions. In Indonesia, where equestrian sports are gaining momentum, the implementation of psychologically integrated training programs remains a novel concept. This gap is evident in local sports development strategies, which often prioritise technical and physical outcomes without adequately addressing cognitive and psychological readiness (Hidayat et al., 2021).

Usually, this race is carried out in the open air, such as grasslands, forests, deserts, or other terrains, but with the development of the age of horse sports began to be displayed on a national or international scale. Indonesia is one of the countries that can send its representatives to conduct international equestrian competitions, but at the 2018 Asian Games last year which was held in Jakarta and Palembang Indonesia as a result the medals listed were not able to be obtained by the Indonesian contingent in the equestrian branch at the 2018 Asian Games (Alfredo et al., 2024)

Equestrian requires high concentration and focus because the rider must align their heart with the horse he is riding. High focus, of course, requires extra training so

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that when performing the sport, it does not cause anxiety, and the anxiety can be controlled in the athlete. According to Taufik (2019), it begins with the content of a person's attention on a specified object, where this concentration means attention over a long period to focus on the object in the sports activity. Concentration in sports has four characteristics, in the form of (1) focusing on objects in a relevant way, (2) practising focus for a long period, (3) having awareness of the situation at hand, and (4) focusing attention which of course must be improved, with the intention of concentration is the ability to focus one's attention on tasks that do not interfere and are affected by (Gustian, 2016) external and internal stimuli According to Concentration is the most important thing for any situation and ignoring it is a hindrance in achieving success in an athlete's performance.

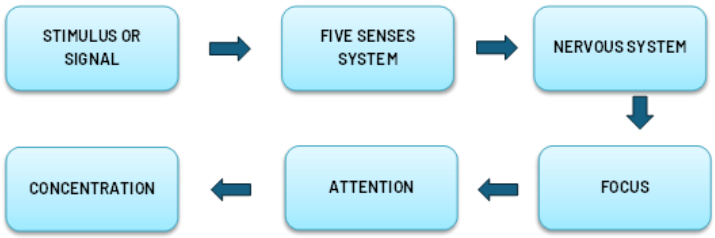

Figure 1.
The process of attention and concentration in sports.

Despite the growing popularity of equestrian sports in Indonesia and globally, there remains a paucity of empirical evidence on how equestrian training specifically contributes to the development of cognitive faculties like concentration in young athletes. Most equestrian clubs in Indonesia focus primarily on improving physical riding techniques, horse handling, and competition preparedness, yet overlook the mental conditioning that is vital to competitive success (Putri et al., 2022).

This study seeks to address the following central research issue: To what extent does equestrian training at Club Stable Bahar enhance athletes' concentration abilities? Addressing this issue is crucial, given the multidimensional nature of equestrian performance, where momentary lapses in attention can result in reduced performance or injury. Concentration, as a core psychological skill, influences a rider's ability to plan, anticipate, and react swiftly during competition and practice sessions (Guillot et al., 2019). Without sufficient empirical data, coaches and sports psychologists are left without guidance on how to tailor equestrian training to foster cognitive competencies, particularly concentration (Micklewright et al., 2017).

While previous studies have demonstrated the benefits of equestrian activities on psychological well-being and postural control (Koca & Ataseven, 2015; Tickle et al., 2021), only a handful have examined the relationship between equestrian training and cognitive performance metrics such as focus and attentional capacity. Most of these studies are conducted in Western countries and within therapeutic riding contexts or elite sports environments, with little representation from amateur clubs in developing nations (Lee et al., 2022; Limond et al., 2014).

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Several studies on Equestrian Training (equestrian sports), including; 1) Design of Malang Equestrian School with a Metaphorical Architecture Approach (Puspitasari, 2023), 2) Risk Identification of Operational Phase and Maintenance of the Equestrian Stadium Project, Jakarta Based on a Public Private Partnership Approach (Kristiana & Sunandar, 2020), 3) Implementation of Archery Sports in the Formation of Children's Religious Character Based on Islamic Education (Case Study of Children Aged 6-12 Years at the Master Archery Club Pangkalpinang) (Aziz, 2023).

There is also a lack of longitudinal studies exploring the psychological effects of equestrian training, particularly in adolescent athletes, where concentration is both a developmental challenge and a performance determinant (Santangelo et al., 2021). Moreover, current literature inadequately captures how localised training programs, such as those at Club Stable Bahar, incorporate or neglect cognitive skill training within their routines. As such, there is limited data on whether and how equestrian training positively impacts concentration levels, particularly in the context of community-level or club-level athletes in Indonesia.

This research presents a novel contribution by being one of the first studies to systematically evaluate the cognitive outcomes, specifically concentration of equestrian training in a localised, non-elite club setting in Indonesia. By examining athletes at Club Stable Bahar, this study captures a more authentic picture of equestrian training as experienced by grassroots athletes, thus filling a notable void in current sports science literature.

The study introduces a holistic review model that integrates physical, psychological, and contextual dimensions of equestrian training. Additionally, it incorporates observational data and athlete self-assessment to measure perceived and actual concentration levels over time. This triangulation of data sources—rarely applied in equestrian sports studies—enables a more comprehensive understanding of training impacts (Nassif et al., 2020).

Furthermore, this research explores the correlation between specific training modules (e.g., obstacle navigation, pattern riding, and simulated competition settings) and concentration outcomes. This approach could inform the development of targeted interventions or training enhancements that are both scalable and adaptable across various equestrian programs.

This paper sets out to critically examine the influence of equestrian training on the concentration levels of athletes affiliated with Club Stable Bahar in the Peat District. The research adopts a mixed-methods approach to evaluate how various components of training—ranging from physical routines to psychological strategies—contribute to cognitive outcomes. Through empirical data collection, literature synthesis, and stakeholder interviews, the study aims to: (1) assess current training practices and their cognitive impact, (2) identify the presence (or absence) of psychological training components, and (3) provide evidence-based recommendations for integrating concentration-enhancing strategies into equestrian training.

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The anticipated outcome of this research is a set of practical insights that can be used by trainers, sports psychologists, and equestrian organisations to improve the quality and effectiveness of training programs, especially in regions where resources and awareness regarding sports psychology are limited. Ultimately, the study hopes to contribute to the evolving discourse on equestrian sports by underscoring the critical role of concentration in achieving competitive success and athlete safety.

METHODS

The research method used by the author in the study is entitled "Concentration Of Equestrian Sports Training For Club Stable Bahar Athletes". The researcher uses the type of Descriptive quantitative research. Quantitative descriptive research is a type of research that aims to describe a phenomenon, characteristic, or variable systematically and objectively through numerical data. This research focuses on collecting quantitative data, such as numbers, percentages, or scores, which are then analysed using descriptive statistics to get a clear picture of the subject being studied. (Sari et al., 2022)

Data collection techniques using observation techniques and data collection through questionnaires that have been validated by researchers. This aims to analyse the physical concentration of equestrian athletes in the club stable, Bahar, during training. The research is directed at providing accurate facts based on incidents systematically and accurately. The subjects in this study are 6 people, where 1 coach and 5 other people are athletes of the Club Stable Bahar Peat District.

RESULTS AND DISCUSSION

Results

The research entitled Exercise Review (Equestrian) on the concentration of art club stable bahar peat sub-district is descriptive quantitative approach research that aims to find out how focused the concentration of equestrian athletes in club stable bahar peat at the time of equestrian training data in this study was obtained through respondents' answers from questionnaires that have been shared, the results of this study can be seen with predetermined criteria, namely club equestrian athletes Stable Bahar aged 14-20 years with a total of 6 people.

Table 1.
Criteria for Respondent Categories

Category	Value
Tall	M+1sd ≤ X
Keep	M - 1sd < X < M + 1sd
Low	M+1sd <X

Information
X = Questionnaire score
M = ideal red (ideal red)
SD ideal standard deviation (SDi)

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Table 2.
Descriptive data results

Information	
M=red	55,3
SD=Standard Deviation	1,4
M-1SD	54
M+1SD	57

The result of the lowest lift is 54, the highest number is 57, the average (mean) is 55, and the standard deviation is 1.4. The full results are shown in the table above.

Table 3.
Norms of Assessment of Concentration Tests Using Questionnaires

Category	Vulnerable	Sum	Percentage
Tall	X > 57	0	0%
Keep	54 ≤ X < 57	5	83%
Low	X < 54	1	17%

Table 3. Based on data analysis, the results of 6 respondents, 0 per cent, 0% in the high category, 5 people, 83% in the medium category, 1 person, and 17% in the low category.

Discussion

Concentration plays an important role in the game; if this aspect is disturbed, it will cause problems, especially in sports that require a high level of accuracy and concentration. Concentration is one of the psychological factors in sports such as archery, where athletes must have a high level of concentration. In archery, this sport requires a high concentration to do the sport in order to get maximum results, so that they can become champions. (Raibowo et al., 2023) According to the saying, when concentrating, the brain will automatically sort out accurate information, while information that only inhibits performance will not be selected. When you don't do the right concentration, of course, you will make a mistake and result in an unsatisfactory appearance. These mistakes make non-optimal performance occur not only when athletes compete but also during training.

However, this is sometimes affected by the mentality of athletes who are not used to participating in matches, so an athlete's self-anxiety arises. This anxiety determines that it affects providing an increase in alertness in individuals. When brain coordination and motor movement decrease, it will cause a person to have difficulty concentrating due to excessive anxiety. Anxiety is an exaggerated feeling of fear that does not necessarily occur in the future, so it gives rise to an excessive reaction. Anxiety can be felt in two ways, namely, athletes feel anxiety during certain conditions, the content when going to a competition. Of course, athletes feel excessive anxiety when doing a competition where the anxiety is caused by the athlete, who is generally said to be a pessimist (Anggraini et al., 2021).

Therefore, a high level of confidence is needed in athletes, especially equestrian athletes, in the stable Bahar clubs. Because in a match, athletes are not only watched by coaches or close people who want to support them, making athletes still able to focus and

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not easily down in competitive situations (Khoirul Nisa, 2021). But spectators, coaches, and supporters from other participants will also watch. Therefore, athletes must have a high level of confidence in order to be able to display their abilities to the maximum.

Focus on the ability of an athlete (Purnomo et al., 2020). This confidence can be obtained in various ways, for example, motivation, motivation from the coach or motivation from ourselves. (Bahtra et al., 2023) Motivation supports an athlete to be able to achieve the results they want. Motivation in sports certainly plays an important role for coaches to know how much motivation the athletes are provided with.

From concentration and confidence to motivation, it is hoped that the coach can provide the athlete mental training model as a reference to increase the concentration of athletes, which is still relatively low. Athlete concentration disorders can hinder athletes' work performance, as athletes must be able to concentrate significantly through a series of training processes. In equestrian sports, a high level of concentration is needed; therefore, the athletes in the Bahar Stable Club aged from 14-20 can be said to be very young and have the potential to become seeds at the national level.

Equestrian training has long been associated with not only physical coordination but also complex cognitive engagement, particularly in terms of attentional control and concentration. Concentration is a critical psychological factor in sports performance, and in equestrian disciplines, where the athlete must maintain simultaneous control over their own body and the behaviour of the horse, mental focus is paramount (Wolfram & Micklewright, 2016). This review aims to investigate how equestrian training at Club Stable Bahar, Peat District, influences athletes' levels of concentration and explores how training components may or may not contribute to mental conditioning.

Equestrian disciplines such as dressage, eventing, and show jumping require riders to continuously focus on balance, precision, timing, and horse responsiveness. Unlike other sports, the dual-body interaction (human-horse) increases the cognitive load, requiring the rider to maintain high levels of concentration, especially during complex manoeuvres or obstacle courses (Schmidt et al., 2018). Studies have found that the need for constant attentional switching, spatial awareness, and emotional regulation distinguishes equestrian athletes from many others in terms of cognitive resilience (Barlow et al., 2018).

Furthermore, equestrian training involves repetitive skill development, environmental adaptability, and psychological presence. Riders must process sensory information quickly while executing fine motor tasks and maintaining communication with the horse through subtle cues (Devienne & Guezennec, 2019). This complex interaction makes equestrian sports a unique model for studying sports-related concentration.

Training in equestrian sports traditionally emphasises physical balance, technical proficiency, and animal handling. However, recent literature shows growing attention to psychological components, including attentional focus, situational awareness, and mental readiness (Moran, 2012; MacNamara et al., 2016). The structure and delivery of training can significantly influence these mental attributes. For instance, training sessions incorporating visualisation, feedback, and simulation-based exercises help athletes stay cognitively engaged and improve concentration (Guillot et al., 2019).

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At Club Stable Bahar, equestrian training appears to focus more heavily on physical and technical components. However, the findings of the present study suggest that while training may stimulate moderate levels of focus, the absence of systematic mental conditioning results in limited development of peak concentration levels. Among six respondents, none reached the high concentration category, five fell within the medium category, and one was rated low. This indicates a potential gap in the integration of psychological skill development within existing training routines.

The physical environment, coaching style, and training design also influence athlete focus. A supportive yet challenging environment can promote better attentional engagement (Birrer & Morgan, 2010). Coaches who emphasise both physical technique and mental strategies contribute to enhanced athlete self-regulation. In many grassroots clubs in Indonesia, however, equestrian coaching lacks formal psychological training components, and this may limit athletes' concentration potential (Fitriani et al., 2020; Hidayat et al., 2021).

Instructional delivery, particularly the use of goal-setting, reflective practice, and mindfulness during training, has been shown to enhance concentration in youth athletes (Tickle et al., 2021). This is especially important for adolescent riders who are still developing cognitive control systems and benefit from structured psychological interventions during training (Santangelo et al., 2021). Thus, embedding mental focus drills, concentration games, and decision-making scenarios in daily practice may optimise cognitive development.

CONCLUSION

Based on the results of the research entitled Review of Equestrian Training on Athlete Concentration in Club Stable Bahar, Peat District, which aims to find out the level of athlete concentration through the questionnaire, it can be concluded that the performance or achievement achieved in the medium category, this suggests that there are still aspects of aspects that are quite good but not completely, therefore further improvements and improvements are needed so that the results achieved can increase the category higher.

The mental aspect plays a key role in achieving optimal sports achievements. Mental well-being, relaxation techniques, stress management, visualisation, and professional support from sports psychologists and as Concentration, are some of the critical factors that determine the success of an athlete in achieving the target, both in training and competition. Even talented athletes can have difficulty reaching the target. When attention and concentration decrease, it will harm the athlete's performance. Attention and concentration have an important role during training and matches.

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