

Psychological Well-Being of Athletes: A Case Study on the National Arts and Sports Week (PESONA) I

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ABSTRACT

The objective to be achieved in this study is to describe psychological well-being through the six factor model of psychological well-being in Athletes at the National Arts and Sports Week (Pesona) I. This type of research is qualitative research and uses a case study method. Data sources in this study include primary sources, namely the results of observations and interviews of three athletes at the National Arts and Sports Week (Pesona) I and secondary sources in the form of field documentation, social media, and articles. Data collection was carried out using observation, interviews, and documentation. Data analysis techniques were carried out using data reduction, data presentation, and drawing conclusions. Checking the validity of the data using data triangulation includes source triangulation, technique triangulation, and time triangulation. The results of the study showed that the description of the psychological well-being of 3 (three) outstanding students at the National Arts and Sports Week (Pesona) I who participated in this study showed that the subjects were in a state of psychological well-being.

Keywords: *Psychological Well-being; Athletes; Pesona*

INTRODUCTION

Every individual has hopes for their life, one of which is well-being. The well-being desired is not only physical well-being but also psychological well-being. Every individual also wishes to live a normal and healthy life; therefore, they tend to make various efforts to fulfill their physical, psychological, and social needs. Individuals will always strive to achieve well-being in their lives by living with optimism and staying away from suffering. Mentally healthy individuals will experience well-being within themselves, which is also referred to as psychological well-being. Psychological well-being can be equated with mental health. Individuals with good mental health will fulfill the aspects of their psychological well-being (Purnomosidi, 2022).

Quoted from the Kemdikbud.go.id website, mental health disorders are increasingly prevalent among the 18-25 age group. In other words, this phenomenon is closely linked to the student population. Up to 64% of young people experience anxiety, and 61.5% exhibit signs of depression. Common symptoms of mental health

issues in the younger generation include fear of losing social interaction skills, as well as problems with sleep and appetite.

Based on the Sample Registration System conducted by the Health Research and Development Agency in 2016, there were 1,800 suicide cases recorded annually, with an average of five suicides occurring daily. Furthermore, data reveals that 47.7% of suicide victims are between the ages of 10 and 39, which includes young and working-age individuals. Celestinus Aygya Munthe, Director of Prevention and Control of Mental Health and Substance Abuse Issues, explained that mental health problems in Indonesia are inseparable from the high prevalence of mental disorders. One in five Indonesians currently suffers from mental illness, meaning approximately 20% of Indonesia's population is at risk of experiencing mental health problems.

Being both an athlete and a student offers numerous advantages. Engaging in meaningful activities allows students to fulfill emotional needs such as competition, responsibility, and achievement. Sports activities hold significant value, providing not only physiological benefits but also social and psychological benefits. Enjoying social activities is a form of happiness that can enhance psychological well-being (Heizomi, Allahverdipour, Jafarabadi, & Safaian, 2015). The developmental tasks during early adulthood include building intimate relationships, contributing socially, and achieving independence (Putri, 2019). Becoming a sportsman or athlete can assist students in identity exploration and making social contributions.

However, various challenges in managing academic activities may lead to negative impacts such as academic stress, lack of focus, and difficulty keeping up with coursework (Gatari, 2020). Psychological well-being is crucial in high-pressure situations, as it can prevent individuals from feeling overwhelmed or stressed (Aulia & Panjaitan, 2019). Athletes who experience psychological well-being are more likely to perform their best during competitions (Istyawati & Moordiningsih, 2018). Therefore, exploring psychological well-being through the *Six Factor Model of Psychological Well-Being* among athletes participating in the *Pekan Seni dan Olahraga Nasional (Pesona) I* is essential.

METHOD

This study employs a qualitative research method with a case study approach. Qualitative research is defined as a study using interpretive or theoretical frameworks to investigate research problems concerning the meaning held by specific individuals or groups about human or social issues (Creswell, John W., 2015). The hallmark of a case study lies in identifying a specific case, illustrating and describing it, and gaining an in-depth understanding of the case.

The selection of informants was carried out using a purposive sampling technique. Data collection methods included observation, interviews, and documentation. Data analysis techniques involved data reduction, data presentation, and conclusion drawing. The validity of the data was verified through data triangulation, which included source triangulation, technique triangulation, and time triangulation.

FINDINGS AND DISCUSSION

The National Arts and Sports Week (PESONA) I is a national-level competition in arts and sports for students of State Islamic Higher Education Institutions (PTKN) across Indonesia. Furthermore, PESONA I is not solely about competition; it also serves as a platform to strengthen unity and nationalism through appreciation of diversity and excellence in arts and sports. Such events can also ignite a sense of patriotism and pride in Indonesian culture and achievements. This event was first held in 2022 at UIN Sunan Gunung Djati Bandung, West Java, from August 8 to August 13, 2022.

Students participating in the PESONA I competition often face significant challenges in safeguarding their mental health. The intense competition and high expectations can lead to excessive pressure, resulting in anxiety and mental strain. They may feel compelled to achieve perfection or meet the high standards set for the final outcomes, which can disrupt their emotional balance. This situation can be exacerbated by feelings of discomfort and uncertainty about the future, particularly in the context of competition, where ensuring a career path or success is at stake. It is not uncommon for students competing in PESONA I to encounter pressures from various aspects of life, such as academic, social, and financial factors. They may feel stressed to maintain high academic performance while simultaneously managing their social lives, which can create conflicts regarding their time and energy. Additionally, financial concerns related to participating in the competition or preparing for it can be a source of anxiety, especially for students who rely on scholarships or other financial support.

DISCUSSION

The Six Factor Model of Psychological Well-Being consists of six factors: self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery, and autonomy.

a. Self-Acceptance

Based on observations and interviews, Subject 1's responses indicate that the subject is capable of accepting the results of their efforts. Subject 2's responses reveal dissatisfaction with their outcomes. Subject 3's responses show that the subject is able to accept the results of their efforts. Self-acceptance is closely related to an individual's ability to accept the outcomes of their endeavors. It helps individuals more easily accept unexpected results or those beyond their control and adapt to new situations more flexibly. Strong self-acceptance is a key factor in an individual's ability to accept the results of their efforts, whether successful or not, with a positive and constructive attitude.

b. Personal Growth

Personal growth and self-satisfaction are closely intertwined. Personal growth refers to the process through which an individual develops personally, whether in terms of knowledge, skills, or understanding of themselves and the world around them. Meanwhile, the feeling of self-satisfaction in the context of not wanting to grow leads

to a reluctance to make changes or improve oneself. When individuals engage in personal growth, they strive to become the best version of themselves. This process may involve learning from experiences, overcoming challenges, and developing new skills. Interview results show that Subject 1 demonstrates a drive that encourages continuous personal growth. Subject 2 also exhibits a drive that fosters ongoing improvement. Subject 3 similarly shows a drive that motivates continuous growth.

c. Purpose in Life

Subject 1's responses indicate that they have ways to cope with failures, showing no maladaptive emotions or behaviors, although their final statement reveals some behaviors that may be considered less favorable, possibly in a joking context or reflecting subconscious thoughts. Subject 2 shows that they cope with failure through self-acceptance. Subject 3 approaches failure with a religious perspective. All three subjects demonstrate ways to cope with failure when their aspirations are not achieved. To remain relevant and adapt in a dynamic life journey, it is essential to have a flexible purpose in life. A flexible life purpose allows for adjustments to evolving needs, values, and aspirations over time. A changeable purpose enables creativity and innovation in pursuing dreams and ambitions. Exploring diverse interests, trying new things, and learning from various experiences teach individuals to embrace change as a normal part of personal growth and development.

d. Positive Relations with Others

Subject 1 indicates that they have friendships that play a significant role in their lives. Subject 2 similarly shows that they maintain friendships that are important to them. Subject 3 also highlights the significance of friendships in their life. All three subjects demonstrate that they have meaningful relationships with others. In psychology, having good friendships is considered one of the essential factors for an individual's emotional and mental well-being. These relationships provide numerous benefits, such as emotional support, a sense of connection, and improved quality of life. One of the primary benefits of having friendships is the emotional support provided by friends. Having trustworthy friends to listen, offer advice, or provide moral support can help alleviate emotional burdens and enhance psychological health when facing stress, difficulties, or challenges in life.

e. Environmental Mastery

Subject 1 shows that they have a fair assessment of their living environment. Subject 2 indicates a good evaluation of their surroundings. Subject 3 demonstrates an excellent assessment of their living environment. All three subjects perceive their current environment positively. Having a positive outlook on one's environment is crucial for supporting well-being, healthy relationships, and sustainable living. Firstly, a positive perspective on the environment enhances mental and emotional health. When individuals express gratitude and appreciation for their surroundings, they tend to feel happier, more at peace, and more satisfied with life. Additionally, a positive assessment of the environment helps build healthy relationships with those around us. When we value and respect our environment, individuals are more likely to care about

the needs of others, fostering a positive atmosphere in workplaces, families, and communities.

f. Autonomy

Subject 1 indicates that their definition of freedom involves not being bound by the orders of superiors or those who exert control over them. Subject 2 defines freedom as the ability to express opinions and do what they desire. Subject 3 expresses freedom concerning current hot topics. All three subjects, when discussing the concept of freedom, do not present any deviant interpretations. In psychology, freedom refers to the idea that individuals have the ability to make choices and maintain control over their actions. This includes the freedom to choose, act according to their desires, and take responsibility for the consequences of their choices and actions. In the context of personal development and mental well-being, psychological freedom refers to the opportunity for individuals to reflect on their identities, principles, and life purposes. This freedom is also related to an individual's ability to cope with pressures, both internal and external, allowing them to.

CONCLUSION

Based on the research findings presented by the investigator, the study elucidates psychological well-being through the Six Factor Model of Psychological Well-Being among high-achieving students participating in the Pekan Seni Dan Olahraga Nasional (Pesona) I. The conclusions drawn indicate that the psychological well-being of three high-achieving students involved in this research demonstrates that the subjects are in a state of psychological well-being. This conclusion is supported by an exploration of psychological well-being through the Six Factor Model, which posits that the subjects exhibit self-acceptance by acknowledging their strengths and weaknesses, personal growth through plans for self-improvement, a sense of purpose in life, positive relationships with others, effective environmental mastery, and autonomy in choosing their own destinies. Consequently, the subjects generally fulfill all aspects of psychological well-being in a favorable condition.

CRITIQUE AND SUGGESTIONS

1. For Students: Strive to maintain a balance between academic, non-academic, social activities, and mental health. Allocate time for rest, recreation, and positive social interactions.
2. For Coaches: Foster a supportive team environment where students feel heard, valued, and supported by their peers.
3. For Lecturers: Provide flexibility in scheduling and assignment deadlines whenever possible to accommodate the mental health needs of students participating in competitions.

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