
ANALYSIS OF THE MENTAL ASPECTS OF COMPETING FOR QHONGXI MEN'S FUTSAL PLAYERS

Nurul Aulia¹, Jhony Hendra², Titis Wulandari³, Ikhsan Maulana Putra⁴ Levandra Balti⁵

¹Universitas Muhammadiyah Muara Bungo, Physical Education Health and Recreation, Bungo, Indonesia

³Universitas Muhammadiyah Muara Bungo, Physical Education Health and Recreation, Bungo, Indonesia

⁴Universitas Muhammadiyah Muara Bungo, Physical Education Health and Recreation, Bungo, Indonesia

⁵Universitas Muhammadiyah Muara Bungo, Physical Education Health and Recreation, Bungo, Indonesia

¹Universitas Muhammadiyah Muara Bungo, English, Bungo, Indonesia

*Coessponding Author. Email: jhony@ummuba.ac.id

*Email Author: jhony@ummuba.ac.id, titiswulandari17@gmail.com, maulana.ikhsan101@gmail.com, levandrabalti@gmail.com

Received: July 2025, Revised: August 2025, Accepted: September 2025

Abstract

Futsal is a ball game with the aim of entering the ball into the opponent's goal by manipulating players using their feet and techniques and tactics, and it requires mental competition. This research is motivated by the lack of mental readiness to compete for Qhongxi Bungo Regency men's futsal players. The purpose of this study was to determine and analyze the level of mental competence of Qhongxi Bungo Regency futsal players. This study uses descriptive quantitative research. The population in this study was 35 players, the sample in this study was 15 players, and the sample collection technique in this study used purposive sampling. The instrument used in this research is a questionnaire in the form of a questionnaire, and the data collected is analyzed using a percentage. The results of the study were obtained based on four aspects of mental competition, including (1) the aspect of confidence in mental competing of 81.33%, which is included in the Good criteria; (2) the aspect of focus in mental competing of 79.78%, which is included in the Good criteria; (3) the aspect of intelligence in mental competing of 77.78%, which is included in the Good criteria; and (4) the aspect of emotional intelligence in mental competing of 76.89%, which is included in the Good criteria. Based on the results of the study, it can be concluded that the mentality of competing men's futsal players in Qhongxi Bungo Regency of 78.95% is included in the "good" criteria.

Keywords: Futsal, Mental Competition,

INTRODUCTION

Exercise is a form of planned and structured physical activity that involves repetitive physical movements aimed at improving the performance and health of the body. Exercise is a physical activity that is done with the intention of maintaining health and strengthening muscles. Sports are

carried out as exercise, self-development, recreation, education, livelihood, spectacle, and culture. Therefore, sports are closely related to human life, ranging from social, economic, and political problems, population refreshment, the progress of an area, the development of social structures in developing countries, the problem of unemployment and other problems, the solution of which can be approached through sports. Sports are all activities that involve the mind, body, and soul in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential (Law of the Republic of Indonesia No. V, 2022) National Sports is a sport based on Pancasila and the Constitution of the Republic of Indonesia in 1945, which is rooted in the sports values of Indonesia's national culture and is responsive to the demands of sports development.

Achievement sports are sports activities that are carried out and managed professionally with the aim of obtaining optimal and structured achievements in the sports branch of achievement, ranging from the regional and national to international levels. Becoming a sportsman to achieve sports achievements requires practice and discipline in carrying out the training program given by the coach. Doing something you want to achieve needs motivation, enthusiasm, and support from others such as support from friends, family, and coaches. Some of the sports that are included in achievement sports are basketball, swimming, athletics, soccer, futsal, volleyball, and many other achievement sports. Improving achievement in the field of sports in addition to requiring adequate facilities and infrastructure to achieve maximum results, and achievement coaching, which must also be considered by sports coaches and coaches. Therefore, the development of achievements in the field of sports is part of many countries, including Indonesia.

Futsal is a ball game that is played indoors or in an open field. Futsal is a type of game that is played with all aspects that are simpler than football. Futsal is actually played by men, along with the times, gender is not an obstacle in futsal sports achievements. Until now, futsal is in great demand by various groups such as women, teenagers and children. Futsal is an achievement sport that is widely contested both at the sub-district, district, provincial levels and even at the national and international levels. Futsal requires high-level skills in the form of technique, tactics, and psychological balance. The supporting components of futsal are players, coaches, referees, and managers. A player in playing futsal should have enough mentality in the match because he has a very large pressure both from inside and outside the player, pressure from internal factors namely lack of rest for the player so that the player experiences a decrease in physical condition in the match, players experience stress because they get pressure from the coach and lack of motivation from the people closest to them.

The external factor of the players is due to the crowded audience so that the players lack



focus, the lack of infrastructure so that the players often fall and the lack of understanding. Therefore, players need a strong mentality, high confidence in futsal matches. A good mental condition for a futsal player is that players think positively about the match, play calmly, play professionally, maintain emotions in the match, play with focus and maintain a healthy balance. In essence, psychological conditions play a very important role and have a significant influence on the condition of a person's body. Often encountered individuals who feel sick, even though physically not detected the disease is felt, a good mental condition, namely respecting oneself without comparing the results with others, mentally can be trained and developed (Rafidasya et al., 2020). The term that is often used is mental skills or psychological skills which translate as mental skills or skills (Festiawan, 2020). There are several mental aspects in the match, namely, the mental aspect of confidence, the aspect of focus, the mental aspect of intelligence, the mental aspect of emotional anxiety. Forming a winning mentality is a quality that a futsal athlete must have, because what distinguishes ordinary athletes from professional athletes is the mentality itself. A coach must always train the mental state of the athlete such as motorcycling, which aims to motivate oneself and to direct energy towards a clear goal, focus on overcoming existing distractions, confidence in order to perform consistently, control to control oneself to perform better, visualization to visualize the match to be faced, preparation to make us more familiar with the competition and more consistent.

Intelligence influences futsal athletes by accepting various training materials, as well as leading to the creation of effective patterns (Ababillah & Faruk, 2022). Emotional intelligence is the ability that a person has to accept, manage, and control everything that happens to themselves and the environment. Mental is defined as a personality which is a dynamic wholeness that a person has which is reflected in attitudes and deeds or seen from his psychomotor. psychotherapy, the word mental is often used in place of the word personality which means mental is all the elements of the soul including thoughts, emotions, attitudes and feelings which in their entirety and completeness will determine the pattern of behavior, how to deal with something that suppresses feelings, disappoints or joyful, pleasant and so on (Wismanandi Himawan, 2016).

METHODOLOGY

This type of research is quantitative descriptive. This type of research uses a descriptive method, which is describing or telling the data or results obtained, with the documentary analysis technique being a direct explanation through the data or evidence obtained. This study critically examines the origin and authenticity of historical sources and validity, providing interpretation and grouping of discovery results (Sugiyono, 2016). The population in this study is 35 Futsal Qongxi



Academy players. The sample sampling technique in this study is purposive sampling with certain considerations. The sample in this study was 15 male players. The instruments used in the research were questionnaires and interviews. The data analysis technique used is descriptive statistics to describe and make conclusions from the research Likert scale (Sugiyono, 2016).

RESULTS

Based on the results of the research that has been carried out, in this chapter it can be described with a description of the data regarding the analysis of the mental aspects of competing Qhongxi men's futsal players in Bungo Regency. The description of the data that will be presented in the form of data obtained by assessing questionnaires and interviews: there are 4 mental aspects of the competition, including the confidence aspect, the focus aspect, the intelligence aspect, and the emotional intelligence aspect. The description of the mental analysis data of the Qhongxi men's futsal players in Bungo Regency can be seen in the description below.

1. Aspects of Confidence in Competitive Mentality

In accordance with the results of the calculation made from each statement on the confidence aspect in the competitive mentality, it can be displayed in a table and figure as follows:

Table 1. Distribution of Research Results on Confidence Aspects in Competitive Mentality

No	Percentage (%)	Criterion
P1	74,67%	Good
P2	72%	Good
P3	76%	Good
P4	92%	Excellent
P5	89,33%	Excellent
P6	84%	Good
Average	81,33%	Good

Based on figure 1 above in the confidence aspect, there are 6 statements submitted to the respondents, including: Statement 1, confidence cannot help you identify factors that can affect the match in futsal, there are 4 players who answered very well, 6 players answered well, 2 players answered quite well, 3 players answered not well. Based on this presentation, there was a percentage (74.67%) that was in good criteria. Statement 2, I did not feel confident and confident at the time of the match, there were 5 players who answered very well, 4 players answered well, 3 players answered quite well, 3 players answered not well, 2 players answered very poorly. Based on this presentation, a percentage of (72%) is on good criteria. Statement 3,



confidence cannot optimize mental potential when competing, there are 4 players who answered very well, 5 players answered well, 5 players answered quite well, 1 player answered not well. Based on this presentation, there is a percentage of (76%) that is in good criteria. Statement 4, confidence can affect technique in competing, there are 10 players who answered very well, 4 players answered well, 1 player answered quite well. Based on this presentation, there is a percentage of (92.%) that is on the very good criteria. Statement 5, does confidence help you to stay calm and focused in the game, there are 8 players who answered very well, 6 players answered well, 1 player answered quite well.

Based on this presentation, there is a percentage (89.33%) that is at the very good criteria. Statement 6, having good technique makes confidence increase in competition, there are 6 players who answered very well, 5 players answered well, 3 players answered quite well. Based on this presentation, there is a percentage of (84%) that is in good criteria. Based on the description above, the average score of the confidence aspect in the mentality of competing male futsal players in Qhongxi Bungo Regency of (81.33%) is in the Good criterion.

Based on the results of interviews with respondents on the confident aspect of the competitive mentality of Qhongxi men's futsal players in Bungo Regency, it can be concluded that in preparing themselves, mentality must be prepared before competing, success in competing can also help increase a player's self-confidence as well as a feeling of pride along with a sense of responsibility.

1. Focus Aspects in Mental

In accordance with the results of the calculation carried out from each statement on the focus aspect in the competitive mentality, it can be displayed in a table and diagram as follows:

Table 2. Distribution of Research Results on Focus Aspects in Competitive Mentality

No	Percentage (%)	Criterion
P7	94,67%	Excellent
P8	70,67%	Good
P9	90,67%	Excellent
P10	68%	Good
P11	86,67%	Excellent
P12	68%	Good
Average	79,78%	Good

Based on the table above on the focus indicator, there were 6 statements submitted to the respondents, including: Statement 7, mental readiness is one of the factors that play a role in competing to stay focused, there were 11 players who answered very well, 4 players answered



well, 1 player answered very poorly. Based on this presentation, there is a percentage of (94.67%) that is at the very good criteria. Statement 8, following the match without focusing to achieve maximum results, there are 6 players who answered very well, 3 players answered well, 2 players answered quite well, 1 player answered not well, 3 players answered very poorly.

Based on this presentation, there is a percentage of (70.67%) that is on good criteria. Statement 9, resting enough can restore focus, there are 8 players who answered very well, 7 players answered well. Based on this presentation, there is a percentage (90.67%) that is on the very good criteria. Statement 10, the audience had no effect on a player's focus, there were 4 players who answered very well, 2 players answered well, 5 players answered quite well, 4 players answered not well. Based on this presentation, there is a percentage of (68%) that is in good criteria. Statement 11, how focused are you when the coach gives instructions in training, there are 8 players who answered very well, 5 players answered well, 1 player answered quite well, 1 player answered not very well. Based on this presentation, there is a percentage of (86.67%) that is on the very good criteria.

Statement 12, I felt unfocused when my friend talked to me when I was paying attention to the coach. There were 3 players who answered very well, 5 players answered well, 4 players answered quite well, 1 player answered not well, 2 players answered very poorly. Based on this presentation, there is a percentage of (68%) that is in good criteria. Based on the average score of the focus aspect in the mentality of competing of Qhongxi men's futsal players in Bungo Regency of (79.78%) is in the Good criterion. Based on the results of interviews with respondents on the focus aspect in the mentality of competing male futsal players Qhongxi Bungo Regency, it can be concluded that players can make the right decisions so that players can perform well and appropriately so that it is valuable for a player who can help friends to complete tasks together.

2. Intelligence Aspect in Competitive Mentality

In accordance with the results of the calculation carried out from each statement on the intelligence aspect in the competitive mentality, it can be displayed in a table and figure as follows:

Table 3. Distribution of Research Results on Intelligence Aspects in Competitive Mentality

No	Percentase (%)	Criterion
P13	61,33%	Enough
P14	97,33%	Excellent
P15	78,67%	Good
P16	72%	Good



P17	78,67%	Good
P18	78,67%	Good
Average	77,78%	Good

Based on this presentation, there is a percentage of (61.33%) that is in the sufficient criteria. Statement 14, I applied the technique given by the coach to get good results, there were 13 players who answered very well, 2 players answered well. Based on this presentation, there is a percentage (97.33%) that is on the very good criteria. Statement 15, I am always the consequence of every decision I take, there are 3 players who answered very well, 8 players answered well, 4 players answered quite well. Based on this presentation, there is a percentage of (78.76%) that is on good criteria. Based on this presentation, there is a percentage of (61.33%) that is in the sufficient criteria. Statement 14, I applied the technique given by the coach to get good results, there were 13 players who answered very well, 2 players answered well. Based on this presentation, there is a percentage (97.33%) that is on the very good criteria. Statement 15, I am always the consequence of every decision I take, there are 3 players who answered very well, 8 players answered well, 4 players answered quite well. Based on this presentation, there is a percentage of (78.76%) that is on good criteria. Based on the results of interviews with respondents on the intelligence aspect in the mentality of competing Qhongxi men's futsal players in Bungo Regency, it can be concluded that players are not able to imagine the difficult things that happen during the match and their solution by applying existing knowledge to solve various problems.

2. Aspects of Emotional and Mental Intelligence Competing

In accordance with the results of the calculation carried out from each statement on the aspect of emotional intelligence in the competitive mentality, it can be displayed in a table and figure as follows:

Table 4. Distribution Results on Aspects of Emotional Intelligence in Competitive Mentality

No	Percentase (%)	Criterion
P19	60%	Enough
P20	96%	Excellent
P21	62,67%	Excellent
P22	92%	Excellent
P23	65,33%	Enough
P24	85,33%	Excellent
Average	76,89%	Good



Based on this presentation, there is a percentage of (60.%) that is in the sufficient criteria. Statement 20, I am sure I will win the match, there are 13 players who answered very well, 1 player answered well, 1 player answered quite well. Based on this presentation, there is a percentage of (96.00%) that is at the very good criteria. Statement 21, if there is a friend who fights on the field I also hit the opponent, there are 3 players who answer very well, 2 players answer well, 5 players answer quite well, 4 players answer not well, 1 player answers very poorly. Based on this presentation, there is a percentage (62.67%) that is in the sufficient criteria. Statement 22, in participating in the match I made the most of my abilities, there were 9 players who answered very well, 6 players answered well. Based on this presentation, there is a percentage of (92.%) that is at the very good criteria. Statement 23, I did not make the best use of the training time, there were 3 players who answered very well, 4 players answered well, 4 players answered quite well, 2 players did not do well, 2 players answered very poorly. Based on this presentation, there is a percentage of (65.33%) that is in the sufficient criteria. Statement 24, I am sure I can get a champion even though I have failed, there are 10 players who answered very well, 1 player answered well, 3 players answered quite well, 1 player answered very poorly. Based on this presentation, there was a percentage of (85.33%) that was on the very good criteria. Based on the description above, the average value of emotional intelligence aspects in the mentality of competing male futsal players of Qhongxi Bungo Regency is (76.89%) at the Good criterion.

Based on the results of interviews with respondents on the aspect of emotional intelligence in the mentality of competing male futsal players Qhongxi Bungo Regency, it can be concluded that players are unable to control their thoughts and turn negative feelings into positive ones when cheating occurs during the match, helping players to be able to manage their mental state and face opponents well.

3. Competitive Mentality

Based on the results of the research on the analysis of the mental aspects of competing of Qhongxi men's futsal players in Bungo Regency when viewed from the aspects of confidence, focus, intelligence and emotional intelligence as aspects that affect the mentality of competing. When viewed from the influencing aspect, the most influencing is the confidence aspect with the following calculations:



Table 5. Description of Research Results on Competitive Mentality

Indicator	Percentase (%)	Criterion
Confident	81,33%	Good
Focus	79,78%	Good
Intelligence	77,78%	Good
Emotional Intelligence	76,89%	Good
Average	79,45%	Good

Based on the table above, of the four mental aspects of competing Qhongxi men's futsal players in Bungo Regency, there is an average score of (81.33%) in the good criteria, in the focus aspect there is an average score of (79.78%) in the good criteria, in the intelligence aspect there is an average score of (77.78%) in the good criteria, and in the emotional intelligence aspect there is an average score of (76.89%) in the good criteria. It can be concluded that the average score of the four mental aspects of competing male futsal players in Qhongxi Bungo Regency of 79.45% is on the Good criterion. Therefore, from these four aspects, the confidence aspect has a big impact on the mentality of competing male futsal players of Qhongxi Bungo Regency.

DISCUSSION

Confidence is convincing ourselves in the village we have or the ability to develop positive values both for ourselves and the surrounding environment (Amri 2018). Self-confidence is an attitude or belief in one's own abilities, so that in one's actions he is not too anxious, feels free to do things according to his desires and responsibilities for his actions, is polite in interacting with others, has an achievement drive and can recognize one's own strengths and weaknesses.

The formation of self-confidence is a process of learning how to respond to various stimuli from outside oneself through interaction with one's environment (Matondang, 2018). Self-confidence is one of the essential requirements for individuals to develop activities and creativity as an effort to achieve achievements (Amri 2018). Confidence is convincing ourselves in the village we have or the ability to develop positive values both for ourselves and the surrounding environment. Based on the results of research on the confidence aspect, players can help other players, make moves and tactics quickly, make movements when things get difficult. The results of the analysis of the confidence aspect of Qhongxi men's futsal players in Bungo Regency were known to be (81.33%) which was in the Good criteria.

Focus is the ability to think to direct attention to one task or one object until it is fully included in the activity without a break. Focus is a state in which an individual gives full attention to



something. The key skill in all sports is the ability to focus on something important and therefore athletes will be able to overcome distractions (Himawan wismanandi, 2016). Focus is controlling the eyes is making sure that your eyes are not going anywhere or seeing something irrelevant (Festiawan, 2020). Focus is the ability to think to direct attention to one task or one object until it is fully included in the activity without a break. Based on this research, players focus more on the match and focus on the opponent's attack, thus creating goals with a winning ending. The results of the analysis of the focus aspect in the competition of Qhongxi men's futsal players in Bungo Regency were (79.78%) who were in the Good category.

Intelligence is the ability to apply existing knowledge to solve various problems. Intelligence is the ability to make adjustments to a situation or problem, which includes various types of psychic abilities such as: abstract, mechanical thinking, mathematical, understanding, remembering, language, and so on (II & Theory, 2011) Intelligence is a ability carried from birth that can be used to adjust to new needs by using thinking tools that suit their goals. Intelligence affects futsal athletes by receiving various training materials, as well as directing the creation of patterns that (Ayyub Mas'ud et al., 2022) Based on this research, players perform abilities in all things, play casually and be familiar with their respective abilities and master the environment effectively. The results of the analysis of the intelligence aspect in the competition of futsal players in Bungo Regency were (77.78%) who were in the Good criteria.

Emotional intelligence is a person's ability to use and understand emotions, both the emotions of others and one's own emotions with the aim of improving physical and mental health. Emotional intelligence is related to the mental level of futsal athletes, especially in self-motivation, emotional control, emotional management, and relationship building. Thus, emotional intelligence is very important in a match, about how individuals are able to control everything (Ababillah & Faruk, 2022). Emotional intelligence has an important role, because it can motivate oneself, survive frustration, control with impulse, not exaggerate pleasure, regulate mood, maintain stress so as not to paralyze the ability to think, empathize, and pray (Dewi & Yusri, 2023). Emotional intelligence is a person's ability to use and understand emotions, both the emotions of others and one's own emotions with the aim of improving physical and mental health. The results of the analysis of the emotional intelligence aspect of Qhongxi men's futsal players in Bungo Regency were (76.89%) with Good criteria.

CONCLUSION

Based on the results of the study on the mental aspect of competing in Qhongxi men's futsal players in Bungo regency amounted to (78.95%) with Good criteria. This is proven according to



the results of calculations carried out from 4 mental aspects of competing, namely the confidence aspect, the focus aspect, the intelligence aspect and the emotional intelligence aspect. The confidence aspect in the competition mentality was (81.33) with the Good criterion, the focus aspect in the competition mentality was (79.78%) with the Good criterion, the intelligence aspect in the competition mentality was (77.78%) with the Good criterion, the emotional intelligence aspect in the competition mentality was (76.89%) with the Good criterion.

REFERENCE

- Ababillah, F. R., & Faruk, M. (2022). Analisis Tingkat Mental Bertanding Atlet Futsal Putra Kota Probolinggo. *Jurnal Prestasi Olahraga*, 5(8), 62–69.
- Amri, S. (2018). Pengaruh Kepercayaan Diri (Self Confidence) Berbasis Ekstrakurikuler Pramuka Terhadap Prestasi Belajar Matematika Siswa Sma Negeri 6 Kota Bengkulu. *Jurnal Pendidikan Matematika Raflesia*, 3(2), 156–168.
- Ayyub Mas'ud, M., Zainuddin, K., Firdaus, F., Psikologi, J., & Psikologi, F. (2022). Pengaruh Mental Toughness Terhadap Peak Performance Pada Atlet Sepak Bola di Kota Makassar The Effect of Mental toughness on Peak performance in Soccer Athletes at Makassar. *Journal of Art, Humanity, & Social Studies*, 2(6), 171–177.
- Dewi, S. R., & Yusri, F. (2023). Kecerdasan Emosi Pada Remaja. *Educativo: Jurnal Pendidikan*, 2(1), 65–71. <https://doi.org/https://doi.org/10.56248/educativo.v2i1.109>
- Dr. Himawan wismanandi. (2016). kondisi mental tim futsal sembayat fc pre sesion pada kompetisi sembayat sport center championship. *E-Jurnal Kesehatan Olahraga, Universitas Negeri Surabaya*, 1(12), 13.
- Festiawan, R. (2020). Latihan Mental dalam Olahraga. *Repository.Unmul.Ac.Id*, December 2020, 5. <https://doi.org/10.31219/osf.io/wvwtkg>
- Ii, B. A. B., & Teori, A. D. (2011). *Yogieaffandi.blogspot.com/2011/09/pengertian intelegensi.html*, . 8–27.
- Matondang, A. (2018). Pengaruh Antara Minat Dan Motivasi Dengan Prestasi Belajar. *Jurnal Pendidikan Bahasa Dan Sastra Indonesia*, 2(2), 24–32.
- Rafidasya, D., Permata Sari, I., Arifin, J., Kamilia, N., & Yeni. (2020). Kesehatan Mental Dalam Perspektif Psikologi Positif. In *Angewandte Chemie International Edition*, 6(11), 951–952. (Issue Mi).
- Sugiono. (2016). *Metode Penelitian Kuantitatif, Kualitatif dan R&D* (Issue April).
- Undang-undang RI No V. (2022). *Tentang sistem keolahragaan*. 184, 1–27.

