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## The Relationship Between Self-Concept And Interpersonal Competence In *PAF UNY* Athletes in Women Futsal Super League 2016 Championship

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### Abstract

An athlete is a social being who will always be in contact with others. In order to establish effective interpersonal relationship, interpersonal competence or the ability to establish interpersonal relationship is needed. This study aims to determine the relationship between self-concept and interpersonal competence in *PAF UNY* athletes in Women Futsal Super League 2016 championship. This is a quantitative research using self-concept scale and interpersonal competence scale compiled by the researcher. The result shows that the self-concept scale consists of 28 items with  $\alpha = 0.9080$  and the interpersonal competence scale consists of 31 items with  $\alpha = 0.9074$ . The data were analysed by using simple regression analysis. The hypothesis of this study was there is a positive relationship between self-concept and interpersonal competence in *PAF UNY* athletes in Women Futsal Super League 2016 championship. Athlete who have more self-concept have higher interpersonal competence and those who have less self-concept perform lower interpersonal competence. The subject of this research was 25 *PAF UNY* athletes in Women Futsal Super League 2016 championship.

The result of the data analysis shows that there is a significant correlation between self-concept and interpersonal competence in *PAF UNY* athletes ( $r_{xy} = 0.572$  with  $p < 0.05$ ). It means that the hypothesis stating that there is positive relationship between self-concept and interpersonal competence of *UNY PAF* athletes is proven. The relationship shows that the higher the self-concept possessed, the higher the interpersonal competence performed by *PAF UNY* athletes, and vice versa. The effectiveness of self-concept toward interpersonal competence is 0.327. This number indicates that interpersonal competence of *PAF UNY* athletes is 32.7% determined by self-concept and the rest (67.3%) was determined by other factors not revealed in this research.

Keywords: self-concept, interpersonal competence and *PAF UNY* athletes

### Introduction

Human beings can not live without others, so they will always try to establish relationships. According to Sumardjono (1992) the relationship among humans is a phenomenon of individual need fulfillment done by one another to develop and sustain life. Nashori (2003) states that various views and life experiences show that the success of human life is largely determined by his ability to manage himself and the ability to manage his relationships with others. An athlete, as a human being, certainly can not be excluded from the nature to always connect with others. *PAF UNY* athletes which consist of students of senior high school as well as university students are intellectuals who are currently studying in schools and universities and are expected to be able to act as skilled leaders, either as leaders of a community, a country, or the workforce (Aryatmi, 1992). Students are generally aware that seeking to become intellectuals in the future should not only be done by pursuing knowledge and intelligence, but also by establishing social interaction and doing something for human life (Juriana, 2000). They are expected to engage in

social interaction not only in the faculty where they study, but also to other people outside this place.

Interpersonal relationships established among *PAF UNY* athletes often can not be separated from the interpersonal conflicts arising from their interactions. Conflicts can arise because of different characters in each of them. Ethnic and religious differences sometimes can also cause friction between them in the same way as different interests may also have the potential to cause conflict. Besides, different courses taken by students from different study programs often lead to clashes where they find it is difficult to meet other board members. Thus, the effort to find the right meeting time and also the ability to minimize conflicts that may arise from those differences are really needed. The ability to resolve conflicts is necessary so as not to harm the relationship that have been established. In addition to that, individuals who become athletes in a sport club must be more open with others, always be active, not dependent on others and show good cooperation with other members. The ability to resolve conflicts and be open with others are some of the characteristics of individuals with interpersonal competence (Buhrmester, Furman, Wittenberg and Reis, 1988). Interpersonal competence is the ability to make a close relationship with others experienced by an individual where there are elements of mutual attention in that relationship (Pace in Sukmono, Djohan and Ellyawati, 2000).

The relationship among athletes of *PAF UNY* is certainly not an ordinary relationship which is superficial. They established a close deep relationship among one another where they need the ability to adapt to each other. Those who can adapt easily when gathering with others in a group are individuals with good interpersonal competence as the ability to interact with others in a group is really needed when there are many people with various characters. Good interpersonal competence will lead to pleasant interaction which is full of comfortable experiences (Bittner in Binacawati, Mawardi and de Queljoe, 1999).

Generally conflicts occur because of unexpressed dislike to others so that the interpersonal relationship becomes disrupted, communication becomes uneasy and it interferes with the coordination in running an activity. This lack of openness also affects the process of expressing ideas or opinions in a meeting. There are some board members who feel unconfident and embarrassed to express their ideas publicly for fear of not being accepted.

Feelings of inferiority, closedness and anxiety in conveying opinion that exist in *PAF UNY* athletes certainly must be reduced. Partosuwido (1993) states that feelings of low self-esteem, closedness, high anxiety, unable to control oneself and easily influenced by others will interfere with interpersonal relationship and weaken one's interpersonal competence. All those feelings will lead to uneasy and uncomfortable relationship. Partosuwido (1993) also states that individuals who feel inferior, anxious, and easily affected tend to have a negative self-concept. They will find difficulties in adjusting to their environment and feel a lot of anxiety in their interpersonal relationships which will interfere with the ability to connect with others.

In addition, Grinder and Surakmed (in Juriana, 2000) say that individuals with positive self-concept will have positive self-confidence and it makes them easily suit their social environment. Lack of confidence can be an obstacle for athletes of *PAF UNY* to establish interpersonal relationship with others. The athletes who do not have positive self-esteem will tend to withdraw from their environment which worsen their adjustment ability and will certainly interfere with the interpersonal relationships that have been established and hinder themselves in their effort to establish relationship.

Based on the background of the problem above, it is interesting to examine whether there is a relationship between self-concept and interpersonal competence in *PAF UNY* athletes In Womens Futsal Super League 2016 championship.

## **Research Method**

### **Operational Definition of Research Variables**

#### **1. Interpersonal Competence**

Interpersonal competence is a person's ability to initiate interpersonal relationship, to open up, to be assertive, to give emotional support and to manage and resolve conflicts arising from interpersonal relationships. It is measured from the interpersonal competence scales based on the aspects of interpersonal competence of Buhrmester, Furman, Wittenberg and Reis (1988).

The higher the score obtained by the research subjects, the higher the interpersonal competence they have. The lower the score obtained, the lower the interpersonal competence they possessed.

## 2. Self-concept

Self-concept is the views, thoughts and feelings about oneself. It is revealed from the scale of self-concept based on physical, personal, social, ethical moral and family aspects. The higher the score obtained by the research subjects, the more positive the self-concept they possessed and the lower the score obtained, the more negative the self-concept they have.

### Technique of Data Analysis

The method used for data analysis in this research was simple regression analysis technique. In accordance with the purpose of this study, which is to find the relationship between self-concept and interpersonal competence in *PAF UNY* athletes, simple regression analysis was intended to find out the relationship between self-concept and interpersonal competence, to test its significance level, and to seek effective contribution of the predictor variable (Hadi 1995). This study used simple regression analysis by using SPSS for Windows 11.0 computer program.

### Research Findings

#### Normality Testing

The normality testing was performed to determine whether the data was normally distributed or not. The distribution normality is an assumption that must be met in the parametric statistics. The normality test of data distribution of this research was done by using Kolmogorov-Smirnov Goodness of Fit Test technique. The normality test result indicates that both of these research variables have normal distribution.

#### Linearity Testing

The linearity testing was intended to find out the relationship between the two research variables. The test showed that the relationship between the two variables is linear ( $F_{lin} = 56,888$ ) with  $p = 0,000$  ( $p < 0.05$ ). It means the relationship between interpersonal competence and self-concept is linear. The linear relationship between the two variables qualifies for the use of the regression analysis model to predict the relationship between self-concept and interpersonal competence.

#### Hypothesis Testing

The relationship between self-concept and interpersonal competence was shown by the coefficient  $R_{xy} = 0.572$  with  $p < 0.05$  with positive relationship indicating that the higher the self-concept possessed by an athlete, the higher the interpersonal competence they have and vice versa. The significance level of 0.00 ( $p < 0.05$ ) indicates that there is a significant relationship between self-concept and interpersonal competence. Thus the hypothesis that there is a positive relationship between self-concept and interpersonal competence in *PAF UNY* athletes is acceptable.

$R$  square is 0.327. This figure shows that self-concept gives effective contribution for 32.7% in interpersonal competence. This means that the self-concept in *PAF UNY* athletes determined their interpersonal competence for 32.7% while the rest (67.3%) is determined by other factors not revealed in this study, such as age, contact with parents, interaction with peers, social participation and religious maturity. The regression equation between self-concept and interpersonal competence can be arranged as follows:

$$Y = 48,302 + 0,480X$$

This regression equation can be interpreted that the constant of 48.302 indicates that if there is no self-concept then the interpersonal competence equals to 48.302 whereas regression coefficient of 0.480 indicates that each addition of self-concept will increase the interpersonal competence for 0.480.

### Discussion

The result of the hypothesis testing shows that there is a positive and significant correlation between self-concept and interpersonal competence of *PAF UNY* athletes shown by correlation  $r_{xy} = 0.572$  with  $p = 0,000$  ( $p < 0.05$ ). That result indicates that the higher the self-concept possessed by *PAF UNY* athletes, the higher the interpersonal competence they have. This result is in accordance with the proposed hypothesis that there is a positive relationship between self-concept and interpersonal competence in *PAF UNY* athletes.

High self-concept will make it possible for *PAF UNY* athletes to have better interpersonal competence and low self-concept will lower the interpersonal competence of *PAF UNY* athletes. Board members who are lack of interpersonal competence will be difficult to establish interpersonal relationships with other members and to create a better situation. Otherwise, athletes of *PAF UNY* who have good interpersonal competence will easily establish harmonious interpersonal relationships with other board members.

Based on the results of this study, the self-concept of *PAF UNY* athletes will affect their interpersonal competence. The hypothesis testing in this study proved that self-concept is one factor that helps determine the success of a board member in establishing relationships with other members. Accepting oneself will lead a person to have high appreciation of himself and

understand his limitations. Those with such personalities will be better to establish interpersonal relationships with others.

The research shows that most of *PAF UNY* athletes have high interpersonal competence. A board member with high interpersonal competence will be able to foster effective interpersonal relationships with others. It makes them easier to establish warm interpersonal relationships with others from different backgrounds. They also tend to be open and adaptable in new situations. In addition, they will be more sensitive to others' conditions. The habit to live together and develop intensive interaction with others make one's interpersonal competence grow and develop well (Danardono, 1997). Intensive interaction with the environment will further enhance the interpersonal competence of *PAF UNY* athletes since interacting with others will eventually increase their ability to cope with people in different characters. This will help foster new interpersonal relationships and strengthen established relationships. The result of this study also shows that the self-concept of *PAF UNY* athletes is high. This indicates that they have a positive self-concept. The positive self-concept allows them to have more stable views and feelings about themselves, know their strengths and weaknesses, and not rely on others. Lukman's research (2000) found that positive self-concept will be able to influence individual's independence. The result that needs to be considered is the effectiveness of the regression which was 32.7%. This figure indicates that the interpersonal competence of *PAF UNY* athletes was 32.7% determined by self-concept and the rest (67.3%) was determined by other factors not revealed in this research. These factors include contact with parents, interaction with friends, social participation, and religious maturity. Individuals with positive self-concept can understand themselves, both their strengths and weaknesses..

According to Nashori (2000), having good interpersonal relationships with others is a good asset. With such quality, one is regarded to have high interpersonal competence. People with positive self-concept qualities support the realization of smooth interpersonal interaction.

Rachmat (2000) states that individuals with positive self-concept will feel equal to others. This equality becomes an asset for them so that they do not have any obstacle to establish relationships with others. This equality allows them to resist any attempt of domination from others. Individuals with positive attitudes toward themselves will be more sensible of the needs of others, accepted social habits, and the idea that they can not have fun at the expense of others. The high sensitivity of a person with positive self-concept will lead to the ability to provide emotional support to others.

### **Conclusion**

There is a positive relationship between self-concept and interpersonal competence in *PAF UNY* athletes. Athletes with more positive self-concept have higher interpersonal competence and vice versa. The self-concept contribution to interpersonal competence is 32.7%. It indicates that self-concept is not the only factor affecting the interpersonal competence of *PAF UNY* athletes.

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