

# THE DIFFERENCE OF PSYCHOLOGICAL CHARACTERISTIC BETWEEN MALE AND FEMALE TENNIS PLAYERS

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**Abstract**— Psychological aspect is important factor in successful tennis performance. The purpose of this study is to determine difference of psychological characteristics between male and female tennis players. This study used survey research design. The data were collected from 134 tennis players the day during competition. Psychological Questionnaire (motivation, self efficacy, attitude, anxiety, and stress) was used to find out psychological characteristics of tennis players. Data was analyzed through independent t test. Result revealed that there was significant differences of psychological characteristics between male and female tennis players ( $p=0,023$ ). Based on the result showed that gender has an influence on the difference in psychological characteristics of tennis players.

**Keywords**—Psychological, tennis player

## I. INTRODUCTION

In recent years, in general the achievements of Indonesian tennis have decreased. This is also acknowledged by some tennis court trainers and athletes. In his interview with RRI, Bonit Wiryawan, a former national tennis athlete, revealed that the achievements of Indonesian tennis have decreased. The final achievement of the last Indonesian tennis court was held at the 2011 Jakarta Palembang Sea Games event with the acquisition of 4 gold medals. After that the Indonesian tennis team fasted the gold medal. At the 2015 Sea Games held in Singapore, none of the Indonesian tennis teams managed to get 1 gold medal. Even though at the previous organizers, at least Indonesia could at least win 1 gold medal. National tennis coach Dedi Prasetyo also revealed that Indonesia's tennis achievements had decreased.

Speaking of achievement in the field of sports, of course the achievement is a complex process. Many factors need to be considered and trained to achieve optimal performance. Factors that influence achievement include physical / biomotor conditions, mastery of techniques and tactics, and psychological factors. Another opinion explains that optimal achievement is influenced by physiological factors (physical / biomotor conditions), mastery of motion (technique), nutrition, and psychological athletes [1]. All of these factors support each other in achieving optimal performance. Sports experts agree that achieving optimal performance can be achieved not only because of physical skills but also by psychological factors [2]. The quality of the training implemented since the junior level greatly affects the success in achieving achievement. The application of exercises that are tailored to the needs of sports and individuals, as well as exercises that cover all aspects of supporting achievement

will be able to make the training process quality. Facts on the ground show that the trainer's tendency is still focused on physical training and tactical technique training. Mental / psychological exercises are also applied but still get a small or less precise portion, so the results of the exercise are less than optimal. Knowledge of the factors that influence the achievement of performance or peak performance is needed by the trainer and the athlete itself. Awareness of the importance of psychological factors is needed in order to improve and improve psychological abilities as a supporting factor in achieving peak achievements. This is reinforced by the results of research conducted by Baker & Sedwick in 2005 in [3] which revealed that psychological factors in exercise were identified as important factors in improving performance. Further research on psychological factors that more specifically affect optimal achievement is needed as a scientific effort to find out psychological factors that influence the achievement of these achievements, especially in the field of tennis. This study aims to determine the relationship and analyze the differences between motivation, attitudes, anxiety, and self efficacy on the achievements of tennis athletes.

Motivation is a very well-known term and tends to be one of the key words, especially when discussing success in various aspects of life, such as success in business and of course in this case, sports. How motivated an athlete can be seen from the direction and intensity of the effort carried out by the athlete.

Sports motivation can be divided into primary and secondary motivation, it can also be based on biological and social motivation. But many experts share it on two types, intrinsic and extrinsic. Intrinsic motivation is an inner drive that causes individuals to participate. This encouragement is often said to be brought from birth, so it cannot be learned. According to the Self Determination Theory which was also developed by [4] intrinsic motivation has three levels, namely: (1) Knowledge, (2) Compilation, (3) Stimulation.

Extrinsic motivation is an impulse that comes from outside the individual that causes individuals to adapt to sports. This encouragement comes from the coach, teacher, parent, nation or in the form of gifts, certificates, awards or money. Extrinsic motivation can be learned and depends on the magnitude of the reinforcement value over time. Extrinsic motivation is usually defined as motivation that comes from outside the individual. In other words, the motivation that a person has is controlled by objects that come from outside the individual. Examples of extrinsic motivation are: gifts, trophies, money, praise, and so on.

Attitude is a set of characteristics or characteristics that are relatively permanent and organized in individuals that affect the behavior of the individual. Attitude is one of the factors that can influence the success of an athlete in sports. Attitude wants stability and change. The stability aspect provides the structure needed to function effectively in society, while the dynamic and changing aspects provide opportunities for learning.

As a trainer, sports teacher, instructor, and training leader, it can be more effective if you know the different levels of personality structure that are outside of the behaviors caused by roles in certain situations. By directly understanding how a person's original personality and the types of responses or responses that are usually done will provide clarity on motivation, actions, and behavior.

According to [5] anxiety is a negative feeling that has the character of nervousness, anxiety, fear of something that will happen, and that there is movement or excitement in the body. Anxiety is a feeling of helplessness, unconditional pressure that is clear, vague, or vague [6], whereas according to [7] anxiety is an unpleasant emotion characterized by terms such as worries, concerns and fears that we sometimes experience at different levels. According to [8] anxiety is a kind of anxiety, worry and fear of something that is not clear and has adverse characteristics.

From some of the above expert opinions regarding the notion of anxiety, it can be concluded that anxiety is a psychological symptom that is characterized by a sense of worry, nervousness, anxiety, fear experienced by people at different levels.

The basis of the theory of self-efficacy was developed from social cognitive theory by professor Albert Bandura. [9] suggested that self-efficacy is an evaluation of a person's ability or competence to perform a task, achieve goals or overcome obstacles. Furthermore, he also defines self efficacy as a person's belief in his ability to do some form of control over the functioning of the person himself and the events in his environment. The definition of self efficacy has various meanings, [10] defines self efficacy, is a self-assessment whether it can perform good or bad, right or wrong, can or cannot work as required.

## II. METHODS

This research is a comparative research. If it is related to the substance, the researcher wants to know how the difference motivation, attitude, anxiety, and self-efficacy on the achievements between male and female tennis athletes.

The population in this study were tennis athletes at the regional and national levels in Indonesia. Sampling technique used in this research is incidental sampling technique which is carried out by incidental or accidental methods not using certain planning.

The instrument used in this study is a questionnaire. There are three questionnaires that will be used to obtain research data. The questionnaires were: 1) Motivation Questionnaire, 2) attitude questionnaire, 3) anxiety questionnaire, and 4) self efficacy questionnaire. Each question / statement contained in the questionnaire will represent each indicator variable that has been determined. Measuring the variables in the questionnaire will be

measured using a 1-5 likert scale. Independent t tes used in this study.

## III. RESULT AND DISCUSSION

This research data was obtained from 1) Motivation Questionnaire, 2) attitude questionnaire, 3) anxiety questionnaire, and 4) self efficacy questionnaire. Measurement results in more detail can be seen in the following description.

TABLE I. TALENT SCOUTING ANALYSIS RESULT

Variabel	Gender	
	Male	Female
Motivation	3,21	3,16
Attitude	3,20	3,08
Anxiety	3,25	3,13
Self Efficacy	2,79	2,81
<b>Value</b>	<b>12,45</b>	<b>12,18</b>
<b>Mean Value</b>	<b>3,11</b>	<b>3,04</b>

From the table above it can be seen that the results of the psychological measurement in tennis athletes showed that generally man tennis athletes have a higher score than female tennis athletes. Based on the research data showed that the acquisition of motivation, attitude and anxiety male scores has higher score than female tennis athletes, while the self efficacy score of female tennis athletes is higher than male tennis athletes. In anxiety the higher score mean the lower level of anxiety. Research data show that male tennis athletes anxiety levels are lower than female tennis athletes.

After taking the research data about motivation, attitude, anxiety and self efficacy. Data obtained from these measurements were then analyzed by independent t tes techniques. Measurement results in more detail can be seen in the following description.

TABLE II. INDEPENDENT T TEST RESULT

Category	Sig	Explanation
Male *Female psychological characteristic	0,023	Significant

From the table above it can be seen that the results of the independent t test showed that there is difference psychological characteristic between male and female tennis player.

Male and female athletes differ not only physiologically, but psychologically as well. The mental differences between female and male athletes are often overlooked. Male athletes show more signs of motivation and self efficacy than their female counterparts, but this is common knowledge. Female athlete develop psychological stress much quicker than male.

#### IV. CONCLUSION

There is difference psychological characteristic between male and female tennis player. Coach have to give difference treatment/ training according to student characteristic to reach the best goal.

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