



Emotional Stability and Self-Control: A Case Study of University Taekwondo Athletes

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Abstract

In taekwondo matches, some taekwondo athletes have difficulty managing their emotions and self-control when experiencing unexpected things in the middle of the game, this makes athletes lose focus on their match so athletes have a lack of confidence and damage the match pattern that has been planned before the game starts, such as kicking that does not hit the point repeatedly, and not protecting the body protector properly. This results in athletes experiencing defeat in the match which adds to the emotions of athletes becoming increasingly mixed up and unable to control themselves. Existing studies are still limited in examining the relationship between emotional stability and self-control in university taekwondo athletes. Therefore, this study aims to fill this gap by examining the relationship between the two variables in university taekwondo athletes. The researcher also aims to test the relationship between emotional stability and self-control in university taekwondo athletes. This study uses a descriptive method with a quantitative approach involving 30 taekwondo athletes from the Indonesian Education University. The instruments used in this study are cross-sectional taken from the UWIST Mood Adjective Checklist (UMAC) and Brief Self-Control Scale. After the data has been obtained, data analysis is carried out by correlation testing using SPSS 25. The results of the study showed that there was a significant relationship between the emotional stability and self-control of university taekwondo athletes. This study concludes that emotional stability and self-control play an important role in the self-control of university taekwondo athletes.

Keywords: Taekwondo Athletes, Emotional Stability, Self-Control

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A. Introduction

Taekwondo is a martial arts sport that involves the application of skill techniques such as hitting, kicking, blocking, dodging, and blocking with the hands and feet (Singh & Sathe, 2018). Taekwondo is a martial arts sport that emphasizes hand and foot movements to protect oneself and paralyze opponents from a distance (Anggraini et al., 2021). Taekwondo tends to face failure in controlling mentality and in the future experience concentration disorders, stress, and so on becomes less motivated (Hussain & Salamuddin, 2019).

University athletes have difficulty evaluating themselves after experiencing defeat, injury, or poor performance. Good emotional regulation in athletes can encourage athletes' persistence in overcoming problems during training and in matches (Paulana et al., 2021). Tense situations become a challenge for university athletes, with lack of confidence, some athletes still feel afraid, even though they have participated in several championships (Bayani et al., 2024). Therefore, athletes need to prepare themselves to show their best abilities in performance (Fadhilah et al., 2023). With athletes who have a lack of self-confidence, athletes must have a positive attitude which is very important to foster good values in themselves as well as in the

training environment and when competing (Purnamasari & Novian, 2021).

Good emotional management in athletes is a crucial factor that can affect the decline in athlete performance in competition (Maharani & Nurcahyo, 2024). Emotional stability shows the psychological state of an athlete who can control himself in facing various situations for his safety and comfort (Nugroho et al., 2024). The emotional condition where the athlete's feelings during the match need to be carefully maintained because emotional stability and self-control both play an important role in the psychological and physiological aspects that affect the athlete's performance results (Putra et al., 2023).

The self-control required by athletes is to have good self-control so that they can achieve their desired goals (Cahyani & Siswati, 2020). Self-control The ability to control emotions is seen if athletes can direct their feelings and emotional energy into constructive channels by social norms (Maulana, 2016). Athletes are also said to have good control if they can read the conditions of their opponents and themselves sensitively, and can manage the flow of the match pattern well (Fitri et al., 2021). Self-control at its level of popularity as a focus on research in the field of sports psychology, naturally attracts attention. Self-control can be

interpreted as an effort made by athletes to slightly encourage the desired reaction while holding back or reducing unwanted reactions (Wolff et al., 2021). By maintaining a focus on emotional stability and control, on the main strategy and goals, athletes can control their emotions by remaining calm and thinking clearly during the match. This allows athletes to make the right decisions and take advantage of every opportunity to score points effectively (Budianto & Jannah, 2020).

Many previous studies on taekwondo athletes have used survey methods or meta-analyses at various levels, but in-depth case studies in university settings are still rare (Lim & O'Sullivan, 2016). In addition, these studies generally highlight general psychological aspects such as motivation, mental toughness, self-confidence, concentration, and anxiety (Wenpeng Zhan, 2024). So that researchers specifically examine the relationship between emotional stability and self-control in university-level taekwondo athletes, which is still very limited.

B. Methods

Table 1. Statistics Description

Variable	N	Min.	Max.	Sum	Mean	Std. Dev.
Emotional Stability	30	44	83	1843	61.43	10.484

The method or way to achieve set objectives with the study uses a descriptive method with a quantitative approach. The subjects in this study involved 30 Taekwondo athletes from the Indonesian University of Education (15 male athletes and 15 female athletes) aged 18-25 years. The research instrument used was a questionnaire. Namely, the UWIST mood adjective checklist (Matthews et al., 1990). and the Brief self-control scale (Manapat et al., 2021). Data analysis in this study was carried out to test the relationship between emotional stability and self-control in taekwondo athletes. Data was collected from the UWIST questionnaire and brief self-control-self with a correlation test using SPSS Version 25.

C. Result and Discussion

Result

The results of the study were obtained through statistical data calculations using SPSS 25. After that, the results of quantitative data analysis were presented in the form of Tables and Figures. The statistical description can be seen in Table 1.

Self-Control	30	33	60	1402	46.73	6.751
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Table 1 shows the statistical description of the 30 research subjects involved. It can be seen that the emotional stability variable obtained a minimum score of 44, and a maximum of 83, with a total of 1843, an average of 61.43, and a standard deviation of 10,484. For the self-control

variable, it obtained a minimum score of 33, and a maximum of 60, with a total of 1402, an average of 46.73, and a standard deviation of 6,751. Furthermore, the author presents the results of the normality test, which can be seen in Table 2.

Table 2. Normality Test

Variable	Statistic	df	Sig.
Emotional Stability	.934	30	.062
Self-Control	.963	30	.366

Based on Table 2 shows the results of the data normality test using the Shipiro-Wilk technique, it can be seen that the acquisition of the Emotional Stability score obtained a statistical score of .934, df of 30, a significance value of .062. While the Self-Control score obtained a statistical score of .963, df of 30, a significance value of .366.

It can be seen that the data of both variables have a Sig. Value > .05 which means that the data is normally distributed. Furthermore, the author presents the results of the hypothesis test, which can be seen in Table 3.

Table 3. Correlation Test

Variable	N	Pearson Correlation	Sig. (2-tailed)
Emotional Stability – Self-Control	30	.495	.005

Table 3 shows the results of the hypothesis test to compare the values of Emotional Stability and Self-Control using Pearson correlation. The processing results show a Sig. (2-tailed) value of .005 < .05, then H0 is rejected, which means that there is a significant relationship between

emotional stability and self-control of Taekwondo athletes. Furthermore, the author presents the percentage of emotional stability and self-control levels of Taekwondo athletes, which can be seen in Figure 1.

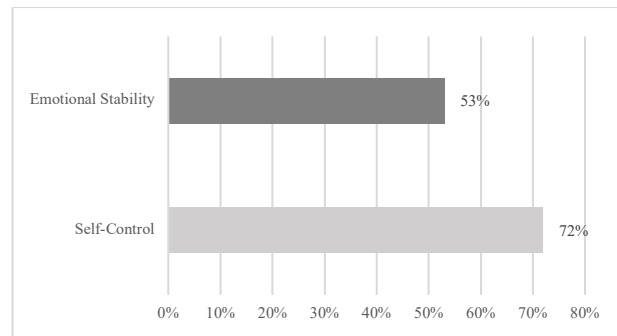


Figure 1. Percentage of Emotional Stability and Self-Control of Taekwondo Athletes

Figure 1, shows the overall percentage of results that the results of Emotional Stability are 53% while the percentage of self-control is 72%. This shows that Taekwondo athletes have quite high self-control abilities, but their level of emotional stability is still not as good as their self-control abilities.

Discussion

This study examines the relationship between emotional stability and self-control in taekwondo athletes, which is an important aspect in supporting athlete performance during competition. From the results of the data analysis that has been obtained, it was found that there is a significant correlation between emotional stability and self-control in taekwondo athletes. By using the overall percentage of results the percentage of self-control is higher than emotional stability. Because there is a positive relationship between emotional stability and self-control. The more stable a person's emotions, the better

their self-control ability, and vice versa (Maulana, 2016).

Emotional stability in emotional management, self-control, and the suitability between individuals and the current environment is at an inadequate level (Fajri, 2017). Emotional stability has predicted the ability of athletes to overcome difficulties in training effectiveness (Li et al., 2020). Emotional regulation in emotional stability is very important for well-being and deficits in emotional regulation (Drach, 2021). Emotional stability in athletes who excel illustrates an athlete's ability to control themselves to achieve the best results while making a proud contribution to personal achievement (Dirgantara, 2020).

Self-control has the ability to suppress impulsive behavior. Self-control is very crucial, especially for adolescent athletes (Adelia & Nur Budiono, 2024). Self-control is essentially a form of self-focus control so that it can be directed at the goals to be achieved. For athletes to achieve (Maulana, 2016). With good self-control,

athletes can be able to solve complex problems and concentrate better, by having good self-control. Actualizing their potential, athletes can develop creativity to achieve achievements (Sabatini et al., 2019). The significant relationship between emotional stability and self-control shows that both aspects support each other in forming mental readiness in athletes. Basically, an athlete must be able to manage the match well (Irawan, 2021).

This study emphasizes the importance of psychological support and the implementation of various training before the match to increase the motivation and mental readiness of taekwondo athletes (Rozali & Sakti, 2015). Strategies such as providing appropriate motivation and training sessions involving game elements have proven effective in building the psychological readiness of athletes (Simandjuntak et al., 2024). This approach not only aims to raise the spirit of competition but also helps athletes manage emotions and strengthen self-control (Salfina & Aulia, 2021). So that they are able to deal with the pressure of the match better, maintain focus, and maintain optimal performance under stressful situations.

The results of this study confirm that emotional stability in an athlete's self-control has a very significant influence on the success of their performance in a match.

Athletes who are able to control their emotions well tend to show consistency and calmness that support optimal performance on the field (Yusuf, 2024). Therefore, coaches and athletes must pay special attention to the psychological aspect as an integral part of the training and preparation process (Loveyama & Widodo, 2020). Also by increasing the athlete's self-confidence, coaches must analyze the psychological aspects of the athlete more (Febrianty et al., 2021). An integrated psychological approach not only helps in managing pressure and stress but also builds a solid mental foundation as the main capital to become a champion mentality and achieve the best achievements (Rizki et al., 2021).

Conclusion

This study concludes that emotional stability and self-control have a very important role in taekwondo athletes' self-control during the match. Athletes with good emotional stability tend to be able to cope with pressure and unexpected events during the match so that the athlete's performance remains optimal. Conversely, athletes who are emotionally unstable often experience decreased concentration, and decreased self-confidence, and the planned match pattern is disrupted, for example, kicks that are not on target and lack of protection on the body protector. So the author states that emotional stability and

self-control have a crucial role in determining optimal performance for an athlete.

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