

Analysis of Emotional Intelligence and Muay Thai Sports Achievements of National Sporting Week (PON) Athletes of Aceh In 2021

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Abstract

Muay Thai sporting achievements require effective and efficient training and coaching. To actualize the sporting achievement increment, an athlete needs to have a good physical and psychological condition. The problem formulation of this research is “how is the emotional intelligences and sporting achievements of Muay Thai National Sporting Week (PON) athletes of Aceh in 2021”. This research aims to determine the emotional intelligence and sporting achievements of Aceh’s Muay Thai PON athletes in 2021. This research is a qualitative research with a descriptive approach. The subject of this research is the Muay Thai athletes in Regional Training Center (Pelatda) of National Sporting Week (PON) Aceh who are in their preparation stage for competing in 2021 National Sporting Week (PON). Data analysis technique includes data collection, data reduction and data display, conclusion and verification. Based on the study, it can be concluded that the level of Emotional Intelligence has a close relationship with the achievements that have been achieved by Aceh’s muaythai athletes who take part in the 2021 PON. In conclusion and verification that emotional intelligence is crucial to support achievement in sports. One of the most important things in the success of a sports achievement is training planning.

Keywords: *Emotional Intelligence and Muay Thai Sporting Achievements*

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I. Background

Achievement sports is an event to improve the quality of the nation and state. This sporting achievement activity is expected to be able to foster the young generation of Indonesia to become healthy, tough and independent individuals in facing the challenges of life in the future. Achievement sports are carried out with the aim to increase the abilities and potential of athletes, and also to increase the dignity of the nation. Emotional intelligence factor supports the optimal achievement. According to Suharsono, (2005:120) “Intelligent Quotient (IQ) only accounts for 20% of success, while other 80% is the contribution of other factors including emotional intelligence or Emotional Quotient (EQ), that is the ability of a person to control oneself, overcome frustration, control impulses, regulate moods, empathize and the ability to cooperate with other individuals”. The balance between IQ and EQ is the key of success in term of an athlete’s achievement. An athlete also needs to have a good physical and psychological condition hence the athlete is able to train and compete with a high spirit, total dedication, persistent and high focus.

Scroeter and Bauersfeld stated that achievement affects by two factors namely internal and external factor. External factors consist of infrastructure and sports equipment and the competition system. Internal factors consist of the athlete's psychological state, understanding of tactics or strategies, technical skills, physical abilities and body conditions. These factors greatly affect the achievement of an athlete, because basically an

athlete competing on an event will have the best preparation in terms of physical and mental condition. Based on these several factors, psychological factors can have a direct effect on athletes, but athletes can also be influenced by factors outside of themselves which then affect their psychological condition. Among the psychological factors that affect achievement are the level of intelligence and emotion or IQ (Intelligent Quotient) and EQ (Emotional Quotient).

Muay Thai achievements require an effective and efficient training and coaching. To actualize the sporting achievement increment, an athlete needs to have a good physical and psychological condition. Therefore, the athletes are able to train and compete with a high spirit, total dedication, persistent and do not easily distracted by athlete's personal matter. In term of Aceh's Muay Thai athletes, the achievement is affected by internal and external factors namely psychological condition, emotional intelligence, techniques or strategies understanding, and Muay Thai athletes' physical abilities is the internal factor affected the achievements.

Based on the observations on Aceh's Muay Thai athletes who will take part in the PON Papua in 2021, the interview results with the Muay Thai coach, the researcher asked about the emotional intelligence of the athlete in term of the upcoming competition. The writer found that in some past events joined by the Aceh's Muay Thai athletes, namely Aceh's Regional Sport Event (PORA), Regional Sport Event (PORWIL) and National Sport Event (KEJURNAS), there were things to be proud of the athlete's appearance. However, there were also things that are disappointing, such as anger can appear in an athlete when his opponent makes the athlete's face as the target of his attack so that an athlete will become more sensitive and easily provoked by his emotions to retaliate, then the lack of attention and focus in facing the match caused by negative emotions that arise in an athlete when competing. As a result, the athlete's movement became inaccurate and incompatible with the actual Muay Thai technique. These are related to emotional intelligence level of an athlete in facing an event which affects an athlete's achievement. However, this Muay Thai sport does not yet have data on the level of emotional intelligence. Based on the above problem, the writer intends to study on "**Analysis of Emotional Intelligence and Muay Thai Sports Achievements of National Sporting Week (PON) Athletes of Aceh in 2021**".

A. EMOTIONAL INTELLIGENCE OR QUOTIENT

Emotions are related to physiological changes and various thoughts. Therefore, emotion becomes one of the crucial factor in human life because it is a positive motivator as well as a bad motivator in human's behavior. Some experts explained about emotions, including Descartes in Goleman (2002:13) stated that emotions are divided into desire, hate, sorrow, wonder, love and joy. While Watson in Goleman (2002:17) divided emotions into three namely fear, rage and love.

People who can regulate their emotions are said to have emotional intelligence. Salovey and Mayer define emotional intelligence as "The subset of social intelligence that involves the ability to monitor social feelings toward other people, and to sort the information as a base to act toward others" (Suharsono, 2005:130).

Emotional intelligence is highly affected by environment, not permanent, and is changeable. Therefore, environment particularly parent's involvement during childhood has a very big impact on one's emotional intelligence development. In addition, EQ is not an opposite of IQ but both of them interact dynamically in conceptual and actual level. EQ is not affected by genetic factor.

B. EMOTIONAL SKILLS

Goleman (2001:39) stated that emotional skill is the skill resulted from learning process which is based on emotional intelligence. Hence, it is resulted in outstanding performance in working environment. Emotional skills are part of emotional intelligence that greatly affects work performance. For example, a flight attendant has a skill in "influencing", he or she is able to make people respond well to their wills. The essence of this skill is having two abilities, namely empathy, which involves the ability to read other people's feelings and social skills, being able to manage other people's feelings well.

Emotional skill is divided into several group, each is based on the similar emotional intelligence abilities. Emotional intelligence ability is an essential foundation to demonstrate emotional skills in the working environment. If someone is not good at social skills, then that person will not be able to become a leader because a leader should have the ability to inspire or lead a group well. This skill must be based on one's self-confidence and self-awareness on his own ability.

C. SPORTS ACHIEVEMENT EFFORT

One of the efforts for sports achievement is to carry out a centralized training and coaching process, systematically and well planned to achieve the best sports achievement. Coaching is one of the efforts to run the training program systematically in order to enhance athletes' achievements. Coaching and development must be carried out sequentially and continuously. (Mulyadi, 2013). In addition, Faster and Keren (2001) stated that coaching is addressed for human behavior management. Coaching means that the activities are carried out

continuously with instructions and supports. Coaching is a continuous process as a method to continuous learning and development.

A good coaching will deliver good achievement and contribute to various things including: (1). Enhancing economic activity of a region or nation; (2). As a method to introduce a nation to the world with a brilliant athlete achievement; (3). Stimulate the country's foreign exchange earnings when the championship event is held domestically; (4). A means to realize a sense of nationalism to every citizen from all over the world. Based on these factors, government needs to pay attention toward sports, hence the athlete can have achievements in various sports.

II. Research Method

This research is a descriptive research which describe emotional intelligence and sports achievement of PON Aceh Muay Thai athletes in 2021. The subject of this research is based on writer's consideration which is the Muay Thai athletes in Regional Training Center (Pelatda) of National Sporting Week (PON) Aceh who will be competing in PON 2021. Data were collected by observation and questionnaires. Data analysis techniques include: data collection, data reduction, data display, conclusion and verification.

III. Results And Discussions

1. Discussion on Emotional Intelligence of Muay Thai Athletes

Emotional Intelligence, as stated by Goleman (2001:35), is the potential to learn practical skills based on five elements, namely: (a) Self-awareness, (b) Motivation, (c) Self-regulation, (d) Empathy and (e) Skills in building relationships with others. From the several elements described and linked in the list of athletes' emotional intelligence interview statements that have been compiled by researchers, the researchers made a list of statements using a Likert Scale consisting of positive and negative questions. Then, the total score of the athlete's answers were calculated using a simple statistical average formula.

Data processing was performed on 8 subjects by making a norm measuring instrument using a simple average calculation technique. The data was then defined by classifying the range of values obtained from 119 to 126 as the **Very Low** category, 127 to 134 as **Low** category, 135 to 142 as **High** category and 143 to 150 as **Very High** category. The following is the emotional intelligence level resulted from the average values based on the Aceh Muay Thai athletes' statements.

2. Discussion on Sporting Achievements of PON Aceh Muay Thai Athletes in 2021

Sporting achievements of Aceh's Muay Thai athletes competing in PON 2021 is based on the interview with the athletes on the question related to sports achievements that the athletes achieved from previous sports competitions. Of the 8 athletes joining the PON Centralized Regional Training (Pelatda) in 2021, there were 2 athletes who won medals at the international level, 4 athletes had won medals at the national level, and 2 others had won medals at the regional level.

The sporting event participated by Acehnese Muay Thai athletes who are trained in the 2021 PON Aceh, totaling 8 people, are two athletes have been participating in an international sports competition level, and six athletes have been participated in regional and national sports competition level.

3. Discussion on Relationship of Emotional Intelligence and Sports Achievements of PON Acehnese Muay Thai Athletes in 2021

Based on the emotional intelligence level which was resulted from the statements compiled by the writer, the level of emotional intelligence of Acehnese Muay Thai athletes is in High category. The achievements of Aceh's muaythai athletes that can be described are that of the 8 athletes participating in the 2021 PON Centralized Regional Training (Pelatda), only a small percentage of these athletes have participated in championships and won medals at the National and International levels and several other athletes have reached the National level. Both emotional intelligence and sports achievements of Acehnese Muay Thai athletes have a correlation. Therefore, the success in sports achievement requires emotional intelligence factor which support an athlete's achievement.

IV. Conclusion

Based on the results and discussions which was guided by research questions, the conclusions of this research are as follows:

1. The emotional intelligence of Acehnese Muay Thai athletes is at **high** category. It was found that 2 athletes (25%) have the emotional intelligence at Very High category, 3 athletes (37.5%) are at High category, 2 athletes (25%) are at Low category, and 1 athlete (12.5%) is at Very Low category.

2. The achievements of Muay Thai sports for PON Aceh athletes in 2021 at the Regional, National, and International levels, the data obtained are 2 Muay Thai athletes who have participated in international level championships, and 6 athletes have participated in regional to national level championships, namely 87.5% at the Regional level, 87.5% at the National level and 25% at the International level.
3. The level of emotional intelligence of athletes has a relationship with Muay Thai athletes' achievements. This can be seen from the results of a high average level of emotional intelligence which also illustrates the achievements of Aceh Muay Thai athletes, some of them have achieved national and international achievements.

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