

Personality of Central Jawa Finswimming Athlete to Bifins Relay

Sungkowo Sungkowo^{1*}, Tandiyo Rahayu¹, Agus Kristiyanto², Donny Wira Yudha Kusuma¹,
Heny Setyawati¹

¹Universitas Negeri Semarang, Indonesia

²Universitas Sebelas Maret, Indonesia

*Corresponding Author: sungkowo@students.unnes.ac.id

Abstract. The role of psychology as an intermediary between players' physical, technical and tactical abilities, psychology is one of the keys to successful performance because of its influence on the competitive success of athletes.

The research method used is a survey where the researcher describes the results of the Myers Briggs type indicator.

The results showed that 4 athletes before filling out the questionnaire type myers briggs indicator, with personality data: Gienna Oceani Prasetyo with MBTI scale Introvert 87% - Extrovert 13%, Sensing 87% - Intuition 13%, Thinking 40% - Feeling 60%, Judging 80% - Perceiving 20% then get ISFJ personality type, Ashifa Helpa Ashuroh with MBTI scale Introvert 67% - Extrovert 33%, Sensing 60% - Intuition 40%, Thinking 53% - Feeling 47%, Judging 60% - Perceiving 40% then get ISTJ personality type, Winda Santika Wardani with MBTI scale Introvert 60% - Extrovert 40%, Sensing 53% - Intuition 47%, Thinking 53% - Feeling 47%, Judging 13% - Perceiving 87% then get the ISTP personality type, Mustikaning Song with MBTI scale Introvert 80% - Extrovert 20%, Sensing 67% - Intuition 33%, Thinking 53% - Feeling 47%, Judging 67% - Perceiving 33% then get the ISTJ personality type.

Key words: Personality; MBTI; Finswimming Athlete.

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INTRODUCTION

In preparation for athletes to be ready to face the competition, it needs to be done as early as possible, through systematic training procedures and processes and requires quite a long time (McCarthy, 2014). The purpose of the exercise is the achievement of maximum performance. To be able to achieve maximum performance requires physical, technical, tactical, and mental abilities (Bompa & Buzzichelli, 2021; Olmedilla et al., 2019). The four abilities are a unity that cannot be separated. Sometimes and often athletes already have good physical, technical and tactical performance conditions, but when competing they experience a decline in mentality which has a huge impact on their performance.

The role of psychology as an intermediary between players' physical, technical and tactical abilities (Razali Abdullah et al., 2016; Swann et al., 2017), psychology is one of the keys to successful sports performance because of its influence on the competitive success of athletes (Anderson et al., 2014). In physiological variables representing between 45% and 48% of sports performance, and when psychological variables are added, the proportion of variance increases by about 79-85% in certain sports

performances (Olmedilla et al., 2019). Then a finswimming athlete who has good mental toughness can show the results of better performance in training, competitions, even in everyday life (Ekmekçi & Miçooğulları, 2019; Sheard & Golby, 2006). Mental toughness can determine how ready an athlete is psychologically both during training and when competing (Beattie et al., 2017; Liew et al., 2019). If the athlete's psychological condition is good, then when competing, he has the opportunity to show his best. Mental toughness is a combination of emotions, attitudes, behaviors, and values that make individuals able to resolve the obstacles and pressures experienced by remaining consistent in maintaining motivation and full concentration with the goals that have been set can be achieved (Beattie et al., 2019; Gucciardi et al. al., 2015; Stuart Beattie., Lew Hardy., Andrew Cooke, 2020). From this discussion, it can be concluded that the psychological effects of athletes have an important role and can improve performance during the process of training and facing competition.

In psychology there are differences between personality traits and states personality (Roberts

et al., 2017), where traits are defined as patterns of thoughts, feelings and behaviors in athletes that distinguish them from other athletes (Laborde et al., 2020; Roberts et al., 2017) . While states represent thoughts, feelings, and behaviors that are captured in the moment or are only short-term characteristics (Howell et al., 2017; Laborde et al., 2020). In other words, the difference between traits and states is simply a matter of aggregation, timing, and pattern. Dominant traits represent multiple aggregations of states that emerge consistently over long periods of time and across situations (Howell et al., 2017). From this discussion, it can be concluded that the personality trait is a part of an individual's personality that has long-term characteristics that show through behavior, actions and feelings. For example someone says 'I am a confident person or 'I am an anxious person' these statements are part of who they are. While the state of personality is a temporary condition in individuals who have a short characteristic time. After the condition or circumstances pass then they return to their original state. For example someone who says 'I feel quite confident about this interview' or 'I feel nervous about doing this' is describing the situation.

The study of personality characteristics in individual and team sports contained 197 athletes (105 individuals, 92 teams, 131 men, and 66 women). The results showed that the individual sports of athletes were significantly higher than that of team sports athletes. Team sports athletes score much higher on prudence, self-awareness, and ethics than individual sports athletes. It can be concluded that the personality characteristics of athletes differ between individual and team sports (Raharjo et al., 2018). Furthermore, in the research comparing political skills in terms of personality types: a research on students in individual or team sports consisting of 315

athletes were tested using the Myers Briggs type indicator with the results showing the personality type most seen in athletes was the ENFP type. The socially oriented type is extrovert, they make decisions based on feelings. In the opposite situation, in individual sports, athletes prefer the "Thinking" personality type (Geri, 2014). In this study, it was concluded that sports achievements in addition to physical conditions, psychological factors also play an important role. In team sports, the emphasis is on feelings, which greatly affect the continuity of teamwork, the average athlete in team sports has an extroverted character. For individual sports, the mind prioritizes in deciding something, because it does not involve other people, and individual sports athletes are more dominant in having an introverted character.

Based on the problems above, the researcher will provide a solution with the characteristics of interacting with other people or with his fellow teammates to determine whether he is included in one of the categories of personality types on the Myers Briggs type indicator test (Foundation, 2016; Lower et al., 2017).

METHODS

The research method used is a survey where the researcher describes the results of the Myers Briggs type indicator. In survey research, measuring the value of several variables, testing several hypotheses about behavior, asking several people (respondents) about past or present beliefs, opinions, characteristics of an object and behavior (Ayandele et al., 2020; National & Pillars, 2012). ; Rodríguez-Fernández et al., 2017).

RESULTS AND DISCUSSION

The results showed that 4 athletes after filling out the Myers Briggs Type Indicator Questionnaire, with personality data as follows:

NAMA	: Gienna Oceani Prasetyo
JENIS KELAMIN	: Perempuan
TEMPAT, TANGGAL LAHIR	: Magelang, 15 September 2002
USIA	: 19 TAHUN
SEKOLAH	: ITB
CABOR OLAHRAGA YANG SEDANG DITEKUNI	: Selam

SKALA MBTI

NO	DIMENSI				STATUS
1	INTROVERT (I)	87%	13%	(E) EKSTROVERT	OK
2	SENSING (S)	87%	13%	(N) INTUITION	OK
3	THINKING (T)	40%	60%	(F) FEELING	OK
4	JUDGING (J)	80%	20%	(P) PERCEIVING	OK

TIPE KEPERIBADIAN ANDA:

ISFJ

Finswimming athlete name Gienna Oceani Prasetyo with a MBTI scale of Introvert 87% - Extrovert 13%, Sensing 87% - Intuition 13%, Thinking 40% - Feeling 60%, Judging 80% - Perceiving 20% then getting the ISFJ personality type is one type most common personality.

People with the ISFJ personality are usually known for their caring, warm, and positive aura who can bring peace to those around them. This is why the ISFJ is dubbed the 'The Protector' (Soleimani et al., 2018).

NAMA	: Ashifa' Helsa Ashuroh
JENIS KELAMIN	: Perempuan
TEMPAT, TANGGAL LAHIR	: Banjarnegara, 31 Desember 2002
USIA	: 19 TAHUN
SEKOLAH	: Universitas Sebelas Maret
CABOR OLAHRAGA YANG SEDANG DITEKUNI	: Selam

SKALA MBTI

NO	DIMENSI				STATUS
1	INTROVERT (I)	67%	33%	(E) EKSTROVERT	OK
2	SENSING (S)	60%	40%	(N) INTUITION	OK
3	THINKING (T)	53%	47%	(F) FEELING	OK
4	JUDGING (J)	60%	40%	(P) PERCEIVING	OK

TIPE KEPERIBADIAN ANDA:

ISTJ

Finswimming athlete name Ashifa Helpsa Ashuroh with an MBTI scale of Introvert 67% - Extrovert 33%, Sensing 60% - Intuition 40%, Thinking 53% - Feeling 47%, Judging 60% - Perceiving 40% then getting the ISTJ personality type usually tends to be quiet and serious, but

very persistent, responsible and reliable. ISTJs generally want order and order in every aspect of their lives. Therefore, he is nicknamed 'The Organized Planner' (Al-Dlaigan et al., 2017; Purbowati, 2021).

NAMA	: WINDA SANTIKA WARDHANI
JENIS KELAMIN	: PEREMPUAN
TEMPAT, TANGGAL LAHIR	: CILACAP, 12 DESEMBER 1999
USIA	: 22 TAHUN
SEKOLAH	: SMP NEGERI 1 SAMPANG
CABOR OLAHRAGA YANG SEDANG DITEKUNI	: SELAM

SKALA MBTI

NO	DIMENSI				STATUS
1	INTROVERT (I)	60%	40%	(E) EKSTROVERT	OK
2	SENSING (S)	53%	47%	(N) INTUITION	OK
3	THINKING (T)	53%	47%	(F) FEELING	OK
4	JUDGING (J)	13%	87%	(P) PERCEIVING	OK

TIPE KEPERIBADIAN ANDA:

ISTP

Finswimming athlete name Winda Santika Wardani with a MBTI scale of 60% Introvert - 40% Extrovert, Sensing 53% - Intuition 47%, Thinking 53% - Feeling 47%, Judging 13% - Perceiving 87% then get the ISTP personality type who has the personality type generally very

realistic, logical, spontaneous, and focused on the present. People with the ISTP personality also have good problem-solving and crisis-solving skills. Not surprisingly, the ISTP person is often dubbed as 'The Mechanic' or 'The Craftsman' (Setiyaningrum et al., 2020; Smail, 2017)'.

NAMA	: Mustikaning Kidung
JENIS KELAMIN	: Perempuan
TEMPAT, TANGGAL LAHIR	: Surakarta, 10 Oktober 2004
USIA	: 17 TAHUN
SEKOLAH	: SMA NEGRI 6 Surakarta
CABOR OLAHRAGA YANG SEDANG DITEKUNI	: Selam

SKALA MBTI

NO	DIMENSI				STATUS
	INTROVERT (I)	80%	20%	(E) EKSTROVERT	
1	SENSING (S)	67%	33%	(N) INTUITION	OK
2	THINKING (T)	53%	47%	(F) FEELING	OK
3	JUDGING (J)	67%	33%	(P) PERCEIVING	OK
4					

TIPE KEPERIBADIAN ANDA:

ISTJ

Finswimming diving athlete name Mustikaning Kidung with an MBTI scale of 80% Introvert - 20% Extrovert, Sensing 67% - Intuition 33%, Thinking 53% - Feeling 47%, Judging 67% - Perceiving 33% then getting the ISTJ personality type usually tends to be quiet and serious, but very persistent, responsible and reliable. ISTJs generally want order and order in every aspect of their lives. Therefore, he is nicknamed 'The Organized Planner' (Al-Dlaigan et al., 2017; Purbowati, 2021).

CONCLUSION

With the results of the personality data of 4 finswimming athletes having different Myers Briggs type indicator scales, it means that the athlete's personality or personality has a pattern of thoughts, feelings and behavior that are often used in continuous adaptation efforts to their lives with friends around them, either individually or individually. groups (Kusuma et al., 2018; McKenzie, 2021; Morgan & Costill, 1996). Then the athlete's personality as a person's characteristic in general that describes a consistent pattern of behavior (Danielle X. Morales, Sara E. Grineski, 2016; Jardines et al., 2020; McKenzie, 2021).

That each athlete feels that personality influences success and that the athlete-coach relationship provides coaches with insight into how an athlete's personality can influence their relationship with personality type can be used positively to improve athletic leadership, skills

and success (Brittany Christine Collinwood, 2020).

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