

Analysis Of The Role Psychology in Emotion Control, Concentration, Confidence in the National Football Team in the 2023 Sea Games Final

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Abstract. The Garuda Muda Indonesia national football team has succeeded in ending the fast of winning a title in a 32-year wait to win a gold medal in the 2023 SEA Games football sport, the gold medals won at the championships of the Asean countries, the 2023 SEA Games are so very special and historical for the Garuda Muda Indonesia national football team and the Indonesian nation. The purpose of this study was to see how mental maturity competed for the U-22 Indonesian Garuda Young National Team through the results of good psychology during the match in the 2023 SEA Games final which took place at Cambodia Olympic Stadium, Phnom Penh. This research was conducted using a descriptive research approach to describe certain phenomena that occur in the mental psychology of the struggle of the U-22 Garuda Muda Indonesia National Team in the 2023 SEA Games final. The method used in this research is a qualitative method to examine the conditions of natural objects, where the researcher is a key instrument. Data was taken through observation and interviews using a Likert scale questionnaire and data analysis was carried out by descriptive analysis. The results showed that in the struggle of the Garuda Muda Indonesia national football team to win gold at the 2023 SEA Games event. Based on field research, the influence of psychological factors on the U-22 Garuda Muda football national team was clearly seen during the final match against the Thai national football team. It was concluded from the research results, that in general based on research results and discussion. Motivation, concentration, focus, confidence, emotional management and good match mentality are the main keys that make the U-22 Garuda Youth Football Team play brilliantly in the final..

Keywords: The Role of Psychology; Indonesian National Football Team; Finals ; SEA Games

INTRODUCTION

Football has become a magnet that is attached to Indonesian society and cannot be separated from today's world society. A person's goals in exercising vary, some aim to just fill spare time, recreation, health, fitness, prestige, or for achievement. One of the goals of sports people is to achieve achievements and make the nation proud. To achieve peak performance at the golden age and make the nation proud requires a long training process and is carried out from an early age both technically, tactically, mentally and physically. The 2023 Asean Sea Games inter-country championship event is a real form of the mental toughness of the Indonesian national football team players which affects the players' ability to fight to the end of the match. The mentality of all players competing in the final match is a psychological description of players who are able to display their best potential mental skills related to emotional stability and good toughness. The national team players have very good emotional control, can quickly manage the psychological aspects of playing under pressure, especially when their team-mates receive

accumulated red cards from the referee for committing violent violations to the opposing team, but the national team players still be able to control yourself well and focus on winning to win the Sea Game 2023 in the sport of football. Mental toughness, as well as technique and physique, will be obtained through planned, regular and systematic training. In fostering the psychological or mental aspects of athletes, mental skills are essentially the readiness of one's mind to meet the psychological demands of a sport. In general, this skill is based on motivation, concentration, self-confidence and emotional control. As stated by Singgih D. Gunarsa, (2008), that in essence, psychology is a science that studies a person's behavior. If it is associated with sports, it will include the behavior shown by a person while exercising, or what is called his performance in sports. Thus it is clear that sport and its appearance in sports, and furthermore of course the results or football skills in sports, are strongly influenced by psychological factors.

The Indonesian national football team has succeeded in ending their fasting for a title in a 32-year wait to win a gold medal in the 2023 SEA Games football sport, winning gold in the 2023

SEA Games is so very special. Indonesia last won gold in football at the 1991 SEA Games. The success of the Garuda Muda football national team in reaching the final and winning the championship by defeating the White Elephant Team was inseparable from high motivation and having a fighting mentality and the winning mentality made the U-22 Indonesian Garuda Young National Team soar high to the top of the championship. the psychological touch to the players and coaches as a team is an important point in the match. Of course, technical and physical also helped the Indonesian national football team win the final round of the 2023 Sea Games football. The high winning mentality of the Indonesian national football team is part of the universal spirit of sportsmanship. So far, the Garuda Muda national football team players and coaches who excel are not in the right position. international sporting events. The U-22 Thai football team challenged the U-22 Indonesian Garuda Muda national team in the final match of the 2023 SEA Games football at Cambodia's Olympic Stadium, Phnom Penh. The success of the U-22 Indonesian national football team in winning the 2023 SEA Games is not just a technical factor on the field. PSSI and the coaching team pay close attention to non-technical factors off the field to maintain the focus and mentality of the players. The mentality of competing with good psychology was shown by the retainers of the Garuda Muda Indonesia National Team in the final match against a tough opponent from Thailand. It is certain that the Garuda Muda Indonesia National Team, which had their sights set on victory because they won 2-1 until 90 minutes into the match, had to concede a goal. in injury time. The Thai players who succeeded in equalizing, even had time to provoke by celebrating in front of the bench for the Indonesian national team, the Garuda Muda national football team did not get the victory easily. Having won 2-0 at the start of the half, the Thai national team equalized to 2-2 towards the end of the half. However, Indonesia was then able to keep the win thanks to three additional goals in the remaining extra time. The final round of the 2023 SEA Games played by the U-22 Indonesian national football team to win the 2023 SEA Games also touched the attention of the President of the Republic of Indonesia, Mr. Joko Widodo. In fact, the President of the Republic of Indonesia gave special appreciation for how the U-22 Indonesian football team, thanks to Indra Sjafri's tutelage, advanced to the final. The Indonesian

and Thai national football teams have had a record of classic meetings and a long history, and now the 2023 SEA Games are taking place at Cambodia's Olympic Stadium, Phnom Penh. History is also being recorded at the SEA Games and this history will be a great motivation. for the next generation of Garuda Muda Indonesia national team. So far, we all know that the mentality of the Garuda Indonesia national team retainers, both senior and senior levels, always falls when they meet the Thai national football team in various football tournament events. Gadjah Mada University (UGM) academic, Deputy Dean for Finance, Assets and Human Resources Nurhadi Susanto, assessed that the victory of the U-22 Indonesian National Team in the 2023 SEA Games was influenced by the high winning mentality of the players, the winning mentality of the national team. This is part of the successful transformation within PSSI carried out by PSSI Chairman Erick Thohir. The high winning mentality of the Indonesian National Team is part of the successful transformation carried out by Erick as the general chairman of PSSI.

Based on the description of the background of the problem points above, it can be seen that mental maturity occurred in competing for the U-22 Indonesian Garuda Young National Team through good psychological results during the match in the 2023 SEA Games final which took place at Cambodia Olympic Stadium, Phnom Penh.

METHODS

This research method is qualitative to examine the conditions of natural objects, where the researcher is the key instrument. This research intends to understand phenomena about what is experienced by research subjects such as behavior, perceptions, motivations, actions, etc. holistically, and by means of descriptions in the form of words and language, in a special natural context and by utilizing various natural methods. According to Sugiyono (2006). Qualitative research is descriptive in nature and tends to use analysis, emphasizing process and meaning (subject perspective). The theoretical basis is used as a guide to focus research according to facts in the field and provides an overview of the research background as well as material for discussion of research results.

RESULTS AND DISCUSSION

Based on field research, the influence of psychological factors on the Garuda Muda U-22 national football team was clearly seen during the final match against the Thai national football team. Indra Sjafri, the tactician for the Garuda Muda U-22 national football team, explained that the success of the Garuda Muda squad in advancing to the 2023 SEA Games final was inseparable from the success of the coaching team in managing the psychology of the players. The psychological health of the players is maintained so that they have no difficulty understanding what they need to do and prepare. The U-22 Garuda Muda football national team psychologist, Afif, explained that there are a number of things related to the practice of maintaining mentality that need to be understood. In terms of bonding, for example, in psychological studies there is collective efficacy. In Bandura's theory (1997) bonding is defined as a group's belief in their shared abilities. It is to organize and carry out the necessary actions to produce a certain level of achievement. This achievement can be achieved when psychological and mental well-being is maintained. The unyielding mentality became Indonesia's strength in the final match. The U-22 Indonesian national team won the gold medal at the 2023 SEA Games after going through a dramatic 120-minute match against Thailand in the final. The Indonesian national football team managed to make history as champions of the 2023 SEA Games in Cambodia after defeating Thailand with a score of 5-2 in a final match full of drama at the National Olympic Stadium, Phnom Penh. The existence of mental strengthening from a psychologist, can make the players believe in teamwork to win titles. The point is if the mentality is really trained and feels comfortable, the U-22 Garuda Muda football national team players can fight for the Indonesian nation.

In addition to having the enthusiasm and struggle without giving up, the Garuda Muda U-22 national football team was able to advance to the final and come out as a champion. The players of the Garuda Muda U-22 national football team were motivated by the unceasing support from the Red and White audience. The U-22 Indonesian national team scored two goals by Sananta in the 21st and 45+5 minutes. In the second half, the situation can change. The U-22 Thai national team managed to reduce the score through Anan Yodsangwal in the 65th minute. Even at the end

of normal time, Thailand equalized through Yotsakorn Burapha's kick. As a result, the score was equal at 2-2 in normal time and the game went into extra time 2 x 15 minutes. In this extra round, the mentality of the U-22 Indonesian National Team players really spoke and was able to return the situation to change the score to 5-2 for Indonesia's victory. one of the mental formation of players comes from psychologists in the Garuda Muda U-22 football team. The task of psychologists in the national team is to provide an injection of motivation before undergoing a match, and to strengthen the mentality of the players. The mental injection from a psychologist in the team is quite felt. The players are always ready to fight in the 2023 SEA Games. For a national football team player, physical abilities initially seem decisive. However, not so according to psychologists, physical only ranks second, because mental is everything. Games are moments for athletes to maximize what they do in training. Mentality has a big influence here, it is important for footballers to manage their emotions and keep them from losing focus. One thing to get rid of is the fear of losing. A mentally strong soccer player will not be affected by how brutal the situation is that is befalling the player. People who have been tempered so hard will be able to survive all the hardships of life. For footballers, mental training is visualizing the training that has been carried out in the brain, so that when it comes time for a match, the player already knows what to do. Actually there is no such thing as really talent, there are only those of us who keep practicing and trying.

CONCLUSION

Based on research results and discussion. Motivation, concentration, focus, confidence, emotional management and good match mentality are the main keys that make the U-22 Garuda Youth Football Team play brilliantly in the final. The external factor from the fruit of the struggle of the Garuda Muda Indonesia National Team to win a gold medal is because all team officials are committed to keeping the focus of the national team away from social media access which could distract the focus of the Garuda Muda Indonesia players, this method is very effective and beneficial for the players and team officials, because With this kind of approach, it can affect the results of the match to win the 2023 SEA Games title in football, this external factor is clear evidence of the role of sports psychology for

the players and officials for the Garuda Muda Indonesia national team to remain calm on the field, even though they get provocations, intimidation, and pressure during the game. Emotional control in a football match is very often a determining factor for victory. The coach of the U-22 Garuda Muda football national team must be able to clearly know how the emotional turmoil of his players is, not only in a match let alone in the final where the big name of a country is at stake. The coach of the Garuda Muda U-22 national football team, of course, must know when the coach can ignite the fighting spirit of his players, and can control when the players are stressed and in a state of uncontrolled anger, nervousness, fear, and so on.

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