

## Psychology Competency of Nusantara League Futsal Goalkeepers

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**Abstrak:** The purpose of this research is to find out the Futsal goal keeper psychology competence of Nusantara Female League. This research uses qualitative research, data are taken by observation and interview directly to athlete and analysis was conducted by using descriptive analysis. The result of this research shows very good value in psychology competence, athlete psychology aspect which involves self-independence, optimistic, enthusiastic, concentration, believe in self-ability, emotion control, bravery, responsibility, rise from failure, conduct activities under pressure, capability as leader and good communication. It is because of athlete psychology aspect was concerned before match, during match and after match. Conclusion, attitude aspect in match and keeper leadership is needed in supporting athlete achievement.

**Keywords:** Competence, Psychology, Futsal

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### INTRODUCTION

Futsal is the word used internationally for indoor football games. Futsal is an abbreviation of *futbol* (soccer) and *sala* (room) from Spanish or *futebol* (Portugal/Brazil) and *salon* (France). So, futsal is a football game played indoors. Another version says that in 1854 a similar game was played in Canada. In 1935 an agreement was made and the rules regarding how futsal was played were made. In mid-1936, futsal regulations were issued which were not much different from the current futsal game regulations. Approximately twenty years later, in 1954, futsal regulations were standardized. The futsal World Cup was first held in the Netherlands in 1989.

According to Mulyono (2014:2) Futsal can be interpreted as a sports game played by two different teams, each team consist of five players who play the match in two rounds, futsal is a sport game that is played more simply than football (Frayogha 2019). Futsal can be played on a field that is smaller than football and is played indoors (Rinaldi and Rohaedi 2020).

Based on the definition above, it can be concluded that the Futsal game is a ball game played by two teams, each consisting of five people and a maximum of nine reserve players, the aim of this game is to put the ball into the opponent's goal by

controlling the ball with the feet. Apart from the five main players, each team is also allowed to substitute players, unlike a soccer game, the time specified is very different, namely 2 x 20 minutes, besides that the field and goal are also smaller than a soccer game. No less important in this game is the role of all players to maintain team cooperation so that they are always united during the match, to avoid fatal mistakes. During the match, all players must have good technique, in order to achieve goals and fellow players, good teamwork is needed to avoid misunderstandings between players, and before the match starts, players are usually directed to know where they are placed and the strategy which will be used by the players.

Futsal football has positions in the game, they are goal keeper, anchor, flank and pivot. These positions are not static, these positions often rotate because of the dynamic and fast nature of the futsal game. The goalkeeper is the player who is trusted to guard or protect the goal from opponent attacks. So, this position is the last line of defense in Futsal game and a very important position in defense. Goalkeepers must have good technique and tactical skills to improve their ability to anticipate the ball. One of the unique realities of being a goalkeeper is the fact that goal keeper can save games but it is almost impossible for goal keeper to win the games. But the reality is that goalkeepers cannot save the game alone, goalkeepers need the outfield players to play well and great goalkeepers are willing to do whatever it takes to help the outfield players be their best.

The goalkeeper blames a field player when they make a mistake but minutes later the goalkeeper remains enthusiastic in giving praise to the field players. By managing the field players, the goalkeeper puts the team in a position to be successful. A goalkeeper's communication is very important. Goal keepers have no much time to discuss with other players. The best goalkeepers are able to communicate effectively less words because the goalkeeper focuses on match details related to the right moment. Previous research had discussed a lot of technical, physical and tactical aspects. So, psychological competence is still of little concern to researchers to be used as study material in research, even though goalkeeper competence is related to goalkeeper psychology, it is a crucial thing during matches. When a goalkeeper plays, it has its own challenges because the goalkeeper has a special position, such as being able to receive the ball using all parts of his body, especially catching the ball. In the process of catching a kick, of course the goalkeeper must be ready and have a strong mentality without thinking about anxiety and fear. This is where the author is interested. to research the psychological competence of futsal goalkeepers in the Indonesian archipelago league

Psychology in the world of sports has a very important role, in fact psychology has a very specific role that is central for athletes in helping athletes achieve achievements. Apart from technical factors such as techniques, tactics and physicality, there are psychological factors that help athletes achieve their best performance. The role of sports psychology for athletes in competitions has quite a large influence,

around 80% and other aspects only 20% (Wibowo et al, 2020). Meanwhile, according to (Irwanto & Romas, 2019) the aim of sports psychology is none other than to help achieve increased performance for athletes. Apart from that, sports psychology also studies its effects on physical, health and psychological well-being. The role of sports psychology is very capable of changing everything in a game or match. The existence of psychology in sports can help determine the condition of an athlete, especially motivation, attitude, anxiety and the athlete's condition so that he can take an appropriate approach. Apart from that, psychology can help understand and identify the psychological symptoms experienced which can cause a setback or improve an athlete's performance and achievement. Psychological practice can be a way out to solve problems experienced when it cannot be done through physical or technical training for athletes.

Athletes who will take part in national competitions usually often experience self-efficacy problems. Athletes often feel doubtful about their abilities, apart from that, when facing larger scale competitions, athletes are also less able to control their emotions in thinking about the abilities of the opponents they face, which gives rise to negative emotions such as anxiety, not being confident in their own abilities, which affects their thinking and behavior. (Safitri & Masykur, 2017). Sports self-efficacy means an athlete's confidence in his or her ability to perform specific sports tasks and skills and can influence an athlete's emotional reactions and behavior in stressful situations (Besharat & Pourbohlool, 2017). Self-efficacy in sports can help athletes to have better performance in training and facing challenges in competition situations.

An athlete's assessment about self-efficacy can determine how active the athlete is in training and how confident he is in achieving the goals. Interviews with several individual athletes who were participants in this research produced information that when they experienced failure in a match, what they felt was blaming themselves. and feel unsure about your abilities. Apart from that, in training situations, they feel bored and easily tired while carrying out the training program given, so that the result that arises is a feeling of being unable to complete the training and a lack of motivation to take part in the competition again. According to (Zagorska and Guszgowzka 2014), self-efficacy is correlated with sports performance so special efforts need to be made to develop it.

As a result of their beliefs not being in accordance with real conditions, the athlete will tend to reduce or even be lazy about practicing. The effect is a decrease in performance during competition. And because athletes with excessive self-confidence usually never imagine defeat, when they have to accept defeat what arises is excessive frustration. For this reason, an athlete must maintain his self-confidence at an optimal point. They must look rationally at their abilities. An athlete who has optimal self-confidence is usually able to handle difficult situations well. They will develop a rational attitude, be willing to work hard, make adequate preparations and also have many alternatives to solve difficulties that arise (Dosil, 2016).

Athletes who have high self-confidence are independent, enthusiastic, confident in their potential, able to work hard, optimistic and dynamic, able to carry out activities effectively, able to control emotions (be calm and not easily nervous), brave, full of responsibility, and capable. bounce back from failure. High self-confidence is also indicated by the ability to make important decisions in a match, concentrate, carry out activities under pressure, apply strategies correctly, demonstrate the skills needed to achieve success, communicate well, including with coaches. Traits and abilities are believed to be the main capital for achieving maximum performance.

Self-confidence can be formed through individual interactions with the environment or activities with other people. Therefore, a coach or trainer must be able to instill an attitude of self-confidence in the athletes they coach. All the descriptions above have shown how important the role of an athlete's self-confidence is in achieving achievements. Every athlete has a different level of self-confidence. In general, self-confidence can be classified into 3 levels, they are, lack of self-confidence, realistic self-confidence, and overconfidence.

To recognize players who have the psychological ability to become goalkeepers, a coach must observe goalkeepers in training and game situations and must learn how they interact with teammates. Body language speaks volumes. After the game starts. Is the goalkeeper focused and ready for the next challenge. When players turn in the goal, pay attention to what they say to coaches and teammates before and after. Worry should never exist in a goalkeeper's soul. Evidence of inner stability and calm demeanor. A good sign is when the goalkeeper is still eager to play the position after he is awarded a goal, even if the ball goes between the goalkeeper's legs because he briefly lost focus. Goalkeepers must have the ability to bounce back from setbacks, and even young players new to the position can show signs of resilience. Assess and select the Goalkeeper at kickoff, clapping to signal to teammates that one goal does not spell disaster. Players who are not calm and independent will not be able to handle that position.

## METHOD

This research uses qualitative research methods, qualitative research is a form of research method when understanding problems in humans or in the social environment in order to create a comprehensive picture which is then presented in a series of words, providing detailed data from trusted information sources (Creswell, 2014). The research was carried out on September 28 2023 in the city of Surakarta, Central Java, the total sample was 8 Indonesian futsal league athletes, data collection techniques were carried out using interviews and documentation. This data collection technique through interviews, to obtain in-depth information about self-confidence when competing, seen from the competitive attitude, there are 13 questions and the goalkeeper's leadership, 2 questions. The analysis in this research was carried out in four stages, namely; (1) data collection stage, (2) data reduction stage, (3) data

presentation stage, (4) drawing conclusions.

RESULTS

From the results of research through observations and interviews with 8 women's futsal athletes from the Indonesian Archipelago League which was carried out in the city of Surakarta, it can be described from the following two indicators:

Table 1. competitive attitude

Indicators of attitude in competition:	<ol style="list-style-type: none"> <li>1. When practicing independence to face a futsal match, the goalkeeper carries out additional warm-ups and creates a calm atmosphere to make it more relaxed.</li> <li>2. The motivation in an athlete's mind when competing is always to be optimistic about the abilities they have trained.</li> <li>3. Athletes are always eager to prepare for a match by preparing competition equipment and looking for information on the opponents they will face in the match</li> <li>4. Athletes concentrate or focus before and during competition by listening to the goalkeeper coach's input.</li> <li>5. The advantage is to strengthen the team in winning the match. The athlete is able to kick the ball, face 1vs1 with the opponent, and 1vs2 with the opponent.</li> <li>6. The aspect of working hard is that athletes carry out the training given by the coach, often adding portions according to their needs and always praying to be stronger and more confident when competing.</li> <li>7. In effective activities, goalkeepers should take adequate rest, exercise and diet.</li> <li>8. Athletes control their emotions patiently and continue to listen to the coach's directions.</li> <li>9. When athletes are about to compete and know that their opponent will be competing, it is predicted that the goalkeeper will remain focused and confident in their own and their team's ability to win the match.</li> <li>10. As a team member, when the goalkeeper makes a mistake during a match and increases the score for the opponent (blunder), the goalkeeper tries to focus and not make the same mistake.</li> <li>11. In situations where the goalkeeper is left behind, he remains focused and remains confident that he can win the match.</li> </ol>
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	<p>12. In making quick decisions or strategies, the goalkeeper often does this when there is a counterattack by the opponent so that in a short time the goalkeeper makes a decision based on the situation on the field, for example closing the second post using a split.</p> <p>13. When the situation is under pressure, the goalkeeper is always attacked by the opposing team. The goalkeeper is able to overcome and show his best abilities.</p>
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	<b>Table 2. Leadership</b>
Leadership indicators when competing	<p>1. In a match situation, the goalkeeper gives instructions to teammates when counterattacking, when being counterattacked by the opponent, free kicks and corner kicks.</p> <p>2. Building communication with team players and the goalkeeper coach makes strong calls to direct from behind because the goalkeeper is able to monitor the overall situation.</p>

**DISCUSSION**

Based on research in the field and direct observation during competition, it can be seen from several athletes that it has been significant to what athletes answered during previous interviews, from the aspect of (1) independence, athletes on average carry out their own additional warm-up and carry out activities that make them more relaxed to calm their condition. body and mental to remain stable, (2) the aspect of optimism in competing, athletes are always optimistic about the abilities that have been trained repeatedly and hope to be able to display the best abilities individually or as a team, (3) from the aspect of being enthusiastic when competing, athletes are always have a strong spirit and determination to win the match by remembering their idol to be more motivated and there are also those who remember when doing the training that has been passed, (4) the concentration aspect of some athletes is observing the team that will be their opponent and then not playing on their cellphone before competing, (5) from the aspect of self-confidence, the average athlete is able to save a goal that was shot hard by the opposing team and is able to anticipate the ball when faced 1v1 with an opponent, (6) from the aspect of working hard, athletes carry out the training given by the coach and often add portions accordingly. needs and



always pray to be stronger and more confident when competing, (7) aspects of this effective activity, almost all athletes answer to maintain a regular diet, exercise and rest, (8) aspects of controlling the goalkeeper's emotions, always listening to input from the coach, focusing, be patient and remain calm to master the match situation, (9) the aspect of being brave even though the opposing team is left behind, the goalkeeper is confident and enthusiastic about winning the match, (10) the aspect of responsibility, the goalkeeper has a calm attitude, is focused in the match and does not repeat mistakes that are detrimental to the team, (11) the aspect of rising from goalkeepers always give their best and don't give up easily if there is still a chance to win the match, (12) when it comes to making important decisions the goalkeeper has of course done that, for example when the goalkeeper faced an opponent 1v1 or even 1vs 2 opposing players but the goalkeeper was able to save the goal is to concede, (13) from the aspect of carrying out activities under pressure, some goalkeepers are happy with conditions like this because this is where the goalkeeper is more formed to gain experience and is always attacked by the opponent through shooting which makes his mentality even more tested, while the indicator of leadership when competing ( 1) the aspect of the ability to be a goalkeeper leader giving instructions and shouts when attacking, defending when there is an opponent in the goalkeeper's area, corner kicks and free kicks, (2) while the aspect of good communication is that the goalkeeper always communicates with the defenders and also with the coach to listening to input, in line with what was conveyed by Cotterill & Fransen, (2016) revealed that leadership is a complete trait for success, to determine whether an athlete is successful or not requires decisiveness and the right decisions, and is reinforced by the statement of Ihsan Sari, Fikret Soyer, & Mahmut Glle, (2014) reported the results of his research that leadership behavior has a close relationship with the coach so that the coach can transfer knowledge to futsal athletes. Judging from the two psychological indicators of women's futsal goalkeepers in the Indonesian Archipelago League above, it can be concluded that on average goalkeepers who take part in competitions at the annual event of the Indonesian Futsal Federation (FFI) have good athlete qualities in terms of ability, attitude in competing and leadership when competing, which cannot be separated from Strict selection, the teams that qualify for the top 4, are the result of starting from the provincial, regional and national levels, so that talented athletes emerge.

## CONCLUSION

Based on the description above regarding the results of the research that has been carried out and the discussion that has been put forward, the following conclusions can be drawn: the psychological competence of the futsal goalkeeper is one that influences and supports the appearance or performance in playing and how the role in training can influence the development of psychological aspects an athlete. Psychological aspects are needed to support the achievements of futsal athletes.

Psychological aspects which include independence, optimism, enthusiasm, concentration, confidence in one's abilities, controlling emotions, courage, responsibility, rising from failure, carrying out activities under pressure, the ability to be a leader and good communication can be concluded that athletes can handle it.

### Conflict of Interest

No conflicts of interest have been declared by the authors.

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