

CONTRIBUTION OF COACH SOCIAL SUPPORT TO ATHLETES PEAK PERFORMANCE AFTER MAJOR INJURY

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Abstract: Contribution of Coach Social Support to Athletes Peak Performance After Major Injury. This research is motivated by the results of previous research on the factors that influence the peak performance of athletes after severe injury, where there are five factors, namely experiencing a serious injury, namely the self-confidence factor, serious factors in training, the coach's social support factor, time / place disorientation factor, and factors focus. Of the five factors, four factors originate from the athlete himself, while one factor comes from outside the athlete, namely the coach's social support factor. Therefore, the researcher is interested in examining how much the contribution of this coach's social support to the peak performance of athletes after severe injury. After analyzing the data, it was found that there was a positive correlation between Trainer Social Support and Peak Performance with $R = 0.486$ with a significance level (sig 2 tailed) of 0.000. This means that the greater the coach's social support, the better their peak performance will be. Furthermore, the results of the R Square of these two variables show a number of 0.237 which means that the social support of the coach has a contribution of 23.7% to restore peak performance of athletes after major injuries, while 76.3% is influenced by other factors not examined.

Keywords: Coach's Social Support and Peak Performance

INTRODUCTION

As an athlete who is always required to show his best performance so that he can get an achievement at the regional, national and international levels, injury is one of the things that is very feared because it can hinder

athletes from being able to get this achievement. According to Wibowo (1995), the injury itself is divided into three, namely: minor or grade I injuries, characterized by a tear that can only be seen using a microscope,

with minimal complaints and little or no disturbance to the performance of the athlete concerned, for example abrasions, bruises, light sprain. Moderate or grade II injury, characterized by marked tissue damage, pain, swelling, redness and heat, with significant dysfunction and impact on the performance of the athlete concerned, for example: widened muscles and torn ligaments. Severe or grade III injuries, these injuries occur complete or almost complete tearing of the muscles, ligaments and fractures in the bones, which require complete rest, intensive treatment, maybe even surgery. These figures may have changed more because many athletes who were injured were not properly recorded, because in fact many athletes were injured but not monitored

When experiencing serious injuries, many athletes are unable to return to their peak performance so they are no longer able to show extraordinary achievements like before the injury, this can be seen from the case that happened to the world's best football player such as Ricardo Kaka who was the world's best player of the year. 2007, after suffering a serious knee injury he was never again able to return to his peak performance, even having to be eliminated from the main squad of the team he defended (Gonsaga, 2017). The same thing happened to Eduardo da Silva when he strengthened

Arsenal. Eduardo suffered a fracture in his fibula which caused him to be out of the green for one year. After recovering from this injury, Eduardo's performance never returned to his best (Pradana, 2018). However, there are also athletes who are able to return to their peak performance, such as by Boaz Solossa, who despite having suffered severe injuries twice, namely in 2004 and 2007, Boaz was able to rise and remain a mainstay for Persipura and the Indonesian National Team (Adnan, 2014). In the 2009 and 2010 seasons he became an important actor in the achievement of the title by Persipura so that this could not be separated from the role of the manager and club (<https://www.indosport.com/sepakbola/20161105>). Likewise, Sony Dwi Kuncoro, a badminton athlete who won bronze at the 2004 Olympics and was ranked No. 3 in the world, experienced a setback in achievement after suffering a severe injury, and even dropped out of 100 in the world when he returned to compete. Sony's performance just started to improve and started winning several tournaments when he was trained and managed by his wife. According to his wife, there is no specific recipe for Sony's resurrection, it only makes him enjoy playing and training (Fajriningtyas, 2016).

From some of the cases above, it can be seen that the coach has an important role in

restoring a person's peak performance after a serious injury. social coaches but how much of their contribution or influence has not been found, so researchers are interested in conducting a study entitled "The Contribution of Coach Social Support to the Peak Performance of Post-Severe Athletes."

MATERIAL AND METHODS

This study uses correlational quantitative methods. The subjects in this study were 78 West Sumatra PPLP athletes who had suffered serious injuries. The selection of subjects was carried out using purposive sampling technique, namely sampling by selecting subjects based on specific criteria set by the researcher. (Sugiyono, 2013). The criteria set in this study were that they had suffered serious injuries and were able to return to their peak performance.

The variables in this study were the coach's social support and peak performance. 1) The coach's social support serves as an

independent variable. The coach's social support is a level of a person's / athlete's perception of the intensity of support they receive from the coach which provides comfort both physically and psychologically, attention, appreciation, and other assistance received from the coach. 2) Peak performance is the dependent variable which is influenced by the coach's social support. The athlete's peak performance itself is a condition in which the individual feels that he is in the highest sense and is able to maximize his ability both physically and mentally. These two variables will be measured using a Likert attitude scale developed by the researcher

RESULT AND DISCUSSION

Result

From the results of research on 78 subjects, the social support of the coach and peak performance can be described as follows:

Tabel 1. Coach Social Support

No	Skor	Categorization	F
1	$84 \leq X$	Tinggi	56
2	$56 \leq X < 84$	Sedang	21
3	$X < 56$	Rendah	1

The coach's social support received by athletes who have experienced serious injuries is in the high category, namely 71.79% or as many as 56 people and 21

people or 26.93% are in the moderate category, while only one person or 1.28% are in the high category. in the low category. It can be concluded that the majority of athletes

who have experienced major injuries receive high social support from the coach. Meanwhile, the peak performance of athletes after major injury is as follows:

Tabel 2: Peak Performace Atlet

No	Skor	Kategorisasi	F
1	$72 \leq X$	Tinggi	32
2	$48 \leq X < 72$	Sedang	46
3	$X < 48$	Rendah	0

From table 2, it can be concluded that the peak performance of athletes who have suffered serious injuries is in the high category, namely 41.03% or as many as 32 people and 46 people or 28.97% are in the moderate category, and no one or 0% is in the category. low. It can be concluded that the majority of athletes who have experienced major injuries are in the moderate category. Based on the regression test, it was obtained that the R square value was 0.237 with a significance (p) = 0.000 ($p < 0.01$). These results show that there is a contribution between the coach's social support to the peak performance of athletes after severe injury. With the value of the contribution of coach social support to peak performance athletes of 23.7%. while the other 76.3% is determined by other factors not examined in this study.

Discussion

The magnitude of the coach's role in increasing the athlete's peak performance can

be seen from the research of Setiadarma (2000) which states that the coach is a leader in a team, or a sports group. Satiadarma (2000) also describes several coaches' duties to play an important role in psychological problems, including helping athletes deal with mental stress, disappointment, and various problems that have the potential to interfere with their performance later, and preparing athletes by providing skills and strategies to compete.

In addition, the coach's social support also has a contribution in reducing athlete's anxiety when competing so that it can increase their performance (Andi & Aulia 2019). More or less the same thing was also conveyed by Charles (2016) who stated that intense and good interpersonal communication between the coach and the athlete, be it when training, resting or when training is complete, can improve athlete's performance because with this more intense communication the coach and athlete know

the extent of his abilities and what are the weaknesses and how to overcome these weaknesses.

The same thing is also conveyed by Daily (Fernandi & Janah 2013) that a coach who has good communication also plays a role in increasing the achievement motivation of athletes, this is because the coach is a close person and knows the condition of his athletes so that they can return and provide achievement motivation to their players.

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CONCLUSION

Based on data analysis carried out with the help of the SPSS program using regression techniques, it was found that the fact that social support from coaches has a role of 23.7% of the peak performance of post-major athletes while 76.3% is determined by other factors not examined in this study.