

## Hope and Resilience among Pre-Championship Athletes with Disabilities

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**Abstract.** Physical limitations do not become obstacles for people with disabilities to become creative and get the achievement. The persons with disabilities to be creative and achieve in sports. Sports is the media that can be a means of self-actualization for athletes with physical disabilities. Therefore the match can reduce a stressful event for athletes with a physical disability. This study aims to see the correlation between hope and resilience among pre-championship athletes with disabilities. This study's population is pre-championship of the athlete with disabilities trained under NPC (National Paralympic Committee) of Indonesia. The participants of this research are 112 athletes. The current study was finding a correlation of hope and resilience among pre-championship athletes with disabilities. The contribution of hope to resilience is 51%, while other variables influence the other 49%. Furthermore, hope has a strong positive correlation to resilience.

**Keywords:** hope, resilience, athletes with disabilities

### INTRODUCTION

SUPAS (Survey Pendudukan Antar Sensus/ Inter-Census Occupation Survey) in 2015 showed that the number of people with disabilities in Indonesia was about 8,56%. The research results of Diaz and Garcia (2018) found that people with disabilities have low self-esteem and perception of self-control. Feist & Feist (2008), in his book said that individu who have deficiencies in one part of their body can affect the individual as a whole. They feel themselves incomplete and different from others. Social environment that does not support for them can decrease the effort and hope of disabled people, and lack of opportunity to develop their potentation (Damayanti, 2003).

The phenomenon that occurs is that there are people with physical disabilities who become athletes after experiencing the loss of a limb, they can rose again (Budhiarti, 2018). Various obstacles experienced due to the physical condition of these persons make people with physical disability become ashamed of their physical condition, withdrew from the environment, and feel inferior (Budhiarti, 2018). This fact shows that they have resilience when they can rise from the worst conditions (Ilham & Mubarak, 2019). Dariyo's research (2016) found that individuals with physical disabilities can develop resilience. Resilience can make individuals face the problems in their lives so that they can contribute their expertise and skills and have a positive influence on people's lives (Hurlock, 2014).

Physical limitations do not become obstacles for people with disability to become creative and get achievement. Some of the ways taken one of them is sports. Sports is the media that can be a means of self-

actualization for athletes with physical disabilities. Self-actualization of athletes can be seen from the achievements that have been achieved (Adisasmito & Lilik, 2007), therefore the match can be a stressful event for athletes with physical disability.

Mental conditions play a role in the match. Athletes who have a good mental state will be able to show optimal abilities. Anxiety is one thing that interferes with the athlete's performance when competing the others. Players who cannot cope with non-technical things can certainly disrupt performance in matches (Damayanti, & Rahayu, 2017). Anxiety problems in athletes can be caused by external factors such as lawn, referees, spectators and the environment. Internal factors also affect, for example, emotional problems, motivation, intelligence, anxiety and stress. These factors influence athlete achievement (PS, 2016). Research shows that anxiety tends to increase before the match (PS, 2016). Psychological condition often determine and play a bigger role in an athlete's sport performance (Hadi, 2011). High levels of anxiety will improve athlete performance but if anxiety is at the optimum level it will reduce the ability of athletes. Stress can cause failure in their matches and they are demanded to rise again (Kinanthi & Jannah, 2016). Galli and Vealey (2008) revealed that resilience requires athletes to bounce back from suffering conditions.

Resilience in this study is an individual characteristic in dealing with difficult situations or circumstances. Resilient individuals respond to obstacles with courage and good emotional control, problems or obstacles that arise are made as a challenge that must be faced and overcome (Wagnild, 2010).

**Table 1. Anova**

	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1790.100	1	1790.100	114.366	.000 <sup>b</sup>
	Residual	1721.757	110	15.652		
	Total	3511.857	111			

a. Dependent Variable: Resiliensi

b. Predictors: (Constant), Hope

**Table 2. Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.714 <sup>a</sup>	.510	.505	3.956

a. Predictors: (Constant), Hope

**Table 3. Coefficients a**

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	8.845	2.616		3.381	.001
	Hope	.836	.078	.714	10.694	.000

a. Dependent Variable: Resiliensi

**Table 4. Anova**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1714.343	3	571.448	34.334	.000
Within Groups	1797.514	108	16.644		
Total	3511.857	111			

Studies conducted on young adult women who experience spontaneous abortion show that hope has a significant effect on resilience (Cathlin, Anggreany, & Dewi, 2019). Expectations themselves include willpower and way power that encourage to get out of stressful conditions (Snyder, 1994). High expectations become a stop for being able to get through unfavorable conditions for individuals (Kim, Lee, Yu, Lee, & Puig, 2005). Hope as a construct that drives a person to achieve his goals becomes one of the factors which then greatly influences individual resilience. Therefore, this study wants to look at the relationship between expectations and resilience in pre-champions NPC athletes with disabilities.

## METHOD

The method of this research is quantitative. Data is collected using psychological scales, which are the Hope Scale adapted from the Adult Hope Scale (Snyder, et al., 1991).

Population of this study is pre-championship of athlete with disability that trained under NPC (National Paralympic Committee) of Indonesia. Participants of this research are 112 athletes in junior high school. The sampling method was purposive sampling. The participants are athletes with disability either physical and mental, consisting of athletes paracycling, athletics, swimming, table tennis. The education of participants were at least junior high school, with a type of disability that was not restricted (both physical and mental disabilities), as well as disabilities that occurred from birth or due to accidents.

Out of 112 study participants, 74 people are male and 38 female. Thirteen people are paracycling athletes, 42 athletics, 24 swimming, and 30 table tennis. Among the participants, 71 people experienced disabilities since birth and the remaining 41 people were caused by accidents or illness.

The data analysis is simple regression, so it can be seen how much hope contributes to resilience of pre-champions athletes. Data analysis using SPSS 23.

**Table 5. Duncana, b**

Sports	N	Subset for alpha = 0.05	
		1	2
Swimming	25	29.40	
Paracycling	13		37.85
Athletic	43		37.91
Tenis Meja	31		39.84
Sig.		1.000	.119

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 23.197.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

## FINDING AND DISCUSSION

### Findings

Based on data analysis that has been done, the following results are obtained: The significance is 0.000 (Sig. <0.05), based on these results it can be concluded that there is a correlation of hope and resilience among pre-championship athletes with disability. Based on table 2, R square is 0.510, which means contribution of hope to resilience is 51%, while the other 49% is influenced by other variables. Furthermore, value of R is 0.714 (0.70-0.90 = strong correlation) which means that hope has a strong positive correlation to resilience.

Based on the table 3, the regression equation is:

$$Y = 8.845 + 0.836X$$

Based on the positive regression coefficient, it can be concluded that the direction of the correlation is positive, that means the higher the hope, then it is directly proportional to the higher resilience.

Table 3 was anova analysis based on the type of sport. Based on the table 3, it can be concluded that there are significant differences in resilience based on the Sports on pre-championship disability athletes.

Based on table 5, it can be concluded that the highest level of resilience is table tennis athletes, then athletics, paracycling and finally swimming athletes.

### Discussion

Based on statistical analysis, it can be concluded that there is a significant correlation between hope and resilience among pre-championship athletes with disabilities. Resilience as one of the important psychological aspects has protective factors that can reduce or eliminate the effects of difficult situations (Masten, 1994). The difficult situation in this study is the pre-championship condition, where each athlete is required to have a fairly heavy training program and pressure before competing. Factors that reduce or eliminate the effects of this difficult situation included: emotional regulation, social support, parenting,

spirituality, and hope.

Function of hope in correlation with cognitive construct was enabling individuals to achieve goals through self-directed determination, energy, and perception of internalized control. In relation to athletes, the higher of hope, the higher outcomes related to academics, sports, physical health, and psychological adaptation (Snyder, 2002). Another research also explains that someone with high hope automatically has high resilience (Shetty, 2015). This study was consistent with previous research that mentioned before.

Individual can function effectively despite facing many obstacles and challenges if they have hope (Mednick, et al., 2007). In terms of hope, it can keep athletes function effectively despite facing pre-championship obstacles and challenges. Hope created a drive for individuals to be able to face the difficulties being faced and make individuals determined to guide themselves out of stressful conditions. Hope makes individuals constantly think and convince themselves that the stress conditions they experience can be passed. Determination and confidence that emerges, makes individual able to prevent the stressful conditions over him. This thinking makes individuals flexible and active in their efforts to get out of stress conditions so that their thoughts focus on the future and individuals can easily anticipate problems that might come (Snyder, 1994). Hope makes individuals able to solve problems (steering through) without having to feel overwhelmed and act negatively over the stressful conditions that befall them (Shatte & Reivich, 2002).

Other research on hopelessness and resilience was carried out in Turkey. Based on these results there is a positive relationship between self-esteem and resilience, but there is a negative relationship between hopelessness and resilience. Hopelessness in this case is a situation that is contrary to hopefulness (Karatas, 2011). In this study, the relationship between expectations and resilience is positive and strong. Evidenced by the value of R which reached 0.714, expectation contribution to resilience reached 51%, meaning that 49% was influenced by other factors not

affected in this study. In other studies with different subjects (women who experienced spontaneous abortion) the expectation was to influence resilience by 18.9% (Cathlin, Anggreany, & Dewi, 2019).

## CONCLUSION

Based on research and data analysis that has been done there are several conclusions from this study: There is a strong positive correlation between hope and resilience in pre-champions athletes with disabilities. This means that if hope increases then resilience also increases, and vice versa, the contribution of hope to resilience is 51%, the remaining 49% is influenced by other factors that are not used in this study and there are significant differences in resilience based on the kind of sports among pre-championship athletes with disabilities, the highest level of resilience table tennis athletes, then athletics, paracycling and finally the swimming branches.

Based on the results of the study, the role of hope in athlete resilience is very high, so that trainers can make hope training to facilitate athletes and coaches and support systems around athletes can be more sensitive in providing psychological support to athletes, especially before, during and after matches/championships.

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