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## EFFECT OF PROBLEM-FOCUSED COPING AND EMOTION-FOCUSED COPING IN REDUCING MATCH-RELATED STRESS AMONG FUTSAL ATHLETES AT SMAN 5 PEKANBARU.

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### Abstract:

Several issues originating from the futsal athletes at SMA Negeri 5 Pekanbaru, namely the need for knowledge and basic skills regarding stress management, resulted in the athletes' inability to improve their performance. As a result, athletes become disappointed and gradually may develop frustration, negative thoughts, and attitudes towards their sports achievements, even experiencing depression due to stress. This also impacts the athletes' appearance, leading to a perceived lack of motivation. The solution implemented is to provide education on stress and stress management. This activity is carried out in several stages. First, the preparation stage involves conducting surveys and discussions to gather necessary information, setting objectives, and preparing materials and other requirements. Second, the implementation stage involves pre-testing and delivering content on stress and stress management. Third, the evaluation stage includes post-testing and analyzing the final results of the Community Service activity conducted. The community service activity has progressed well from the beginning to the end, with participants showing enthusiasm and active engagement in discussions with the presenters. The results show an improvement in the understanding and skills of the futsal athletes at SMA Negeri 5 Pekanbaru in dealing with and reducing physiological, psychological, and emotional reactions to stress and recognizing and understanding stress management.

### Keywords:

Stress, Stress Management, Athlete, Futsal

## Introduction

Extracurricular activities are additional school activities generally conducted outside regular class hours. Extracurricular activities have a real impact on the adolescent development process, especially the process of forming a core identity during the adolescent's development period. Apart from fostering positive relationships with peers in extracurricular activities, this relationship also promotes the social and emotional development of the younger generation (Berger et al., 2020). For the younger generation, extracurricular activities carried out outside school learning activities that are well organized and systematic are an important component and part of the microsystem that influences children's lives (Ren et al., 2021; Ren & Zhang, 2020). The purpose of these activities is to allow students to deepen and apply what they have learned during classroom learning, as well as to develop students' interests and talents (Pratiwi, Kristen, Salatiga, & Tengah, 2020). Extracurricular activities are educational activities carried out by students outside class hours, intracurricular activities and co-curricular activities with the direction, guidance and supervision of teachers and teaching staff so that students can develop their potential, talents, interests, abilities, personality, cooperation and optimality. student independence in order to support the achievement of national education goals (Regulation of the Minister of National Education of the Republic of Indonesia no 62 of 2014). Therefore, extracurricular activities can be provided or children's active participation in extracurricular activities aims to ensure that children can develop optimally emotionally, physically and morally according to their age (Shaffer, 2019).. Organizing extracurricular activities to support learning can nurture students' potential and interests at school. Extracurricular programs are intended for students who want to develop their talents and interests in sports and promote a healthy lifestyle (Rahmadiani, Sugihartono, & Sutisyana, 2019).

Students can participate in several extracurricular activities at SMAN 5 Pekanbaru, including futsal. Futsal requires players to learn to play with very fast ball circulation, both in attacking and defending, as well as precise timing and ball circulation. A player must also possess good physical, mental, and technical skills (Rahmadiani et al., 2019). Good mental health in athletes can improve their performance and achievements in matches. Athletes should pay attention to their mental or psychological well-being, not just their physical health. In sports, especially futsal, it is not just the physical aspect that matters; the psychological aspect of a player also plays a significant role (Amri, 2018). This demonstrates the interrelation between the psychological and physical aspects. If the psychological aspect is disturbed, it can also affect the physical function, affecting motor skills.

Psychological factors are critical to the success of an athlete or a team (Pettersen, Adolfsen, & Martinussen, 2022). In recent years, the important role of psychological factors in professional football has increased. So currently, to improve the performance of football athletes by paying attention to psychological aspects. This is of particular concern to professional football clubs (Raglin 2001). Athletes' psychological factors such as enthusiasm, determination (motivation), suitability for success (self-confidence), self-control over anxiety, mental preparation, team focus, concentration, and thought processes (cognition) play an important role in improving the performance of football players (Mustafa and David, 2014). Athletes must have stable psychological well-being and cope with non-technical pressures, such as the game's atmosphere, spectators, or the pressure from coaches. Athletes' maturity and mental toughness highly determine peak performance achievement in dealing with various challenges in a match. Stress is one of the factors that affect the emotional and physical condition of athletes, whether

it originates from external factors or from within the athlete, and stress is a response that athletes feel when faced with various challenges in their pursuit of achievement. Therefore, managing or controlling stress at this stage is very important. Stress affects athletes' physical and physiological condition, causing their muscles to tense. This muscle tension can, in turn, make athletes feel more stressed and anxious (Davis, Eshelman, McKay, Keliat, & Hamid, 1995).

Stress is a normal psychological response that occurs when the demands of life increase, such as work-related stress. Stress serves as a self-warning that the brain is under excessive pressure. Observations and interviews in the field showed that futsal athletes at SMA Negeri 5 Pekanbaru experience stress during matches. These athletes feel anxious when facing opponents with better strength or rankings. If the opponent is ranked lower, it can lead to overconfidence.

Conversely, if the opponent is ranked higher, it can reduce confidence, and mistakes can result in self-blame. Additionally, many spectators can cause tension and nervousness among athletes during matches (Purnamasari, 2020). Futsal athletes also fear failure, which pressures them to achieve positive results in every match.

In this regard, stress management is needed so athletes can cope with the pressure and stress they experience, allowing them to maintain good mental health and improve their performance in matches. Stress management is a skill that enables athletes to manage the stress they feel. These skills are not inherent in athletes as inherited talents but are taught and trained (Tangkudung & Haqiyah, 2018).

Stress management can involve physical, technical, tactical, and cognitive exercises. However, mental training techniques are essential, especially when athletes tend to use coping strategies such as emotion-focused coping and problem-focused coping. One technique for dealing with stress is coping. Instead of avoiding stressors to prevent negative emotions or a decrease in positive emotions, training athletes in some mental techniques can help them manage their emotions more effectively. When coping strategies are no longer effective in dealing with athlete stress, stress management can be taught. This highlights the importance of interventions to manage and address stress, reducing the overall stress levels experienced by athletes.

This community service activity is designed to provide education regarding stress management to help athletes reduce and overcome the stress they experience during competitions. By carrying out this activity, it is hoped to equip athletes with good mental resilience in facing various pressures, which greatly determine the performance of futsal athletes at SMA Negeri 5 Pekanbaru.

### **Literature Review**

Within the implementation of this community service, education about stress, stress coping, and stress management is provided, which can be beneficial for futsal athletes to manage their stress better when experiencing symptoms of stress during matches. Athletes who fall into the 'good' category are those who can effectively manage the stress they experience during matches. These athletes can control their actions, thoughts, and physiology effectively. Tension, or what can be referred to as stress, is the pressure or something that feels pressing within an individual. The feeling of being pressed is caused by various factors originating from within and external sources.

Stress represents an imbalance between demands and the capacity to meet those demands. This condition results from a mismatch between the desired situation and the individual's biological, psychological, or social state. Stress is a response to demands, which forms physical, physiological, and mental tension (Zenana, Junaidi, & Setyawati, 2022).

There are two categories of stress coping: problem-focused coping and emotion-focused coping. Problem-focused coping is a strategy used to solve problems, such as defining a problem, generating alternative solutions, efficiently considering alternatives, selecting an alternative, and taking action. Problem-focused coping strategies are oriented toward problem-solving (Chezary, Pitaloka, & Mamahit, 2021). Athletes tend to use problem-focused coping because they must actively and strategically manage and confront the stressors they face to achieve success. In addition to using coping to deal with stressors, athletes can also employ other techniques to cope with stressors, such as understanding that stress can be identified and reduced by actively regulating their thought activities, emotions, plans, schedules, and problem-solving by recognizing stress sources (Setiawan, Abidin, & Sodjakusumah, 2022).

In enhancing athletes' knowledge of stress management, several techniques can be used, including Autogenic Relaxation and Muscle Relaxation. Autogenic Relaxation is a technique that athletes can use by suggesting to themselves, which can ultimately provide a sense of Relaxation in breathing, blood pressure, heart rate, and body temperature. On the other hand, muscle relaxation is a relaxation technique that does not require imagination, perseverance, or suggestion but relies on direct physical movement in the form of muscle stretching, which can provide a relaxation sensation in the muscles when performed. Progressive Relaxation is an effective way to relax and reduce anxiety.

With the solutions provided above, it is hoped that they can assist athletes in coping with the stressors encountered during matches and help them achieve their maximum performance.

### **Methodology**

This community service program is implemented using lectures, demonstrations, and discussions related to stress-related topics. Here is a more detailed explanation of the stages of the implementation of this community service activity:

#### ***Preparation Phase:***

In this phase, the community service team conducts surveys and discussions to gather information about the community service program. The team members collaborate to make all the necessary preparations, including the equipment needed during the implementation of the activity.

#### ***Activity Phase:***

During this phase, a pre-test is administered as a Google Form containing the DASS scale to assess the athletes' stress levels. The community service team uses lecture, demonstration, and discussion methods to enable the athletes to practice stress management techniques independently. At the end of the activity, a post-test is given to the participants.

#### ***Evaluation Phase:***

In this phase, the community service team reviews the activities that have been carried out. This step is crucial for the team's improvement and continuity of the training program. The

evaluation includes a review of the obstacles encountered during the implementation of the activity and the benefits derived from the program.

### Results and Discussion

The community service activity conducted at SMA Negeri 5 Pekanbaru took place on 19th December 2022 and was attended by 20 athletes as participants. In the process of community service, the service team made thorough preparations. The team started by providing the DASS scale to assess the stress levels of the athletes. Subsequently, the service team delivered the materials and provided direct practice to the athletes.

The team used lecture, demonstration, and discussion methods to enable the athletes to practice stress management techniques independently. Based on the participants' understanding at the end of the activity and the post-test administered, 95% of the participants showed improved knowledge about stress and decreased stress levels.



Picture 1: The Activity In Progress

The community service activity ran smoothly, with a warm reception and cooperation between the service team and the participants. There was a high level of enthusiasm from the participants during the activity. During the discussion session, all participants were actively engaged in the discussions.





**Picture 2: Group Photo At The End Of The Activity"**

### Conclusion

Stress can have both positive and negative impacts. Negative stress should not be taken lightly or assumed to disappear on its own, as it can lead to more adverse effects. Anyone, including futsal athletes can experience stress. Therefore, the aim of this community service activity that we have carried out is to be beneficial and provide advantages for futsal athletes to manage their stress better when experiencing stress symptoms during matches.

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