

***SURVEY ON MENTAL TOUGHNESS AND SELF-CONFIDENCE  
AMONG ATHLETES INDONESIAN NATIONAL SPORTS COMMITTEE  
(KONI) OF BEKASI CITY***

**SKRIPSI**

Diajukan Untuk Memenuhi Salah Satu Syarat Dalam Memperoleh Gelar Strata Satu  
Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi  
Fakultas Keguruan dan Ilmu Pendidikan  
Universitas Islam 45 Bekasi



**Oleh :**

**DINDA LESTARI**  
**41182191210075**

**JURUSAN PENDIDIKAN JASMANI KESEHATAN DAN REKREASI  
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN  
UNIVERSITAS ISLAM 45 BEKASI  
2026**

**HALAMAN PERSETUJUAN PEMBIMBING**

**SKRIPSI**

***SURVEY ON MENTAL TOUGHNESS AND SELF-CONFIDENCE  
AMONG ATHLETES INDIAN NATIONAL SPORTS COMMITTEE  
(KONI) OF BEKASI CITY***

Oleh :

**DINDA LESTARI  
41182191210075**

Telah Disetujui Oleh:

Pembimbing



Dani Nur Riyadi, M.Pd

Bekasi, 29 Januari 2026

Mengetahui,  
Ketua Program Studi PJKR  
FKIP UNISMA Bekasi



Dr. Arighotul Haqiyah, S.Pd., M.Pd  
NIK. 45102072018005

## HALAMAN PENGESAHAN PENGUJI

### SKRIPSI

#### *SURVEY ON MENTAL TOUGHNESS AND SELF-CONFIDENCE AMONG ATHLETES INDONESIAN NATIONAL SPORTS COMMITTEE (KONI) OF BEKASI CITY*

Dipersiapkan dan ditulis oleh:

**DINDA LESTARI**

**41182191210075**

Telah dipertahankan di depan Dewan Penguji

Pada Tanggal 29 Januari 2026

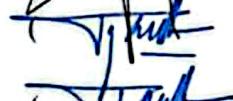
Dan dinyatakan memenuhi syarat

#### **Susunan Dewan Penguji**

Ketua : Yudi Budianti, S.Pd., M.Pd

( )

Sekretaris : Dr. Aridhotul Haqiyah, S.Pd., M.Pd

( )

Penguji 1 : Dr. Aridhotul Haqiyah, S.Pd., M.Pd

( )

Penguji 2 : Dr. Elly Diana Mamesah, M.Pd

( )

Penguji 3 : Dr. Giri Prayogo, M.Pd

( )

Bekasi, 29 Januari 2026

Fakultas Keguruan dan Ilmu Pendidikan

Universitas Islam 45 Bekasi



Yudi Budianti, S.Pd., M.Pd

NIK. 45101022012015

## HALAMAN PERNYATAAN ORISINALITAS

### PERNYATAAN

Yang bertanda tangan dibawah ini :

Nama : Dinda Lestari  
NPM : 41182191210075  
Program Studi : Pendidikan Jasmani Kesehatan Dan Rekreasi  
Fakultas : Fakultas Keguruan Dan Ilmu Pendidikan ( FKIP )  
Universitas : Universitas Islam 45 Bekasi

Menyatakan bahwa skripsi yang berjudul "*Survey On Mental Toughness And Self-Confidence Among Athletes Indonesian National Sports Committee (Koni) Of Bekasi City*" dan berserta isinya adalah benar-benar karya saya sendiri dan saya tidak melakukan penjiplakan atau pengutipan dengan cara yang tidak sesuai dengan etika keilmuan.

Atas pernyataan ini, saya siap menanggung risiko, sanksi yang di jatuhkan kepada saya, apabila kemudian ditemukan adanya pelanggaran terhadap keaslian karya saya ini.

Bekasi, 29 Januari 2026  
Yang membuat pernyataan,



Dinda Lestari  
NPM : 41182191210075

## KATA PENGANTAR

Assalamu'alaikum warahmatullahi wabarakatuh

Segala puji dan syukur penulis panjatkan ke hadirat Tuhan Yang Maha Esa atas segala rahmat dan karunia-Nya, sehingga penulis dapat menyelesaikan penulisan skripsi yang berjudul "*Survey On Mental Toughness And Self-Confidence Among Athletes Indonesian National Sports Committee (Koni) Of Bekasi City*". Skripsi ini disusun sebagai salah satu syarat untuk memperoleh gelar Sarjana Pendidikan pada Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi.

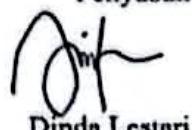
Penyusunan skripsi ini tidak lepas dari dukungan berbagai pihak yang telah memberikan bantuan, bimbingan, dan motivasi selama proses penulisan. Oleh karena itu, penulis menyampaikan ucapan terima kasih dan penghargaan yang setulus-tulusnya kepada :

1. Bapak Prof. Dr. Nazaruddin Malik, S.E., M.Si, selaku Rektor Universitas Islam "45" Bekasi
2. Ibu Yudi Budiyanti, S.Pd., M.Pd. selaku Dekan Fakultas Keguruan dan Ilmu Pendidikan Universitas Islam "45" Bekasi
3. Ibu Dr. Aridhotul Haqiyah, S.Pd., M.Pd, selaku Ketua Program Studi Pendidikan Jasmani dan Rekreasi Fakultas Keguruan dan Ilmu Pendidikan Universitas Islam "45" Bekasi
4. Bapak Dani Nur Riyadi, M.Pd, selaku dosen pembimbing tugas akhir saya yang telah sabar membimbing dan selalu meyakinkan saya dalam penulisan Artikel ini serta ikhlas memberikan waktu, tenaga, pikiran, dan selalu mengarahkan saya, dari mulai tahap pemilihan judul Artikel ilmiah, penyusunan Artikel sampai akhir Artikel Ilmiah ini.
5. Bapak Dr. Hasan Basri, M.Pd, selaku dosen pembimbing akademik PJKR tahun 2021 Universitas Islam "45" Bekasi yang telah memberikan bimbingan dan masukan kepada penulis selama kuliah.
6. Serta kepada seluruh dosen PJKR Universitas Islam "45" Bekasi yang tidak saya sebutkan satu persatu tapi insyaallah tidak mengurangi rasa hormat dan ta'jim saya, yang sudah memberikan banyak ilmu yang bermanfaat, motivasi, dan semangat saya selama mengayam pendidikan S1
7. Ketua dan Pelatih KONI KOTA BEKASI yang telah mengizinkan penulis untuk melakukan penelitian di Atlet Koni tersebut.
8. Seluruh keluarga besar saya yang selalu memberikan semangat dan dukungan serta beberapa pihak terkait yang telah membantu dalam penyusunan skripsi ini.

Penulis ini menyadari bahwa skripsi ini masih memiliki keterbatasan, baik dalam aspek teoritis maupun teknis. Oleh karena itu, penulis membuka diri terhadap segala kritik dan saran yang bersifat membangun demi penyempurnaan di masa mendatang. Akhir kata, semoga skripsi ini dapat memberikan kontribusi positif bagi pengembangan ilmu pengetahuan, khususnya di bidang pendidikan jasmani kesehatan dan rekreasi, serta dapat menjadi referensi bagi penelitian selanjutnya.

Bekasi, 29 Januari 2026

Penyusun



Dinda Lestari

## MOTTO DAN PERSEMBAHAN

### Motto :

لَا يَكْفُفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

*“Allah tidak membebani seseorang melainkan sesuai dengan kesanggupannya”*  
( Q.S. Al-Baqarah: 286 )

“Ketika aku melibatkan Allah dalam semua rencana dan impianku, dengan penuh keikhlasan dan keyakinan, aku percaya tidak ada yang tidak mungkin untuk diraih”

### Persembahan :

1. Kedua orang tua tersayang, Bapa Mukhadir dan Ibu Purwati. Terima kasih penulis ucapan atas segala pengorbanan dan ketulusan yang diberikan. Meskipun bapa dan ibu tidak sempat merasakan pendidikan dibangku perkuliahan, namun selalu senantiasa memberikan yang terbaik, tak kenal lelah mendoakan, mengusahakan, memberikan dukungan baik secara moral maupun finansial, serta memprioritaskan pendidikan dan kebahagian anak-anaknya. Segala hal yang telah dilalui memberikan penulis pelajaran yang sangat berharga tentang arti menjadi seorang perempuan yang kuat, bertanggung jawab, selalu berjuang dan mandiri. Semoga dengan adanya skripsi ini dapat membuat bapa dan ibu lebih bangga karena telah berhasil menjadikan anak perempuan-Nya ini menyandang gelar sarjana seperti yang diharapkan. Besar harapan penulis semoga bapa dan ibu selalu sehat, panjang umur, dan bisa menyaksikan keberhasilan lainnya yang akan penulis raih di masa yang akan datang.
2. Kakak laki-laki saya, Yusuf Annafi, S.Pd. Terima kasih banyak atas segala motivasi dan dukungannya yang diberikan kepada penulis sehingga penulis mampu menyelesaikan studinya sampai sarjana.
3. Keluarga Besar Penulis, Alm. Mbah Djoyo wasono dan Mbah Munijah, serta Alm. Mbah Muhajir dan Mbah saminah, Terima kasih banyak yang senantiasa melangitkan doa-doa baik, memberikan dukungan dan cinta kasihnya selama ini.
4. Mba dr. Intan dan Arkanza. Terima kasih banyak atas kehadiran, dukungan, serta ajakan untuk refreshing yang sangat membantu penulis tetap bersemangat dalam menyelesaikan skripsi ini.
5. Dini Nurfauziah, teman sekaligus rekan terbaik selama proses perkuliahan, penelitian, dan seluruh perjalanan studi ini. Terima kasih atas kebersamaan mulai dari menghadapi tantangan akademik hingga melewati masa-masa sulit bersama.

6. Teman-teman seperjuangan yaitu Kelas Paralel 3 dan PJKR WOMEN angkatan 2021 program studi pjkr yang selalu memberikan dukungan dan semangat serta kenangan indah selama 4 tahun ini.
7. Terakhir. Penulis ingin mengucapkan terima kasih Untuk diri saya sendiri, Dinda Lestari atas segala kerja keras dan semangatnya sehingga tidak pernah menyerah dalam mengerjakan tugas akhir skripsi ini, terima kasih telah berjuang sejauh ini, terima kasih telah berusaha keras untuk menyakinkan dan menguatkan diri sendiri bahwa kamu dapat menyelesaikan studi ini sampai selesai, mampu mengendalikan diri dari berbagai tekanan diluar kendali dan tidak pernah memutuskan untuk menyerah sesulit apapun prosesnya, meski harus menghadapi kegagalan, kebingungan, perasaan ingin menyerah, bahkan kehilangan seseorang yang disayang di saat penyusunan skripsi ini, terima kasih telah jujur pada rasa takut, namun tidak membiarkan rasa takut itu membatasi langkah, karena keberanian bukanlah ketiadaan rasa takut, melainkan keinginan untuk tetap bergerak meski takut masih melekat erat, dan paling penting terima kasih karena sudah berani memilih, memilih mencoba, memilih untuk belajar, dan memilih kuat untuk menyelesaikan apa yang telah kamu mulai, ini merupakan pencapaian yang patut dibanggakan,

*“ i wanna thank me for just being me at all times “*

Survey on Mental Toughness +

journal.unnes.ac.id/journals/peshr/article/view/36220

dindalestari2910

**ACTIVE: Journal of Physical Education, Sport, Health and Recreation**

Home Current Archives Archive 2016 - 2023 About

Search

**Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City**

**Dinda Lestari**  
Published 2025-10-30  
Article ID 36220  
Issue Vol. 14 No. 3 (2025)  
Section Articles

**Dani Nur Riyadi**  
Published 2025-10-30  
Article ID 36220  
Issue Vol. 14 No. 3 (2025)  
Section Articles

**Aridhotul Haqiyah**  
Published 2025-10-30  
Article ID 36220  
Issue Vol. 14 No. 3 (2025)  
Section Articles

DOI: <https://doi.org/10.15294/active.v14i3.36220>

Keywords: Mental Toughness; Self Confidence; Bekasi City KONI Athletes

**PDF**

**Sinta S3**

**SUBMISSION**

**DOWNLOAD**

**ABOUT JOURNAL**

**EDITORIAL TEAM**

**REVIEWER TEAM**

Activate V Go to Settings

Survey on Mental Toughness +

journal.unnes.ac.id/journals/peshr/article/view/36220

**Abstract**

This study aims to determine the level of mental toughness and self-confidence in athletes among athletes of the Indonesian National Sports Committee (KONI) Bekasi City in preparation for the qualifying round of the West Java Provincial Sports Week (PONPROV XV) 2025. This study used a quantitative approach involving 140 athletes consisting of pre-teen, teen, and adult categories. Data were obtained through the Sport Mental Toughness Questionnaire (SMTQ) consisting of 14 valid items to measure mental toughness, and a self-confidence questionnaire consisting of 15 valid items. The results showed that in the self-confidence dimension of mental toughness, 140 athletes (100.0%) were classified as high, while 0 athletes (0.0%) were classified as low. In the control dimension, 109 athletes (77.86%) were classified as high, while 31 athletes (22.14%) were classified as low. In the consistency dimension, 131 athletes (93.57%) were classified as high, and 9 athletes (6.43%) were classified as low. Meanwhile, in terms of self-confidence, the indicators showed high categories for optimism (136 athletes, 97.14%), rationality (128 athletes, 91.43%), responsibility (120 athletes, 85.71%), belief in self-ability (104 athletes, 74.29%), and objectivity (80 athletes, 57.14%). As for the low category, the objectivity indicator recorded the highest number (60 athletes, 42.86%), followed by belief in self-ability (36 athletes, 25.17%), responsibility (20 athletes, 14.29%), rationality (12 athletes, 8.57%), and optimism (4 athletes, 2.86%). Overall, all dimensions of mental toughness and self-confidence of the athletes showed a high category, seen from the dominance of the high category in all dimensions measured. This finding indicates that the athletes have good psychological readiness in facing PONPROV XV 2025.

**Author Biographies**

**Dinda Lestari, Islamic University 45 Bekasi**  
Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi, Indonesia

**Dani Nur Riyadi, Islamic University 45 Bekasi**  
Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi, Indonesia

**Aridhotul Haqiyah, Islamic University 45 Bekasi**  
Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi, Indonesia

**PRIVACY STATEMENT**

**REGISTER**

**LOGIN**

View Visitor Stats

View My Stats

Indexing

ACTIVE: Journal of Physical Edu +

journal.unnes.ac.id/journals/peshr

**Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City**

DOI: <https://doi.org/10.15294/active.v14i3.36220>

Dinda Lestari, Dani Nur Riyadi, Aridhotul Haqiyah (Author)  
Article ID 36220

**PDF**

**Dynamics of Coach–Athlete Interpersonal Communication and Its Influence on Achievement Motivation in Woodball, A Case Study from Blora Regency Indonesia**

DOI: <https://doi.org/10.15294/active.v14i3.35004>

Anugrah Ardannaga Pratama, Limpad Nurrahmad (Author)  
Article ID 35004

**PDF**

1106 - 1112

1101 - 1105

**Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City****Dinda Lestari<sup>1</sup>✉, Dani Nur Riyadi<sup>2</sup>, Aridhotul Haqiyah<sup>3</sup>**Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi, Indonesia<sup>123</sup>**Article History**

Received October 2025

Accepted October 2025

Published Vol.14 No.(3) 2025

**Keywords:**

Mental Toughness; Self Confidence; Bekasi City KONI Athletes

**Abstract**

This study aims to determine the level of mental toughness and self-confidence in athletes among athletes of the Indonesian National Sports Committee (KONI) Bekasi City in preparation for the qualifying round of the West Java Provincial Sports Week (PORPROV XV) 2025. This study used a quantitative approach involving 140 athletes consisting of pre-teen, teen, and adult categories. Data were obtained through the Sport Mental Toughness Questionnaire (SMTQ) consisting of 14 valid items to measure mental toughness, and a self-confidence questionnaire consisting of 15 valid items. The results showed that in the self-confidence dimension of mental toughness, 140 athletes (100.00%) were classified as high, while 0 athletes (0.00%) were classified as low. In the control dimension, 109 athletes (77.86%) were classified as high, while 31 athletes (22.14%) were classified as low. In the consistency dimension, 131 athletes (93.57%) were classified as high, and 9 athletes (6.43%) were classified as low. Meanwhile, in terms of self-confidence, the indicators showed high categories for optimism (136 athletes, 97.14%), rationality (128 athletes, 91.43%), responsibility (120 athletes, 85.71%), belief in self-ability (104 athletes, 74.29%), and objectivity (80 athletes, 57.14%). As for the low category, the objectivity indicator recorded the highest number (60 athletes, 42.86%), followed by belief in self-ability (36 athletes, 25.17%), responsibility (20 athletes, 14.29%), rationality (12 athletes, 8.57%), and optimism (4 athletes, 2.86%). Overall, all dimensions of mental toughness and self-confidence of the athletes showed a high category, seen from the dominance of the high category in all dimensions measured. This finding indicates that the athletes have good psychological readiness in facing PORPROV XV 2025.

**How to Cite**

Lestari, D., Riyadi, D. N., & Haqiyah, A. (2025). Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City. *Journal of Physical Education, Sport, Health and Recreation*, 14 (3), 1106-1112.

© 2025 Universitas Negeri Semarang

✉ Correspondence address :  
E-mail: dindaalstr10@gmail.com

## INTRODUCTION

Sport plays a very important role in national development, not only as a way to improve public health and fitness, but also as a measure of success in building competitive human resources. The Bekasi City Indonesian National Sports Committee (KONI) is tasked with assisting and developing the talents of athletes in Bekasi City so that they can excel at the regional, national and international levels. The West Java XV Provincial Sports Week (PORPROV) 2025 is an important cross-branch sports competition for Bekasi City athletes to show their best abilities and win medals. The qualification stage is very important because only athletes who pass the selection can appear at PORPROV. In addition, Bekasi City will host the West Java XV PORPROV in 2025, which is a great opportunity to improve sports achievements in Bekasi City. In addition to good physical abilities and mastery of qualified techniques, psychological factors also have an important role in determining athlete performance.

Motivation in achieving goals, the ability to maintain focus, emotional control, mental resilience, and self-confidence are psychological aspects that are interrelated and have a significant influence on the overall performance of athletes. Optimal mental condition is the main foundation for athletes in facing competitive pressure and achieving maximum results (Weinberg & Gould, 2023). An athlete's peak performance does not only depend on physical, technical, and tactical abilities, but is also determined by mature mental preparedness (Tangkudung et al., 2022). According to (Jones et al., 2007) emphasize that mental toughness is a psychological characteristic that distinguishes high-achieving athletes from athletes in general. In Indonesia, efforts to develop and nurture sports are a strategic priority in order to improve the competitiveness of athletes at the national and international levels.

The success of athletes in achieving achievement is not only determined by physical and technical abilities, but also by mental readiness which plays an important role in maintaining performance when facing competition pressure (Wolter et al., 2021). Athletes who take part in competitions often experience various pressures, such as often feeling anxious and paying attention to the name and experience level of the opponent..

This affects the athlete's psychology, leading to self-doubt. Mental toughness can be interpreted as a multifunctional ability, which helps a person overcome pressure, anxiety, and various

challenges in order to continue to show their best performance continuously (Gucciardi et al., 2015). When an athlete does not have a strong mentality, such as the ability to control emotions, high commitment, ability to face challenges, and self-confidence, he will feel enormous pressure. Uncertainty about results and fear of failure can make his confidence diminish, without strong mental abilities, bad experiences such as losing or small mistakes can make self-doubt increase and prevent athletes from getting up and showing their best abilities (Cowden et al., 2017).

According to (Sheard et al., 2009), mental resilience consists of three main components, namely self-confidence, endurance, and self-control. Self-confidence reflects an individual's belief in their ability to achieve goals and sporting achievements. Endurance refers to an athlete's ability to remain committed, focused, and not give up easily when facing challenges during training and competition. Meanwhile, self-control describes an athlete's ability to remain calm, stable, and able to manage their emotions when facing difficult or unpleasant situations. Athletes with high levels of mental toughness are able to control negative emotions and demonstrate better preparedness in dealing with pressure, including anxiety during competition (Bisri et al., 2022). Mental toughness plays an important role in helping athletes persevere in the face of various obstacles, difficulties, and competitive pressures by reducing anxiety levels and increasing performance stability (Raynadi et al., 2017). Furthermore, mental toughness is not a fixed trait, but rather one that can be developed and strengthened through experience and continuous training, so that over time, athletes' mental resilience will increase (Syah & Jannah, 2021).

As a result of these conditions, student athletes experienced a decline in self-confidence, which affected their ability to perform optimally (Prawitama & Aulia, 2020) emphasized that self-confidence is a fundamental aspect that every athlete must have, as it is a major factor in achieving success. This development program is carried out by a team consisting of a project manager and a trial team, with a vision to encourage student athletes to be able to show their best performance in every competition. Self-confidence arises when individuals are aware of the importance of every decision made and the responsibility to carry it out sincerely. In addition, self-confidence is formed through an individual's perseverance and consistency in acting until the expected goals are achieved (Kadek Suhardita, 2011).

Based on interviews with several coaches,

mental toughness affects athletes' self-confidence, which is central to achieving good results in sport. High self-confidence can boost athletes' morale and mental readiness when facing challenges in competition. Therefore, this survey is important to find out the real relationship between these two things.

This study aims to identify and analyze the relationship between mental resilience and self-confidence among athletes affiliated with KONI Bekasi City in facing the 2025 West Java Provincial Sports Week XV qualification round. The findings of this study are expected to serve as a basis for the development of more effective psychological training programs to support the improvement of athletes' performance and mental readiness.

Based on the findings of research conducted by (Nisa & Jannah, 2021), it is known that self-confidence has a significant influence on mental resilience in student athletes in martial arts. An increase in self-confidence is directly proportional to an increase in the mental resilience of athletes, and vice versa. These results are in line with research conducted by (Retnoningsasy, 2020) which shows that mental resilience has a negative relationship with the level of competitive anxiety in badminton athletes at Surabaya State University. This means that the higher the mental resilience of athletes, the lower the level of anxiety they feel during competition.

The novelty of this research lies in its emphasis on athletes from various age levels (pre-adolescent, adolescent, and adult), as well as the use and validation of the adapted SMTQ questionnaire to measure key aspects of mental toughness, such as self-confidence, optimism, self-control, and objectivity. Furthermore, this research also designed an integrated self-confidence measurement tool.

## METHODS

This study uses a quantitative approach, because the data collected consists of responses from respondents which are then analyzed in the form of data tabulation (Kusumawati, 2015). Data collection was carried out by distributing questionnaires containing a number of questions that had to be answered by the athletes. The data obtained was then analyzed using SPSS version 23 software to obtain accurate and measurable results. The data collection process was carried out during the competition. The population in this study consisted of athletes who were members

of KONI Bekasi City and participated in competitions. The sampling technique used was purposive sampling, which is a method of selecting samples based on specific criteria and considerations (Sugiyono, 2019). This study involved three groups of subjects: pre-adolescent, adolescent, and adult/general categories. The data show that there were 32 pre-adolescent athletes, 58 adolescent athletes, and 50 adult/general athletes. These results indicate that the adolescent group had the highest number of participants. The research subjects focused on athletes in the pre-adolescent, adolescent, and adult/general categories.

Data measurement was carried out with the Sports Mental Toughness Questionnaire (SMTQ) instrument by (Sheard et al., 2009) which consists of 14 questions. Then consulted with experts to ensure the suitability and accuracy of the instruments used in this study. The questionnaire includes mental toughness, sub-indicators of self-confidence, control and consistency. And data measurement is carried out with a self-confidence instrument compiled

based on references (Muhamad Suprayitno, 2020) and adopted specifically for athletes consisting of 15 questions then consulted with experts to ensure the suitability and accuracy of the instruments used in this study. For the self-confidence questionnaire includes self-confidence, sub-indicators of confidence in one's abilities, optimistic, and objective.

**Table 1.** Question Indicator

Variables	Dimensions	Indicators	Item Number	
			Fav	Unfav
Mental Toughness	Self-confidence	confidence in one's abilities, trust in one's abilities	1,3,4,6	2,5
		able to control the match, perception of results	7	8,9,10
	consistent	organizing and obeying the coach, never giving up, determination to meet demands	11,12,14	13
Amount			14	

**Table 2.** Question Indicator

Variables	Indicators	Question Items	Amount
self-confidence	Confident in one's abilities	1,2	2
	Optimistic	3,4,5,6	4
	Objective	7,8	2
	Responsible	9,10,11	3
	Rational and realistic	12,13,14,15	4

to calculate the scores, the researchers employed a likert scale with four answer options consisting of fav and unfav questions

**Table 3.** Likert scale

Likert scale	Positive Point	Negatif Point
Strongly Agree	4	1
Agree	3	2
Disagree	2	3
Strongly Disagree	1	4

The researchers conducted validity tests on the research instruments and obtained 14 and 15 valid statements, namely when the calculated  $r$  value was  $\geq$  the table  $r$  value at a significance level of 5%. The reliability values obtained for each instrument were 0.691 and 0.781, so the instruments were declared suitable for use in the study. Before the data collection process was carried out, the researchers first obtained written approval from the organizing committee and the athletes who were the research respondents. Before distributing the questionnaires, the athletes were given an explanation of the research objectives and instructions for filling out the questionnaire. Next, the respondents were directed to scan a QR code (barcode) containing a link to the online questionnaire.

In accordance with the research objectives, data analysis was conducted by comparing the scores obtained based on psychological levels and each sub-indicator. However, before the analysis was conducted, the researchers first established assessment criteria calculated using specific formulas as a basis for data grouping and interpretation (Muhamad et al., 2022).

**Table 4.** Score Categories

Low	$X < M$
High	$X \geq M$

## RESULTS AND DISCUSSION

Based on the results **Table 5** of the demographic table analysis, it is known that the majority of respondents are male athletes, namely 88 people (62.9%), while female athletes number 52 people (37.1%). In terms of age, most respondents were in the 16–19 age group, accounting for 55.7%, while the 20–22 and 12–15 age groups each accounted for 22.1%. Based on participation category, the senior high school/youth group dominated with 58 people (41.4%),

followed by the student/adult category with 50 people (35.7%) and junior high school with 32 people (22.9%).

In addition, most respondents had experience competing at the regional level with a percentage of 30.7%, while experience at the national, local, and international levels was 41.4%, 15.0%, and 12.9%, respectively. In terms of sports, men's soccer had the highest number of respondents at 21.4%, followed by women's soccer at 21.4%, and canoeing, weightlifting, and karate, each contributing 28.6%, 14.3%, and 14.3%. Overall, these results show that most respondents were male athletes in their late teens, came from the upper secondary school category, had competitive experience at the regional level, and were dominated by the sport of men's soccer.

**Table 5.** The demographic profile of athletes in this study

Demographic		Frequency	( % )
Gender	Male	88	62.9
	Female	52	37.1
Age	12 – 15 years	31	22.1
	16 – 19 years	78	55.7
	20 – 22 years	31	22.1
Max Experince	Local	21	15.0
	Regional	43	30.7
	National	58	41.4
Category	International	18	12.9
	Junior high school/Pre -ten	32	22.9
	Senior high school/Youth	58	41.4
Sport Discipline	Student / Adults	50	35.7
	Men's Soccer	30	21.4
	Women's Soccer	30	21.4
	Canoeing	40	28.6
	Weightlifting	20	14.3
	Karate	20	14.3

As seen in **Table 6** and **Table 7**, the mean scores were 38.68 and 50.23, which indicates that the researcher used a classification system of two -category classification system, categorizing scores as either low or high.

Conceptually, athletes are categorized as athletes with low Mental Toughness and Self-Confidence if their mean scores are below 38.68 and 50.23, and as athletes with high Mental Toughness and Self-Confidence if their mean scores are above 38.68 and 50.23. To determine

the level of mental toughness and self confidence, the data was calculated using SPSS Version 23.

**Table 6.** Average Score Mental toughness

Statistics Total Score		
N	Valid	140
	Missing	0
	Mean	38.68

**Table 7.** Average Score Self confidence

Statistics Total Score		
N	Valid	140
	Missing	0
	Mean	50.23

**Table 8.** Level of Mental Toughness by Dimension

Variables	Category	Dimensions		
		Self-Confidence	Control	Consistent
Mental Toughness	Low	0	31	9
		0,00%	22,14%	6,43%
	High	140	109	131
		100,00%	77,86%	93,57%
	Total	140	140	140
		100%	100%	100%

**Table 9.** Level of Self Confidence by Indicators

Variables	Category	Indicators				
		Confident in one's abilities	Optimistic	Objective	Responsible	Rational and realistic
Self Confidence	Low	36	4	60	20	12
		25.17%	2.86%	42.86%	14.29%	8.57%
	High	104	136	80	120	128
		74.29%	97.14%	57.14%	85.71%	91.43%
	Total	140	140	140	140	140
		100%	100%	100%	100%	100%

The results **Table 8** and **Table 9** of the frequency and percentage analysis showed that the athletes' level of mental toughness was generally high, especially in terms of self-confidence. A total of (100.00%) athletes had a high level of self-confidence, which reflected their ability to maintain confidence in their potential and performance in the face of competitive pressure. Meanwhile, in the control dimension, only (77.86%) athletes were in the high category, while most others (22.14%) were classified as low. This condition indicates that the ability to control emotions and competitive situations still needs further attention. Furthermore, in the consistency dimension, most athletes (6.43%) were in the low category, which indicated that the aspects of

perseverance in maintaining performance and long-term commitment to training targets were not fully optimized.

Overall, these findings indicate that although athletes' self-confidence has developed well, the aspects of self-control and consistency still need to be strengthened. These results are in line with mental toughness, which is a psychological ability that allows athletes to survive and remain stable when facing pressure, obstacles, and challenging competitive situations. According to (Ikhram et al., 2020), mental toughness is a psychological ability that allows athletes to survive and remain stable when facing pressure, obstacles, and challenging competitive situations. Mental toughness includes aspects of emotions, attitudes, and behaviors that help athletes manage anxiety, maintain focus, and maintain optimal performance, so that individuals with good mental toughness are better able to control emotional responses and appear more prepared to face various match situations. Therefore, found that (Setiawan et al., 2020) psychological factors, especially self-efficacy and mental toughness, are strongly correlated with athlete performance, where individuals with high self-confidence and mental toughness tend to perform more optimally in competitive situations.

The results of frequency and percentage analysis show that the athletes' level of self-confidence is generally high in almost all indicators measured. As many as 74.29% of athletes have a high level of self-confidence (confident in their abilities), which reflects confidence in their abilities and potential in facing various competition situations. In the optimistic indicator, 97.14% of athletes are in the high category, which shows a positive attitude and strong belief in the possibility of success in every effort made.

Furthermore, in the objective indicator, 57.14% of athletes are in the high category, while the other 42.86% are in the low category. This condition shows that most athletes have been able to think rationally and assess situations based on facts, although there are still some who need to improve their ability to maintain objectivity under the pressure of competition. In the responsible indicator, 85.71% of athletes were in the high category, illustrating a strong sense of responsibility for the implementation of tasks, roles, and results achieved. The rational and realistic indicator showed excellent results, with 91.43% of athletes in the high category, reflecting logical and realistic thinking in the decision-making process. Overall, these findings indicate that (Mau-

Iida Nuzula Firdaus, 2023) level of self-confidence is an important psychological factor that supports athlete performance because individuals with high self-confidence are more confident in their abilities, able to manage anxiety, and perform more optimally in competitive situations. These results are in line with sport psychology theory which emphasizes that (Rachman and Jannah, 2022) mental toughness has a significant positive relationship with optimism, where individuals with higher levels of mental toughness tend to show an optimistic attitude, strong determination, and the ability to see challenges as opportunities to develop.

According to (Dewi & Jannah, 2019) found that there were significant differences in emotion regulation strategies between groups of athletes, where some athletes were more likely to use reappraisal strategies than others.

## CONCLUSION

The level of mental resilience and self-confidence of Bekasi City KONI athletes is generally in the high category. Psychological aspects, readiness, and stability of athlete performance, both in training and competition, are strongly supported by these two variables. The dimension of athlete self-confidence shows a very good condition. Athletes have an optimistic attitude, are able to think realistically, and show high responsibility in facing competitive situations. Even under pressure, they were able to maintain their belief in their abilities.

In addition, all categories of mental toughness-including self-confidence, control, and consistency-were at a high level overall. These findings reflect that athletes have strong psychological abilities to deal with pressure, manage emotions, maintain focus, and show stable performance in competitive situations. This high mental toughness is also an indicator that athletes are mentally prepared, so that they are able to adapt, recover from adversity, and maintain sustainable performance quality throughout the training and competition process.

This finding confirms the importance of coaching programs that not only focus on technique and physicality, but also on strengthening psychological aspects. Training that includes stress management, emotional control, and strengthening performance consistency is expected to further shape the character of athletes who are resilient, confident, and ready to face the dynamics of sports competition optimally.

## REFERENCES

Bisri, M., Saputri, M. A., & Chusniyah, T. (2022). Mental Toughness and Its Relationship on Sport Performance Outcomes: When Things Get Tough Enough. *Jurnal Sains Psikologi*, 11(2), 172. <https://doi.org/10.17977/um-023v11i22022p172-180>

Cowden, R. G., Clough, P. J., & Oppong Asante, K. (2017). Mental toughness in South African youth: Relationships with forgiveness and attitudes towards risk. *Psychological Reports*, 120(2), 271-289.

Dewi, D. O., & Jannah, M. (2019). Perbedaan strategi regulasi emantara atlet cabang olahraga permaianan , akurasi dan beladiri Miftakhul Jannah Abstrak. 1-6.

Gucciardi, D. F., Hanton, S., Gordon, S., Mallett, C. J., & Temby, P. (2015). The Concept of Mental Toughness: Tests of Dimensionality, Nomological Network, and Traitness. *Journal of Personality*, 83(1), 26-44. <https://doi.org/10.1111/jopy.12079>

Ikhram, A., Jufri, M., & Ridfah, A. (2020). Mental Toughness dan Competitive Anxiety Pada Atlet Karate UNM. *Jurnal Psikologi Perseptual*, 5(2), 100. <https://doi.org/10.24176/perseptual.v5i2.5206>

Jones, G., Hanton, S., & Connaughton, D. (2007). A framework of mental toughness in the world's best performers. *Sport Psychologist*, 21(2), 243-264. <https://doi.org/10.1123/tsp.21.2.243>

Kadek Suhardita. (2011). Efektivitas Penggunaan Teknik Permainan Dalam Bimbingan Kelompok Untuk Meningkatkan Percaya Diri Siswa (Penelitian Quasi Eksperimen pada Sekolah Menengah Atas Laboratorium (Percontohan) UPI Bandung Tahun Ajaran 2010/2011). Edisi Khusus, 1, 127-138.

Kusumawati, M. (2015). Penelitian pendidikan penjaskes. Bandung: Alfabeta.

Maulida Nuzula Firdaus. (2023). No 主観的健康感を中心とした在宅高齢者における 健康関連指標に関する共分散構造分析Title. 2(4), 31-41.

Muhammad, M., Hanif, A. S., & Haqiyah, A. (2022). Statistika dalam pendidikan dan olahraga. PT. RajaGrafindo Persada-Rajawali Pers.

Muhammad Suprayitno. (2020). Hubungan Kepercayaan Diri Dengan Motivasi Berprestasi Pada Pemusatan Latihan Atlet Pelajar Putra Pencak Silat Kabupaten Pati. Universitas Negeri Semarang, 1-122. [https://lib.unnes.ac.id/37766/1/6301415007\\_Optimized.pdf](https://lib.unnes.ac.id/37766/1/6301415007_Optimized.pdf)

Nisa, K., & Jannah, M. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36-45.

Prawitama, M. R., & Aulia, P. (2020). Pengaruh Latihan Mental Terhadap Kepercayaan Diri Atlet Sepakbola Akademi Persegat Padang Pariaman. *Jurnal Pendidikan Tambusai*, 4(3), 3395-3402. <https://jptam.org/index.php/jptam/>

article/view/863

Rachman and Jannah. (2022). 1. <https://ejournal.unesa.ac.id/index.php/character/article/view/47846>

Raynadi, F. B., Rachmah, D. N., & Akbar, S. N. (2017). Hubungan Ketangguhan Mental Dengan Kecemasan Bertanding Pada Atlet Pencak Silat Di Banjarbaru. *Jurnal Ecopsy*, 3(3), 149–154. <https://doi.org/10.20527/ecopsy.v3i3.2665>

Retnoningsasy, E. & M. J. (2020). Hubungan Antara Mental Toughness Dengan Kecemasan Olahraga Pada Atlet Badminton. *Character : Jurnal Penelitian Psikologi*, 7(3), 8–15.

Setiawan, E., Patah, I. A., Baptista, C., Winarno, M. ., Sabino, B., & Amalia, E. F. (2020). Self-efficacy dan mental toughness: Apakah faktor psikologis berkorelasi dengan performa atlet? *Jurnal Keolahragaan*, 8(2), 158–165. <https://doi.org/10.21831/jk.v8i2.33551>

Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress toward construct validation of the Sports Mental Toughness Questionnaire (SMTQ). *European Journal of Psychological Assessment*,

25(3), 186–193. <https://doi.org/10.1027/1015-5759.25.3.186>

Sugiyono, P. D. (2019). Metode Penelitian Kuantitatif, Kualitatif, dan r & d .(M. Dr. Ir. Sutopo. S. PD., Ed.) Yogyakarta: ALFABETA.

Syah, M. V. A., & Jannah, M. (2021). Perbedaan ketangguhan mental ditinjau dari status atlet individu dan beregu pada siswa SMA X. *Character : Jurnal Penelitian Psikologi*, 8(8), 145–152.

Tangkudung, A. W. A., Haqiyah, A., Tangkudung, J., Abidin, D., Basri, H., & Mahmudah, M. (2022). Do Age, Gender, and Match Experience Affect the Mental Toughness of Martial Art Athletes? *International Journal of Human Movement and Sports Sciences*, 10(3), 612–618. <https://doi.org/10.13189/saj.2022.100330>

Weinberg, R. S., & Gould, D. (2023). Foundations of sport and exercise psychology. Human kinetics.

Wolter, A., Tangkudung, A., Haqiyah, A., Tangkudung, J., & History, A. (2021). *Journal of Physical Education , Sport , Health and Recreations* Mental Toughness of Martial Art Athletes Based on Age and Gender. 10(2), 66–70.

# SERTIFIKAT

Kementerian Riset dan Teknologi/  
Badan Riset dan Inovasi Nasional

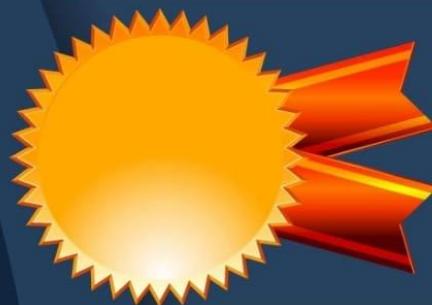


Petikan dari Keputusan Menteri Riset dan Teknologi/  
Kepala Badan Riset dan Inovasi Nasional  
Nomor 200/M/KPT/2020  
Peringkat Akreditasi Jurnal Ilmiah Periode III Tahun 2020  
Nama Jurnal Ilmiah  
ACTIVE: Journal of Physical Education, Sport, Health and Recreation

E-ISSN: 2460724X  
Penerbit: Jurusan Pendidikan Jasmani, Kesehatan dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas  
Negeri Semarang  
Ditetapkan sebagai Jurnal Ilmiah

## TERAKREDITASI PERINGKAT 3

Akreditasi Berlaku selama 5 (lima) Tahun, yaitu  
Volume 9 Nomor 2 Tahun 2020 sampai Volume 14 Nomor 1 Tahun 2025  
Jakarta, 23 Desember 2020  
Menteri Riset dan Teknologi/  
Kepala Badan Riset dan Inovasi Nasional  
Republik Indonesia,  
Bambang P. S. Brodjonegoro





UNIVERSITAS ISLAM 45  
**FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

Jl. Cut Meutia no.83 Bekasi 17113

Telp :(021) 8820383, 8801027, 8802015, 8808851 Ext. 146-147 Fax : (021) 880192

**SURAT KEPUTUSAN DEKAN  
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

NOMOR : L. 0198/UNISMA.FKIP/KD/VII/2025

**TENTANG**

**PENETAPAN PEMBIMBING PENULISAN SKRIPSI  
DEKAN FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN  
UNIVERSITAS ISLAM 45**

Menimbang : 1. Bahwa penyelesaian akhir program mahasiswa jenjang pendidikan S1 untuk Jurusan dan Program Studi di Fakultas Keguruan dan Ilmu Pendidikan dilakukan penulisan skripsi.  
2. Bahwa untuk kelancaran penulisan, perlu untuk menetapkan pembimbing penulisan skripsi.

Mengingat : 1. Undang-undang Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional.  
2. Peraturan Pemerintah Nomor 60 Tahun 1999 tentang Pendidikan Tinggi.  
3. Keputusan Menteri Pendidikan dan Kebudayaan Nomor 066/V/1994, tentang Pedoman Penyusunan Kurikulum Pendidikan Tinggi dan penilaian hasil belajar.  
4. Kurikulum Jurusan dan Program Studi di Fakultas Keguruan dan Ilmu Pendidikan

Memperhatikan : 1. Rapat Koordinasi Fakultas Keguruan dan Ilmu Pendidikan.  
2. Rekomendasi Seminar Proposal Ketua Program Studi di Fakultas Keguruan dan Ilmu Pendidikan.

**M E M U T U S K A N**

Menetapkan : Mengangkat Saudara : **Dani Nur Riyadi, M.Pd**

Pertama : Sebagai Dosen Pembimbing Skripsi :

Program Studi : Pendidikan Jasmani, Kesehatan dan Rekreasi

Nama Mahasiswa : Dinda Lestari

NPM : 41182191210075

Judul Penelitian Skripsi : *Survey on Mental Toughness and Self-Confidence among Athletes Indonesian National Sports Committee (KONI) of Bekasi City*

Kedua : Surat Keputusan ini berlaku sejak ditetapkan mulai dari semester **Genap T.A 2024/2025 sampai dengan semester Ganjil T.A 2025/2026**

Ketiga : Mahasiswa yang tidak dapat menyelesaikan skripsi sampai dengan batas akhir tanggal tersebut di atas, maka keputusan ini tidak berlaku lagi dan biaya bimbingan dinyatakan habis terpakai.

Keempat : Mahasiswa yang akan melanjutkan skripsi diharuskan membayar bimbingan sebesar ketentuan yang berlaku.

Kelima : Apabila terdapat kekeliruan dalam penetapan ini akan diadakan perbaikan sebagaimana mestinya.

Ditetapkan : Bekasi

Tanggal, 28 Juli 2025



**Yudi Budianti, M.Pd**

Dekan

Tembusan :

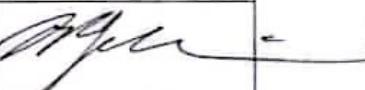
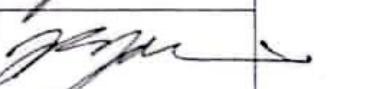
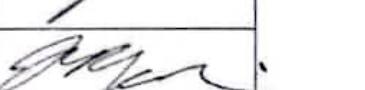
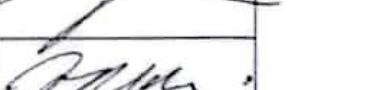
1. Direktur DAPA UNISMA Bekasi
2. Dosen Pembimbing
3. Arsip



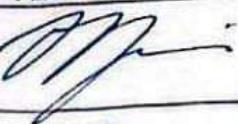
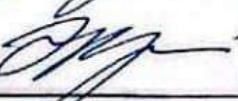
**KARTU BIMBINGAN SKRIPSI**  
**UNIVERSITAS ISLAM "45" BEKASI**  
**FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

Nama Mahasiswa : DINDA LESTARI  
NPM : 41182191210075  
Program Studi : PJKR  
Judul : Survey on Mental Toughness and Self Confidence among Athletes Indonesian National sports Committee (KONI) of Bekasi City.  
  
Pembimbing : Dani Nur Riyadi, M.Pd.

**KEGIATAN BIMBINGAN**

NO	Tanggal Bimbingan	Uraian Kegiatan	Paraf Pembimbing
1	10/07/2025	Review RMC	
2	07/08/2025	perbaikan draft artikel.	
3	10/09/2025	Pendahuluan . gap research .	
4	13/10/2025	Metode , lengkapi Instrumen .	
5	29/10/2025	Hasil	
6	06/11/2025	Pembahasan .	
7	14/11/2025	Draf Paper full + Ace Sempro.	
8	20/11/2025	Review Artikel	

KEGIATAN BIMBINGAN

NO	Tanggal Bimbingan	Uraian Kegiatan	Paraf Pembimbing
9	22/11/2025	Submission Artikel	
10	25/11/2025	Revisi Hasil Review	
11	01/12/2025	Pembuatan PPT sidang	
12	19/01/2026	Kelengkapan sidang	
13	19/01/2026	Acc sidang	

Bekasi, 19 Januari 2026.....

Mengetahui Ka. Prodi. Penjaskesrek



.....Dr. Aridhotul Haqiyah, S.Pd., M.Pd



UNIVERSITAS ISLAM 45  
**FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**  
Jl. Cut Meutia no.83 Bekasi 17113  
Telp :(021) 8820383, 8801027, 8802015, 8808851 Ext. 146-147 Fax : (021) 880192

---

Nomor : L. 0261/UNISMA.FKIP/E/VII/2025

Lampiran : 1 (satu) Berkas

Perihal : Permohonan Izin Penelitian

Kepada Yth.

KONI KOTA BEKASI

di Tempat

*Assalamu'alaikum, Wr. Wb.*

Dengan ini kami beritahukan dengan hormat, bahwa :

Nama Mahasiswa : Dinda Lestari

NPM : 41182191210075

Program Studi : Pendidikan Jasmani, Kesehatan dan Rekreasi

Fakultas : Fakultas Keguruan dan Ilmu Pendidikan

Waktu penelitian hingga : 28 Februari 2026

Bermaksud akan mengadakan penelitian dalam rangka penyusunan skripsi dengan judul :

*Survei Mental Toughness Terhadap Kepercayaan Diri Atlet Koni Kota  
Bekasi Dalam Menghadapi Babak Kualifikasi PORPROV XV Jawa Barat  
2025*

Sehubungan dengan hal tersebut, kami mohon bantuan Bapak/Ibu agar yang bersangkutan dapat kiranya diberikan izin penelitian, sehingga data yang diperlukan dapat terkumpul dengan baik.

Demikian, atas bantuan dan kerjasamanya kami ucapkan terima kasih.

*Wassalamu'alaikum, Wr. Wb.*

Bekasi, 28 Juli 2025

  
**Yudi Budianti, M.Pd**  
Dekan



# KOMITE OLAHRAGA NASIONAL INDONESIA KOTA BEKASI

Sekretariat : GOR Bekasi Jl. A. Yani No. 2 Telp & Fax : 021-8893627, 021-22101822  
BEKASI

Nomor : 1089/Sekret/X/2025  
Perihal : Keterangan

Bekasi, 10 Oktober 2025  
Yth. Dekan Fakultas Keguruan dan Ilmu  
Pendidikan Universitas Islam 45 Bekasi  
di -  
Bekasi

Menindaklanjuti surat dari Universitas Islam 45 Bekasi Fakultas Keguruan dan Ilmu Pendidikan Nomor : L.0261/UNISMA.FKIP/E/VII/2025 tanggal 28 Juli 2025 Perihal Permohonan Izin Penelitian, dengan ini kami sampaikan bahwa mahasiswa tersebut telah selesai melaksanakan penelitian dan riset di KONI Kota Bekasi dari tanggal 1 September s.d 30 September 2025 sebagai berikut :

NO	NAMA	NPM
1	Dinda Lestari	41182191210075

Demikian surat ini kami buat agar dapat dipergunakan sebagaimana mestinya.

KETUA HARIAN



Tembusan

Yth. Ketua Umum sebagai laporan

KOMITE OLAHRAGA  
NASIONAL INDONESIA KOTA BEKASI  
SEKRETARIS UMUM

ARWANI, SE.,MM



## DAFTAR RIWAYAT HIDUP

Dinda Lestari lahir di Bekasi pada tanggal 29 Oktober 2003, penulis merupakan anak Kedua dari Bapak Mukhadir dan Ibu Purwati. Penulis merupakan anak ke-2 dari 2 bersaudara.

Penulis menempuh pendidikan dari tingkat Taman Kanak-kanak Tarbiyatulshibyan pada tahun 2008. Sekolah Dasar Negeri di SDN Satria Mekar 01 pada tahun 2009-2014. Sekolah Menengah Pertama di SMPN 1 Tambun Utara 2015-2018. Selanjutnya

penulis meneruskan Pendidikan Sekolah Menengah Atas di SMAN 1 Tambun Utara dari tahun 2019-2021. Setelah menyelesaikan pendidikan SMA penulis melanjutkan Pendidikan di Universitas Islam 45 Bekasi pada tahun 2021 sebagai mahasiswa pada Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Fakultas Keguruan dan Ilmu Pendidikan Program Strata Satu (S1) di Universitas Islam 45 Bekasi. Sampai dengan menyelesaikan tugas akhir berupa Artikel Ilmiah yang berjudul *“Survey On Mental Toughness And Self-Confidence Among Athletes Indonesian National Sports Committee (Koni) Of Bekasi City”* yang dibimbing oleh Dani Nur Riyadi, M.Pd dan Dr. Aridhotul Haqiyah, S.Pd., M.Pd sampai pada penulisan tugas akhir yang berbentuk Artikel Ilmiah ini penulis masih terdaftar sebagai Mahasiswa di Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi Fakultas Keguruan dan Ilmu Pendidikan di UM Indonesia ( Universitas Islam 45 Bekasi ).