



Psychological Factors Associated with the Decline and Improvement of Taekwondo Athletes' Performance at Gubug Monster Club

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Abstract

Objectives: This study aimed to analyze the psychological factors that contribute to the decline and improvement of taekwondo athletes' performance at Gubug Monster Club.

Materials and Methods: This study employed a quantitative approach with a correlational research design and survey method. The population consisted of all active athletes at Gubug Monster Club. Using a total sampling technique, 32 athletes were selected as respondents, with the criteria that they had participated in at least one championship and were over 14 years old. Data were collected through questionnaires and analyzed using descriptive statistics, prerequisite tests including normality, linearity, and homogeneity, as well as Pearson Product Moment correlation and simple linear regression tests.

Results: The findings showed that the athletes' psychological condition was categorized as high, with a mean score of 87.19, while athlete performance was classified as fairly good, with a mean score of 31.25. The correlation analysis revealed a positive relationship between psychological factors and athlete performance ($r = 0.328$), although this relationship was not statistically significant ($p > 0.05$). Similarly, the regression analysis indicated that psychological factors were not significant predictors of athlete performance, even though they contributed to performance variation.

Conclusions: Psychological factors appear to have a positive role in supporting taekwondo athletes' performance, but they are not the only determinant of performance at Gubug Monster Club. Athlete development should therefore be conducted comprehensively by considering not only psychological aspects, but also physical, technical, and environmental factors in the training process.

Keywords : Psychological Factors; Athletic Performance; Taekwondo Athletes; Sport Psychology; Performance Development

Introduction

Sport is a physical activity carried out in a planned and structured manner. According to Toho Cholik Mutohir (Puriana & Suryansah, p. 2022), the essence of sport is a reflection of the life of a nation's people because it reflects the aspirations and noble values of the community, which can be seen in the spirit of training to achieve success. This is in accordance with the National Sports System Law Number 11 of 2022, which defines sport as any systematic activity to encourage, foster, and develop physical, spiritual, and social potential (UU No 11 Tahun 2022, p. 2022).

Sports are divided into three categories: educational, competitive, and recreational. Competitive sports are structured and ongoing activities aimed at achieving success. One such competitive sport in Indonesia is Taekwondo. Taekwondo is a martial art originating from Korea. In 1971, the South Korean government officially promoted Taekwondo to the world when it was recognized as the national sport of South Korea (Moenig, 2021). Taekwondo in Indonesia is managed and overseen by an organization, starting at the national level, including the Central Board.

Taekwondo Indonesia (PBTI), the Indonesian Taekwondo Provincial Board (Pengprov TI) for the provincial level, and Pengkab TI for the district level (Maghfiroh, 2023). So the need for achievement means the need and desire to be respected, appreciated for the athlete's achievements, recognition of the athlete's ability and expertise factors and the athlete's work effectiveness. Athletes who are motivated by their coaches have achievements that encourage athletes to

wanting to achieve success as a result, athletes who have high achievement motivation can achieve good results (Ruffault, 2020).

According to (Alficandra, 2024)[the phrase "sport psychology"], sports psychology is a branch of psychology that studies how psychological factors influence the performance and well-being of athletes, coaches, and individuals involved in physical activity and sports. This discipline encompasses a wide range of psychological aspects related to sport, including motivation, focus, stress, mental resilience, skill development, emotional management, and much more. The history of sports psychology is the development and evolution of the study of psychology in the context of physical activity and sport.

Beyond motivation, mental toughness can support athletic performance. Studies of (Cowden et al., 2021) mental toughness among groups of athletes show that athletes tend to collectively pursue a set of achievement goals. Mentally tough players resist intimidation, but instead attract others who believe in their abilities. These individuals typically present greater challenges, possessing a strong work ethic, a winning mentality, and self-confidence. However, sometimes, this journey is also a process of self-discovery. Winning is important, but it is not the only goal. Character is also crucial, characterized by integrity, talent, enthusiasm, courage, and dignity (Cowden et al., 2021). Therefore, the higher an athlete's mental toughness, the lower their anxiety (Akbar, 2023).

Mental toughness in athletes' performance can help them stay focused, resilient, and consistent, especially in stressful competitive situations (Kilic, 2020). Athletes with high mental toughness tend to be better able to cope with stress, recover from failure, and continue to strive to achieve goals, even when facing difficulties. Mental toughness is a factor that enables athletes to perform optimally in various conditions, thus supporting them in achieving success (Yazıcı, 2022). Motivation and mental toughness are two important factors that can influence athlete performance, especially in competitive sports such as Taekwondo (Wibowo, 2024). Motivation acts as an internal drive that keeps athletes enthusiastic about undergoing intensive training and competing to achieve success. This source of motivation can come from within the athlete, such as the desire to develop and achieve personal goals, or from external support such as recognition from coaches, family, and peers (Louk, 2021). The combination of strong motivation and stable mental toughness not only helps athletes perform more optimally but also supports them in facing challenges consistently, which ultimately plays a major role in achieving success.

Good athlete performance is the goal of any athlete training program. Athlete performance can be influenced by various factors, including physical, mental, and environmental factors (Su, 2022). Sports performance development requires numerous factors to consider, including clear development goals, a systematic training program, appropriate training materials and methods, and evaluations that can measure the success of the development process itself.(Puriana & Suryansah, 2022)

Coaching and development in the field of sports aims to shape healthy and fit individuals. A stronger nation also has healthier people. However, achieving this is not easy.

Special attention is needed to address interests and potential, along with good coaching and facilities provided by sports institutions to achieve sporting goals. An athlete is a key figure in any sport, and an athlete is someone who carries out that sporting activity. An athlete is one term for someone who specializes in a particular sport and competes in an event or competition. An athlete is an athlete, especially one who participates in competitions or matches. In some sports, coaching or a coach is needed to bring out the athlete's potential so that the training process runs optimally.(Yonlygus, 2021)

In recent years, the achievements of taekwondo athletes at both the regional and national levels have shown significant variation. This condition is influenced not only by physical and technical aspects, but also by psychological factors, which often receive insufficient attention in the athlete development process. The mental health model in sports explains that there is an inverse relationship between psychological disorders and sports performance: when psychological conditions decline, athlete performance tends to decline, and vice versa.(Raglin, 2021).

This phenomenon was also seen at the Gubug Monster Club, where some athletes experienced a decline in performance due to increased competitive pressure, while others showed improved performance after receiving better psychological support and adaptation, particularly within their environment. This illustrates that psychological dynamics play a significant role in influencing the performance quality of taekwondo athletes at the club. More specifically, one psychological aspect believed to influence performance fluctuations is psychological capital, which encompasses hope, optimism, resilience, and self-efficacy.

Therefore, this study aims to analyze the influence of psychological capital, including hope, optimism, resilience, and self-efficacy, on the performance of Taekwondo athletes at the Monster Gubug Club. In this study, athlete performance was measured based on match results and performance evaluations obtained during the competition period. This is expected to provide an empirical overview of the role of psychological capital in supporting optimal athlete performance.

Materials and Methods.

This research method uses a quantitative correlational approach, which aims to determine whether there is a relationship between two or more variables without treating the subjects in any particular way. The quantitative approach was chosen because the research data consists of numbers that are analyzed statistically, while correlational research is used to examine the relationship between psychological factors and athlete performance (Sugiyono, 2019).

The research design used was a survey, which involves collecting data from respondents using specific research instruments over a relatively short period of time. The survey design was chosen because it allowed researchers to obtain factual data on the athletes' psychological conditions directly from the research subjects (Sugiyono, 2019). Determining the appropriate data collection method is crucial to the scientific validity of a study. Furthermore, selecting a data collection method appropriate to the research problem will help facilitate the achievement of the stated research objectives. This data collection technique utilizes a psychological scale that can be administered directly to respondents at school via Google Forms. The data obtained from the psychological scale is quantitative in the form of scores. This psychological scale uses a Likert scale. According to(Sugiyono, 2019) The Likert scale is used to develop instruments to measure the attitudes, opinions, and perceptions of an individual or group of individuals regarding the potential and problems of an object, action planning, action implementation, and action results. Using a Likert scale, the

variables to be measured are broken down into dimensions. These dimensions are broken down into sub-variables, then these sub-variables are broken down into measurable indicators. Data obtained from the observation of the questionnaire will be collected and then analyzed using quantitative statistics. This scale uses four alternative answers: Very Appropriate (SS), Appropriate (S), Not Appropriate (TS), and Very Not Appropriate (STS).

Study Participants.

According to Sugiyono, (Sugiyono, 2022) a population is a generalized area consisting of objects/subjects that possess certain predetermined qualities and characteristics. The population in this study was all Taekwondo athletes at the Monster Gubug Club who had participated in championships and were 14 years of age or older. According to Sugiyono, (Sugiyono, 2022) a sample is a portion of the population and its characteristics. The sample in this study is all Taekwondo athletes at the Monster Gubug Club who have participated in championships and are aged 14 years and above.

The sampling technique used in this study was purposive sampling. According to Sugiyono, (Sugiyono, 2022) purposive sampling is a sampling technique based on specific considerations. Based on the purposive sampling technique used, the researcher considered several student criteria for the study, namely:

1. Taekwondo athlete of the Gubug Monster Club.
2. Participate in championships.
3. Aged over 14 years.

Statistical analysis

Statistical analysis in this study was used to determine the relationship and influence of psychological factors on the performance of taekwondo athletes at the Monster Gubug Club. Data processing was performed using the Statistical Package for Social Sciences (SPSS) version 26 .

The stages of data analysis carried out are as follows:

1. Descriptive Statistical Analysis

Descriptive statistics were used to describe the characteristics of the research data, including the mean, median, mode, standard deviation, minimum, and maximum values of psychological factors and athlete performance variables. This analysis aims to provide a general overview of the level of psychological condition and athlete performance.

2. Prerequisite Analysis Test

Before hypothesis testing is carried out, analysis prerequisite tests are carried out to ensure that the data meets the parametric analysis assumptions, including:

- a. Normality test using the One-Sample Kolmogorov-Smirnov Test to determine whether the data is normally distributed. Data is considered normal if the significance value (p) > 0.05 .
- b. The Linearity Test is used to determine whether the relationship between psychological factors and athlete performance is linear. The relationship is considered linear if the Deviation from Linearity significance value is > 0.05 .
- c. The homogeneity test is conducted to determine the similarity of data variance between groups. Data is declared homogeneous if the significance value is > 0.05 .

3. Pearson Product Moment Correlation Test

The Pearson correlation test is used to determine the closeness of the relationship between psychological factors (X) and athlete performance (Y). The decision-making criteria are:

If the significance value (p) < 0.05 then there is a significant relationship.

If the significance value (p) > 0.05 then there is no significant relationship.

The correlation coefficient (r) value is interpreted to determine the level of relationship (very low, low, medium, strong, or very strong).

The guidelines for interpreting the correlation coefficient are as follows:

Coefficient Interval	Relationship Level
0.00 – 0.199	Very Low
0.20 – 0.399	Low
0.40 – 0.599	Currently
0.60 – 0.799	Strong
0.80 – 1,000	Very strong

4. Simple Linear Regression Analysis

Simple linear regression analysis was used to determine the extent of the influence of psychological factors on athlete performance. The regression model is formulated as $Y = a + bX$

Information:

Y = Athlete Achievement

X = Psychological Factors

a = Constant

b = Regression Coefficient

The significance of the regression model was tested using an F-test with a significance level of 0.05. If the significance value is <0.05, psychological factors significantly influence athlete performance.

Results

The research was conducted on February 9, 2026, at the Club Monster Basecamp in Gubug District, Grobogan Regency. The results of the study analyzed psychological factors affecting the decline and improvement of Taekwondo athletes' performance at Club Monster. The results are presented in the description below:

1. Descriptive statistics

Table 1. Descriptive statistical results

Statistics	Psychological Performance	
N (valid)	32	32
Mean	87.19	31.25

Statistics	Psychological Performance	
Std. Error	1,485	0.58
Median	89.00	31.00
Mode	92	30
Standard Deviation	8,399	4,853
Variance	70,544	23,548
Range	38	25
Minimum	62	15
Maximum	100	40
Amount	2790	1000

Based on the results of descriptive statistical analysis, a description of the data obtained from two research variables, namely psychological and achievement, with a total of valid data of 32 respondents and 1 data declared missing. In the psychological variable, the average value (mean) of 87.19, median 89.00, and mode 92 indicates that in general the level of psychological condition of respondents is in the high category. The standard deviation of 8.399 indicates a relatively moderate distribution of data, so that the difference in psychological conditions between respondents is not too large. The lowest psychological score recorded was 62 and the highest 100, with a value range of 38 and a total score of 2790, which indicates that the majority of respondents have a good and stable mental condition.

In the achievement variable, the average value (mean) was 31.25, the median was 31.00, and the mode was 30, indicating that the respondents' achievement level was in the fairly good category. The standard deviation of 4.853 indicates that the variation in achievement was relatively homogeneous, so that achievement achievements between respondents did not differ significantly. The minimum achievement value was 15 and the maximum was 40 with a range of 25. This finding illustrates that the achievements of athletes at the Monster Gubug Club tend to be evenly distributed, although still at a fairly good level.

Due to the presence of one missing data point, the descriptive analysis used a listwise deletion method, meaning only complete respondent data were counted in the analysis. With a relatively small amount of missing data (approximately 3% of the total sample), the impact on the mean, median, and standard deviation was minimal and did not distort the data distribution. Therefore, the descriptive statistics obtained remain representative in describing the athletes' psychological condition and performance, and provide a suitable basis for further analysis at the hypothesis testing stage.

2. Prerequisite test

The prerequisite analysis test is used as a requirement before conducting a hypothesis test. In this study, the prerequisite test, or classical assumption test, uses two tests: the normality test and the homogeneity test.

a. Normality Test

The normality test is used to determine whether the variables in a study have a normal distribution. The normality test is calculated using the Kolmogorov-Smirnov formula with the help of SPSS software as follows:

Table 2. Normality Test Results

Statistics	Mark
N	32
Mean Residual	0.000
Standard Deviation	458,410
KS Statistics	0.115
Sig. (2-tailed)	0.200

The data normality test in this study was conducted using the One-Sample Kolmogorov–Smirnov Test on unstandardized residual values. This test aims to determine whether the research data is normally distributed as one of the prerequisites in parametric statistical analysis. Based on the results of the normality test, the number of data analyzed was 32 respondents. The Kolmogorov–Smirnov statistical value was 0.115, with an Asymp. Sig. (2-tailed) value of 0.200. This significance value is greater than the specified significance level, which is 0.05 ($p > 0.05$). These results indicate that the residual data in this study is normally distributed. Thus, it can be concluded that the normality assumption is met, so that the data is feasible and meets the requirements to proceed to the next stage of analysis, namely parametric statistical analysis such as correlation or regression tests.

a. Linearity Test

The linearity test aims to determine whether there is a linear relationship between the independent variable (psychological factors) and the dependent variable (athlete performance). The linearity test is an essential requirement in Pearson correlation analysis and linear regression.

Table 3. Linearity Test Results

Source of Variation	Sum of Squares	df	Mean Square	F	Sig.
Linearity	78,564	1	78,564	2,335	0.150
Deviation from Linearity	214,019	17	12,589	0.374	0.970
Within Groups	437,417	13	33,647		
Total	730,000	31			

Based on the results of the linearity test, the significance value of Deviation from Linearity was 0.970, which is greater than the significance level of 0.05 ($p > 0.05$). This result indicates that there is no deviation from the linear line, so the relationship between psychological variables and achievement can be stated as linear. In addition, the significance value of the Linearity component is 0.150, which is also greater than 0.05. This indicates that the linear relationship between psychological variables and achievement is not statistically significant, but still meets the linearity assumption. Thus, it can be concluded that the linearity assumption is met, so the relationship between psychological variables and achievement is worthy of being analyzed using parametric statistical techniques, such as the Pearson correlation test or regression analysis. Although the relationship is not significant, the pattern of the relationship formed still shows a linear trend.

b. Homogeneity Test

The homogeneity test is used to determine whether variables are homogeneous or not. A homogeneity test is a test of differences between two or more populations. The

purpose of a homogeneity test is to determine whether the samples taken have uniform variance.

Table 4. Results of Homogeneity Test

Calculation Basis	Levene Statistics	df1	df2	Sig.
Based on Mean	1,817	9	13	0.159
Based on Median	0.637	9	13	0.748
Median (adjusted df)	0.637	9	3,611	0.736
Trimmed Mean	1,517	9	13	0.240

Based on the results of the homogeneity of variance test, the Levene Statistic value obtained based on the mean was 1.817 with a significance value (Sig.) of 0.159. This significance value is greater than the established significance level of 0.05 ($p > 0.05$). The results of this test indicate that the variance of achievement data between groups is homogeneous.

The homogeneity test results were further strengthened by tests based on the median, median with adjusted df, and trimmed mean, all of which showed significance values greater than 0.05. This indicates that there were no significant differences in variance between the data groups. Therefore, it can be concluded that the assumption of homogeneity of variance is met, making the achievement data in this study suitable and suitable for further statistical analysis.

3. Advanced analysis techniques

a. Correlation test

Table 5. Correlation test results

Variables	Psychological Performance
Psychological (r) 1,000	0.328
Sig. (2-tailed)	0.067
N	32

Based on the results of the correlation analysis using the Pearson Product Moment test, the correlation coefficient value between psychological variables and achievement was obtained at $r = 0.328$. This value indicates a positive relationship between psychological variables and achievement, meaning that the better the psychological condition of the respondents, the more likely it is to be followed by increased achievement.

However, based on the results of the significance test, the Sig. (2-tailed) value was obtained at 0.067, which is greater than the 0.05 significance level ($p > 0.05$). Thus, the relationship between psychological variables and achievement is not statistically significant. This means that although there is a tendency for a positive relationship, the relationship is not strong enough to be declared significant at the 95% confidence level.

The number of respondents analyzed in this correlation test was 32. Based on the correlation coefficient interpretation criteria, the r value = 0.328 is included in the low to moderate relationship category. Therefore, it can be concluded that psychological variables have a positive but insignificant relationship with achievement. The results of this study indicate that achievement is not only influenced by psychological factors

alone, but also possibly influenced by other factors outside the variables studied, such as environmental factors, training/learning methods, and physical and technical factors. This is supported by the following correlation coefficient interpretation table:

Coefficient Interval	Relationship Level
0.00 – 0.199	Very Low
0.20 – 0.399	Low
0.40 – 0.599	Currently
0.60 – 0.799	Strong
0.80 – 1,000	Very strong

Based on the correlation coefficient interpretation criteria above, the r value = 0.328 is included in the low to moderate relationship category, so it can be concluded that psychological factors contribute to achievement, but are not the dominant factor that determines the success of athletes. This finding indicates that athlete achievement may also be influenced by other factors outside the variables studied, such as physical condition, technique and tactics, training methods, and support from the coaching environment. The results of this study indicate that achievement is not only influenced by psychological factors alone, but also possibly influenced by other factors outside the variables studied, such as environmental factors, training/learning methods, and physical and technical factors.

b. Regression test

Table 6. ANOVA regression test results

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	78,564	1	78,564	3,618	0.067
Residual	651,436	30	21,715		
Total	730,000	31			

Table 7. Regression Coefficients

Variables	B	Std. Error	Beta	t	Sig.
Constant	14,724	8,727		1,687	0.102
Psychological	0.190	0.100	0.328	1,902	0.067

Based on the ANOVA test results, the calculated F value was 3.618 with a significance value (Sig.) of 0.067. This significance value is greater than the established significance level of 0.05 ($p > 0.05$). Thus, it can be concluded that the regression model is not statistically significant.

These results indicate that psychological variables have not been able to significantly predict or influence respondents' performance. However, the regression Sum of Squares value of

78.564 indicates a psychological contribution to performance, but this contribution is not strong enough to be declared significant at the 95% confidence level.

Thus, it can be concluded that the research hypothesis stating that there is a psychological influence on achievement cannot be accepted, while the null hypothesis (H_0) is accepted. This indicates that respondents' achievement is not only influenced by psychological factors, but also by other factors outside the variables studied, such as environmental factors, learning or training methods, as well as physical and social factors.

Discussion

Based on the results of research on taekwondo athletes in Club Monster Gubug, obtained an overview that the psychological condition of athletes is in the high category with an average of 87.19, while the athletes' achievements are classified as quite good with an average of 31.25. The median and mode values that are higher than the mean indicate that most athletes have a very good mental condition, while the moderate psychological standard deviation indicates that the variation in mental conditions between athletes is not too large, and a smaller standard deviation of achievement indicates relatively homogeneous achievement achievements. The analysis prerequisite test shows that the data is normally distributed, linear, and homogeneous so it is worthy of further analysis. The results of the Pearson correlation show a positive relationship between psychological conditions and achievement ($r = 0.328$), but it is not statistically significant ($p > 0.05$), with a psychological contribution of only 10.7%. The regression results are also not significant, so psychological factors have not been able to become the main predictor of athlete achievement, although they still play a role as a supporting factor. These findings confirm that taekwondo athletes' performance is not only influenced by mental readiness such as motivation, self-confidence, emotional control, and concentration, but also the result of a multidimensional interaction with other factors such as physical condition, mastery of techniques and tactics, quality and intensity of training, coach support, competition experience, and socio-motivational aspects. Therefore, athlete performance development needs to be carried out comprehensively by integrating the development of mental, physical, technical, and strategic aspects so that athlete performance can be optimally and sustainably improved.

In line with these findings, several previous studies have shown that psychological factors do play an important role in athlete performance, but are not always the primary determinant of achievement. Research by (Antonio, 2023) found that self-efficacy, motivation, and the coach-athlete relationship influenced performance, but these effects were influenced by other variables such as stress and burnout. Another study in the journal *Psychology of Sport and* (Ruffault, 2020) reported that mental toughness and coping strategies do not always significantly moderate the relationship between stress and performance, suggesting that psychological influences may be indirect. Furthermore, research (Kurniawan dkk., 2021) states that sports psychology is concerned with the behavior, experiences, and mental well-being of athletes, which can shape positive personalities and support performance. (Dewi dkk., 2018) emphasizes that athletic performance is determined not only by technique and tactics, but also by mental fortitude, although its influence depends on physical condition, training, and competitive experience. Thus, the results of this study reinforce previous findings that psychological factors contribute to athletic performance, but are not the sole dominant factor, but rather part of a complex and multidimensional sports performance development system.

Conclusions

Based on the results of research conducted on February 9, 2026 in Dojang Club Monster , Gubug District , Grobogan Regency , it was concluded that the psychological condition of taekwondo athletes was classified as high with relatively good and homogeneous achievements, indicating mental readiness in the form of motivation, self-confidence, emotional control, and adequate concentration; however, the relationship between psychology and achievement was only positive but not significant, and its contribution was only 10.7%, so that achievement was more influenced by multidimensional interactions such as physical aspects, techniques, tactics, training quality, environmental support, competition experience, and socio-motivational factors. This finding emphasizes the importance of comprehensive coaching that integrates continuous mental strengthening with physical, technical, and competition strategy improvements. The study has limitations in the small number of samples and comes from one club, psychological variables are still general, and other factors such as physical condition and competition experience are not measured. Therefore, further research is recommended to involve a wider sample from various clubs or regions, examine more specific psychological dimensions, and include physical variables, techniques, training intensity, and competition experience to obtain a more comprehensive picture of the determinants of taekwondo athlete achievement.

Acknowledgment

The author would like to thank the management and athletes of the Gubug Monster Club who gave permission and participated as respondents so that the research could be carried out properly.

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