



## Psychological Readiness of North Sumatra Petanque Athletes Following PON XXI Aceh–North Sumatra 2024

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### Abstract.

#### Background

Petanque, which encompasses a range of technical and skill-based disciplines, will be participating in the 21st National Sports Week (PON) held in Aceh and North Sumatra in 2024. After the competition concludes, athletes participating in petanque will likely face varying mental conditions.

#### Objectives

This study was conducted with the aim of obtaining an objective and in-depth overview of the mental state of petanque athletes after participating in the 21st National Sports Week (PON) in 2024.

#### Methods

This research is a descriptive quantitative study conducted using a survey method. The subjects were 25 petanque athletes from North Sumatra who were official participants in the 21st National Games in Aceh–North Sumatra.

#### Results

The results of the study showed that the athletes' mental condition generally ranged from "Good" to "Very Good." Based on the instrument results, the highest average score was found in the Self-Confidence and Self-Perception indicator at 19.40 (97%), followed by the Mental Planning and Strategy indicator at 19.28 (96.4%). The indicator with the lowest average score was Emotional and Stress Control at 18.76 (93.8%), indicating the need to strengthen athletes' emotional regulation.

#### Conclusion

Based on the research results above, it can be concluded that the experience of participating in the 21st National Games (PON XXI) had a significant positive impact on the mental state and psychological preparedness of North Sumatran petanque athletes across all key indicators.

**Keywords:** Mental Condition, Petanque Athletes, PON XXI.

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## INTRODUCTION

Sports have now become one of the most important forms of entertainment in the lives of Indonesian people. According to Law of the Republic of Indonesia Number 11 of 2022 Article 1 Paragraph 1 concerning Sports, sports are defined as activities involving physical, mental, and emotional aspects in an integrated and planned manner to encourage and develop physical, intellectual, social, and cultural potential. Sports are universal in nature, making them a global language that can unite people from different countries who share the same interests without requiring further explanation. In the modern era, sports have become an essential part of maintaining physical health. The availability of various sports facilities across Indonesia has made it easier for people to participate in physical activities. Some of the most popular sports in Indonesia include walking, jogging, cycling, and football.

Sports play a significant role in supporting national development. In addition to contributing to human resource development, sports also have a positive impact on the economy. Sports programs can increase the demand for goods and services while simultaneously creating employment opportunities. At the national level, hosting sports events can stimulate local economies and generate new jobs. One of the largest and most widely recognized sporting events is the National Sports Week, commonly known as the National Sports Week (PON), which has become a prestigious event in Indonesia. The National Sports Week (PON), held every four years, is a strategic effort to encourage the country's overall development. PON plays a vital role in strengthening national unity and integrity because it involves athletes from all provinces with diverse

ethnic and cultural backgrounds. Every achievement earned by participating provinces becomes an important step in enhancing Indonesia's image and dignity in the international arena. To ensure the success of the PON event, each province usually collaborates with the Indonesian National Sports Committee (KONI), which is responsible for organizing and managing the event.

The National Sports Week (PON) is one of the largest national sporting events held every four years in Indonesia. In 2024, the provinces of Aceh and North Sumatra were entrusted as hosts for the XXI PON. This event is recognized as one of the most prestigious sporting competitions in Indonesia, involving the country's best athletes from all regions. In the XXI Aceh–North Sumatra PON 2024, various sports from different disciplines were contested, one of which was pétanque, which contributed to the excitement of this annual sports competition. Pétanque, as one of the selected sports, contributed to the diversity and vibrancy of the largest sporting event in Indonesia.

The XXI Aceh–North Sumatra National Sports Week (PON) 2024 was a prestigious sporting event involving thousands of athletes from various sports disciplines in Indonesia. Every athlete participating in the XXI PON faced not only intense physical challenges but also significant mental pressure due to expectations, fierce competition, and the desire to give their best performance for the region or team they represented. The sport of pétanque, which consists of a series of technical and skill-based disciplines, participated in the XXI National Sports Week (PON) held in Aceh and North Sumatra in 2024. In this prestigious event, pétanque was not only a sporting competition but also an integral part of efforts to introduce and develop this sport, which emphasizes precision and high concentration, at the national level. However, after the competition ended, the athletes participating in pétanque likely experienced diverse mental conditions.

They may have experienced significant physical fatigue due to the intensity of training and competition, deep disappointment resulting from outcomes that did not meet their expectations or personal goals, as well as mental pressure caused by intense competition. Some athletes may even have experienced prolonged stress or psychological trauma related to their experiences during the competition. Such disturbed mental conditions often have long-term effects on their psychological well-being, influencing their ability to return to training enthusiastically or prepare for future competitions. Therefore, it is important to pay special attention to the mental recovery of athletes after major events such as PON to ensure that they can return to competition in optimal physical and mental condition.

Pétanque is a sport that requires an extraordinary level of precision, concentration, and emotional control. In every match, pétanque athletes are required to maintain sharp focus and emotional regulation because even the slightest mistake in throwing technique can significantly affect the final outcome of the game. Therefore, a healthy and stable mental condition is essential for athletes to optimize their performance on the field. Nevertheless, psychological pressure and stress experienced during competition can have a significant impact on athletes' mental conditions. Pressure to achieve expected results, whether from themselves, coaches, or supporters, often increases the mental burden they experience.

Stress resulting from intense competition, high expectations, and pressure to perform at their best often becomes a factor affecting athletes' emotional stability. If not managed properly, the impact of disturbed mental conditions can reduce athletes' performance and even worsen anxiety or trauma experienced after the competition. Therefore, it is important to understand how the mental pressure faced by pétanque athletes can affect their performance and how to support their psychological well-being so they can continue to perform optimally in every competition.

The mental condition of athletes after participating in major sporting events such as the National Sports Week (PON) plays a very crucial role and deserves special attention. Mental disorders experienced by athletes after competitions can have long-term impacts on their future performance, both in routine training sessions and future competitions. Mental changes that are not properly addressed can disrupt their emotional and physical balance, ultimately hindering their progress and achievements at higher levels.

Considering the importance of mental factors in sports, it is necessary to conduct an in-depth study regarding the psychological condition of athletes after participating in an event as significant as the XXI Aceh–North Sumatra PON 2024, particularly among North Sumatran pétanque athletes. This research should include an understanding of various factors that may influence athletes' mental conditions, such as stress levels, high expectations, physical fatigue, and psychological pressure experienced during and after the competition. Identifying these factors is very important because it can provide insights for coaches, sports psychologists, and related parties to design more effective and comprehensive mental recovery programs in order to support athletes' well-being and future performance. By examining more deeply how these factors interact, it is hoped that strategies can be found to mitigate negative impacts on athletes' mental health and ensure that they can return to competition in optimal physical and mental condition.

In relation to this issue, this study aims to explore and analyze the mental condition of North Sumatran pétanque athletes who competed in the sport of pétanque after the XXI Aceh–North Sumatra National Sports Week (PON) 2024. This research seeks to identify various factors affecting the psychological health of North Sumatran pétanque athletes after completing the major event, including the effects of stress, emotional pressure, physical fatigue, and the high expectations they faced during the competition. It is expected that the findings of this study will provide valuable insights for coaches, sports psychologists, team managers, and sports program administrators in designing more effective strategies and interventions to support athletes' mental well-being.

With a better understanding of post-competition mental conditions, it is hoped that concrete steps can be taken to improve athletes' future performance and create a more supportive environment for their physical and psychological development. Furthermore, the results of this study are expected to contribute to the development of training programs that focus not only on physical aspects but also on stress management and mental recovery in order to improve the long-term quality of life and well-being of athletes in Indonesia, especially North Sumatran pétanque athletes.

## METHOD

### Research Design

This research is a quantitative descriptive study. The data obtained were quantitative data obtained through a survey method using a questionnaire as a data collection technique. Descriptive research is a type of non-experimental research conducted to describe a situation or phenomenon that occurs. The survey method uses a large number of subjects, aiming to obtain information regarding the status of symptoms at the time of the study. According to Sugiyono (2016), a questionnaire is a data collection technique obtained through a series of written questions or statements addressed to respondents to be answered. This study aims to determine the mental state of PETANQUE athletes after the 21st National Games (PON) in 2024. The researcher's rationale for using this quantitative descriptive study was to obtain a picture or description of the athletes' mental state after the PON.

### Participant

The research location is the North Sumatra petanque field. A population is a generalization area consisting of objects or subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn. The population in this study is North Sumatra pétanque athletes. After knowing the population size, the next step is to determine the sample to be studied. The sample is part of the number and characteristics possessed by the population (Sugiyono, 2017: 81). The sample used was all North Sumatra petanque athletes who participated in the 21st PON Aceh, North Sumatra in 2024, totaling 19 athletes.

### Data Analysis

The method of processing the collected data is called data analysis. The focus of this study is to determine the mental state of North Sumatran pétanque athletes after the 21st National Games in Aceh, North Sumatra in 2024. Data analysis for this study used descriptive techniques represented by percentages. Furthermore, because the data used is quantitative (numerical), the results of a questionnaire filled out by North Sumatran pétanque athletes.

## RESULTS AND DISCUSSION

### Results

This study was conducted with the primary objective of obtaining an objective and in-depth description of the mental condition of pétanque athletes after participating in a national-level competition, namely the XXI National Sports Week (PON) 2024 held in the provinces of Aceh and North Sumatra. This research is important because mental aspects play a highly crucial role in influencing athletes' performance and the sustainability of their achievements, both during and after the competition. To achieve this objective, a quantitative approach was employed, focusing on numerical measurement and statistical analysis to describe the actual condition of respondents based on standardized data. The research method applied was a survey method, as it enabled the collection of primary data directly from the athletes participating in this study. The sampling technique used was purposive sampling, which is

a sampling method based on specific considerations or criteria relevant to the research object. The sample in this study consisted of 19 pétanque athletes, both male and female, all of whom were official participants in the XXI Aceh–North Sumatra PON 2024.

The primary instrument for data collection was a closed-ended questionnaire developed based on psychological measurement principles. The questionnaire consisted of 30 statements arranged using a four-point Likert scale, namely:

- STS (Strongly Disagree) = 1
- TS (Disagree) = 2
- S (Agree) = 3
- SS (Strongly Agree) = 4

This study aimed to evaluate and describe the psychological condition of North Sumatran PETANQUE athletes after participating in the XXI Aceh–North Sumatra National Sports Week (PON) 2024. The study employed a descriptive quantitative approach, in which data were collected through a closed-ended questionnaire survey consisting of 30 statement items. Each questionnaire item was developed based on six main psychological indicators reflecting important aspects of athletes' post-competition mental condition, namely:

1. Self-Reflection and Performance Evaluation
2. Mental Readiness and Post-Match Motivation
3. Emotional Control and Post-Match Pressure Management
4. Post-Match Focus and Concentration
5. Self-Confidence and Self-Perception After PON
6. Post-Match Mental Planning and Strategy

The number of respondents in this study was 19 athletes, representing the population of North Sumatran PETANQUE athletes who participated in the XXI PON. The collected data were analyzed using percentages ( $P = F/N \times 100\%$ ), mean scores (Mean/M), and standard deviation (SD) to interpret the categories of athletes' mental condition into the following scales: very good, good, fair, poor, and very poor.

#### • Research Results by Indicator

The evaluation of the six psychological indicators of athletes after the competition showed that, in general, the athletes' mental condition was categorized as Good to Very Good, with average achievement levels ranging from 93.8% to 97%. The indicator of Self-Reflection and Performance Evaluation obtained an average score of 18.92 or equivalent to 94.6%, indicating that most athletes were able to objectively evaluate their performance. Meanwhile, Mental Readiness and Post-Match Motivation recorded an average score of 19.20 or 96%, indicating very good motivation and mental readiness to move on to the next stage.

The ability in Emotional Control and Post-Match Pressure Management obtained an average score of 18.76 or 93.8%, which still fell within the Good category but indicated that there is still room for improvement in stress management. Post-Match Focus and Concentration also showed an average score of 18.88 or 94.4%, reflecting mental consistency even under conditions of post-competition fatigue.

The indicator with the highest achievement was Self-Confidence and Self-Perception After PON, with a score of 19.40 or 97%, followed by Post-Match Mental Planning and Strategy, which reached 19.28 or 96.4%. Both indicators were classified in the "Very Good" category, meaning that the athletes had high self-confidence and well-developed mental planning to face future challenges.

The following table presents the descriptive statistical results for each indicator of mental condition:

**Table 4 shows descriptive statistical results for each mental condition indicator.**

NO	Indicator	Average (M)	Percentage (%)	Category
1	Self-Reflection and Performance Evaluation	18,92	94,6%	Good
2	Post-Match Mental Readiness and Motivation	19,20	96%	Very Good
3	Post-Match Emotional and Stress Management	18,76	93,8%	Good
4	Post-Match Focus and Concentration	18,88	94,4%	Good
5	Post-Match Self-Confidence and Self-Perception	19,40	97%	Very Good
6	Post-Match Mental Planning and Strategy	19,28	96,4%	Excellent

## Discussion

Based on the results of the study conducted on 19 North Sumatran PETANQUE athletes who participated in the XXI Aceh–North Sumatra PON 2024, it was found that the athletes' mental condition was generally categorized as Good to Very Good. This was reflected in the average scores across the six main psychological indicators, which ranged from 93.8% to 97%. These findings indicate that the athletes were able to maintain their psychological stability after undergoing an intense and highly competitive national-level competition.

The indicator of Self-Reflection and Performance Evaluation obtained an average score of 18.92 and was categorized as Good. Although most athletes demonstrated adequate reflective abilities, there were still 20% of athletes who fell into the low to very low categories. This suggests the need for additional training in developing self-awareness and evaluative skills.

The indicator of Mental Readiness and Post-Match Motivation showed highly encouraging results, with an average score of 19.20. As many as 60% of athletes were categorized as Very Good, indicating that the majority of athletes still possessed strong enthusiasm and high readiness to continue training and prepare for future competitions.

Emotional Control and Post-Match Pressure Management was the indicator with the lowest average score, namely 18.76. This finding requires special attention because nearly half of the athletes (48%) were categorized as moderate to very low. This emphasizes the importance of psychological interventions such as stress management training, counseling, and mindfulness-based approaches.

For the indicator of Post-Match Focus and Concentration, the average score of 18.88 indicated that most athletes were able to maintain sharp focus and mental consistency after the competition. However, the presence of athletes in the low and very low categories suggests the need to strengthen concentration and attentional strategies.

The indicator of Self-Confidence and Self-Perception After PON achieved the highest average score, namely 19.40. This demonstrates that the experience of competing in the PON helped shape a strong and positive self-perception among the athletes. No athletes showed a decline in self-confidence, leading to the conclusion that competitive achievement has a direct impact on athletes' psychological confidence.

Finally, Post-Match Mental Planning and Strategy obtained an average score of 19.28 and was categorized as Very Good. This indicates that most athletes had developed awareness in preparing psychological strategies and mental routines as part of their readiness for upcoming competitions. Nevertheless, the small group of athletes who remained in the moderate category still require guidance to optimize their mental planning capacity.

Overall, the findings of this study indicate that the mental condition of North Sumatran PETANQUE athletes after the XXI PON was generally positive. However, structured mental assistance and development programs are still needed, particularly in the areas of emotional control and self-reflection enhancement. These findings can serve as a foundation for coaches, sports psychologists, and sports administrators in designing adaptive and data-driven psychological interventions.

## CONCLUSION

Based on the data analysis and discussion, several important conclusions can be drawn, as follows:

- 1) The mental condition of North Sumatra PETANQUE athletes after the 21st PON Aceh-Sumut 2024 was good to excellent, based on the six psychological indicators analyzed.
- 2) The Self-Confidence and Self-Perception indicators were the most prominent aspects, with the highest scores, indicating that the athletes believed in their abilities.
- 3) The indicator with the lowest scores was Emotional Control and Stress, indicating that a number of athletes still needed more intensive psychological support to cope with post-match stress.
- 4) Factors that significantly influenced athletes' mental condition included social support, competitive experience, mental training strategies, and individual psychological readiness.

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## AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Taufan Arif Wahidin, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Dicky Hendrawan and Eka Abdurrahman performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in manuscript revisions, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

## CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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