

The Relationship Between Self-Concept with Social Interaction Quality of Football Team

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Abstract: A field observation of the football teams that showed unfavorable social interaction on several teams is the background of the study. It is assumed that lack attention of interaction within the team can be annoyance at the football team-work. The main purpose of the study is to show the relationship between self-concept of athletes with quality of social interaction of UPI football team. The method used is descriptive method. The population is the athletes from Male group of UKM UPI football team whom regularly take the football training course amounted to 79 people, with the sample of 30 athletes, using proportional random sampling technique. The Instrument used in this study is questionnaire, which contains about self-concept and quality of social interaction. The study concludes that there is a significant relationship between self-concept of athletes and social interaction quality of football team. Athletes mostly show positive self-concept and high quality social interaction. However, the level of relationship between the variables with the determination between variables is quite small. There are other factors that may affect the team's social interactions in addition to the athletes' self-concept.

1 INTRODUCTION

In social life, communication is an important aspect of life since ancient times to the present. The fulfil of needs, and many aspects of lives will depend on communication. Just as expressed by Wilbur Schramm in Wijaya (2012) states without communication, it is impossible to form a community. The opinions above confirm that communication is important to avoid improper individual attitude that leads to uncivilized society. Society is the main issue in a development. That means communication has an important role in development.

Nowadays, development in the field of sport continues concerned by the Indonesian government. It seems that development in other sectors is difficult to do, while the opportunities in development of the sports sector is widely open. The sports sector can support the development of other sectors, such as the economic sector or the development of human resources to be more qualified. Sport achievement is a very important part of development in the sports sector. Through the accomplishments achieved at the

international level, can raise the prestige and become a highly rank target of investment.

Achievement in doing sport cannot be gain instantly but through systematic processes and in a relatively long time period so that achievement can last longer. The process starts from a children talent search; in this case, children who have a high willingness to excel and be trained according to the level and abilities of each child. The aspects that need to be trained to achieve maximum performance is the physical, technical, tactical, and mental.

In sports team, especially in soccer or football games, it a good social interaction is absolutely needed to create a solid team. Social interaction is a foundation of a relationship within the team, in order to build a nice team-work. According to Soekanto (2002), "Social interaction is the key to all social life. On the absence of a communication or interaction with each other, a good team is hardly to create. Social interaction is a major factor in determining cooperation as a team, both on the ground and off the field, or even in everyday life. The quality of social interactions in a good team, all the obstacles and barriers faced by the team can be passed by the absence of a conflict within the team

that caused the split, so that the purpose of the team is difficult to reach.

The split in this team becomes a scourge for all the football teams from beginner to professional level. It has to be avoided by any team, but the reality on the ground is often seen that the quality of interaction less built up in a team, especially in the football team.

It is assumed that social interaction is lacking due to many things, one of them is the self-concept shown by each individual. The self-concept is an important factor in the interaction since the individual behavior is in the same line or adjusted to the concept itself. The self-concept presents all ideas, thoughts, beliefs, and the establishment of commitment known individually about himself and affects individuals in their dealings with others (Stuart and Sudden in Pramawaty, 2010). On the other words, self-concept covers all individual views of physical, personal characteristics, motivation, weakness, intelligence, and failure (Cawagas in Ikhsanudin, 2010).

The self-concept will determine social interaction within the team that led to the management of the conflicts that occur and as a strategy prepared by the trainer. This is the scope of sports psychology, especially on the psychology of coaching, where the coach should be able to cope with and anticipate the situation. Therefore, the topic of problems taken in this research, whether there is a significant relationship between self-concept and the quality of social interaction of UKM football athletes at UPI Bandung Football team?

2 METHODS

The method used is "descriptive method" in order to obtain answers regarding self-concept and the quality of social interaction in a football team that is happening at present, then it was held an analysis to determine the relationship between self-concept and the quality of social interaction team in a football game.

2.1 Population

The population of this research is all members of UKM football team of UPI Bandung amounted to 79 people, while the sample amounted to 30 people; using technique of proportional random sampling.

2.2 Research Instruments

Table 1 describes grid instrument research-self-concept variable consisting of Variables, Sub-Variable, Indicator, and Statement. Meanwhile, table 2 explains instrument of social interaction with the same aspects as those in table 1.

Table 1: Grid Instrument Research-Self Concept Variable.

VARIABLES	SUB-VARIABLE	INDICATOR	STATEMENT		Σ
			+	-	
SELF CONCEPT	AFFECTIVE (PERCEPTUAL COMPONENT)	Physical condition	5,6	2,8	4
		Body endurance	7	1,3	3
		Perceptions about others' impressions of his appearance	4,28	910	4
	KOGNITIF (CONCEPTUAL COMPONENT)	Typical characteristics	1213	25,26	4
		Ability and inability	1115	14	3
	PSIKOMOTOR (ATTITUDINAL COMPONENT)	Background and family origins	1916	1718	4
		Quality of life adjustment	20,29	24,27	4
		Feelings to be recognized and rejected by others	23	2122	3
	AMOUNT			14	15

Table 2: Instrument of Social Interaction.

VARIABLES	SUB-VARIABLE	INDICATOR	STATEMENT		Σ
			+	-	
SOCIAL INTERACTION	INCLUTION	Establish a nice relationship with others	36.63	34.39	4
		Be open and accept others as they are	45.61	37.48	4
		Engage in group activities	35.57	38.62	4
		Invite peers	40.68	41.50	4
	CONTROL	Giving instructions to friends	42.65	43.67	4
		Become a group leader	44.59	33.66	4
		Got instructions / guidance from others	31.32	30.47	4
	AFFECTION	Give attention to others	49.56	51.58	4
		Noticed/ loved by others	46	52.64	3
		Give praise for the strength possessed by others	53.60	54.55	4
AMOUNT			19	20	39

2.3 Data analysis

To answer the research question, data analysis is done as follows:

- Categorize data; based on research variables (self-concept and social interaction);
- Determines the normality and homogeneity of the data;
- Calculating correlation between research variables with statistic approach "Pearson" with formula.

$$r = \frac{\sum X_1 Y_1}{\sqrt{(\sum X_1^2)(\sum Y_1^2)}} \quad (1)$$

Note:

- Y : Correlation between variable X and variable Y
- X₁ : The difference between each score with the average value of the variable X
- Y₁ : The difference between each score with the average value of variable Y

Table 3: Guidelines for Providing Interpretation Against Correlation Coefficients.

Coefficient Interval	Relationship Level
0,00 - 0,199	Very low
0,20 - 0,399	Low
0,40 - 0,599	Medium
0,60 - 0,799	High
0,80 - 1,00	Very high

Guidelines for providing interpretation against correlation coefficients are shown in table 3. The Table contains Coefficient Interval, and Relationship Level.

3 RESULTS AND DISCUSSION

3.1 Result

3.1.1 Self Concept Profile of Men's Football Athlete

Table 4: Descriptive Statistics of Self Concept Variables.

Variable	Sample	Max value	Min value	Average	Std. Deviation
Self-concept	30	128	83	111.5	9.24

Based on normality test done on variable data in table 4, where the value of Lo equal to 0,1031 and value of L_α, with sample 30 and α = 0,05, that is equal to 0,161. Therefore, Lo (0, 1031) < L_α (0161), then the distribution of data in a distributed normal. The result variable of self-concept can be seen in Table 6.

Table 5: Descriptive Data of Normality Variable for Self Concept.

Variables	Sample	Lo	L _α	Category
Self-concept	30	0.1031	0.161	Normal

The data on table 5 obtained then divided into 2 categories, namely positive and negative self-concept. Categorizing data to see the self-concept of soccer athletes can be seen in Table 7.

Table 6: Self-image of Men's Athlete at Soccer Team.

Category	Interval	Frequency	Percentage (%)
Positive	X 102.2	26	86.7
Negative	X 102.19	4	13.3
amount		30	100

Based on the description in table 6, 26 athletes or 86.7% of 30 athletes have positive self-concept and 4 athletes or 13.3% negative self-concept. In general, UPI soccer player athletes have positive self-concept. Concept of self-athletes each indicator can be seen in Table 8.

Table 7: Self Concept illustration of Athletes Per Indicators.

Indicator	Category	Interval	Frequency	Percentage (%)
Perceptual Component	Positive	X 33.3	29	96.67
	Negative	X 33.29	1	3.33
Conceptual Component	Positive	X 23.3	27	90
	Negative	X 23.29	3	10
Attitudinal Component	Positive	X 34.4	27	90
	Negative	X 34.39	3	10

Table 7 above shows that as many as 29 athletes or 96.67% of athletes have a positive self-concept on indicators of perceptual component and one athlete or 3.33% have a negative self-concept on indicators of perceptual component. At the conceptual component indicators drawn 90% or 27 athletes in the positive category and 10% or 3 athletes in the negative category. For attitudinal component indicator, as much as 90% or 27 athletes in the positive category and 10% or 3 athletes in the negative category.

3.1.2 Social Interaction Quality Profile of Male Team of UKM Football Team UPI

Table 8: Descriptive Statistics of Social Interaction Variables.

Variable	Sample	Max value	Min value	Average	Std Deviation
Social interaction	30	177	106	150.4	15.74

The above data on table 8, is the result of the analysis conducted on the social interaction variable obtained a minimum value of 106; maximum value of 177; an average of 150, 4; and standard deviation

of 15.74. From these results can then be made categorization of social interaction data that is divided into 3 categories namely high, medium, and low.

This categorization is used to determine a general overview of the quality of social interactions of football team. The calculations done by level categorization system, which aims to put the data into separate groups gradually. The following is the categorization of data for variable interactions, which can be seen in table 9.

Table 9: Social Interaction Images of Male Athletes on Football Teams.

Category	Interval	Frequency	Percentage (%)
Low	X < 91	0	0
Medium	91 X 143	7	23.33
High	X > 143	23	76.67
Amount		30	100

Social interaction images of male athletes on football teams are shown in table 9.

Table 10: Overview Quality Indicators Social Interactions Per Athletes.

Indicator	Category	Interval	Frequency	%
Inclusion	High	X > 69.99	3	10
	Medium	54.67 X 69.99	24	80
	Low	X < 54.67	3	10
Control	High	X > 49.42	3	10
	Medium	40.64 X 49.42	23	76.67
	Low	X < 40.64	4	13.33
Affection	High	X > 47.95	3	10
	Medium	38.11 X 47.95	23	76.67
	Low	X < 38.11	4	13.33

The data on table 10 above shows the overview quality of social interactions per indicator, as much as 10% or 3 athletes who have a high quality, 80% or 24 athletes of medium quality, and 10% or 3 low-quality athletes for inclusion indicators. In the control and affection indicators of 3 athletes or 10% of high quality, 23 athletes or 76.67% of medium quality, and 4 athletes or 13.33% of low quality.

Based on normality test done on variable data, where the value of L_o equal to 0,1438 and value of L_α , with sample 30 and $\alpha = 0,05$, that is equal to 0,161. Therefore, $L_o (0,1438) < L_\alpha (0,161)$, then the distribution of the data on self-concept variables is normally distributed.

Table 11: Descriptive of Normality Data for Quality of Team Social Interaction Variable.

Variables	Sample	L_o	L_α	Category
Social interaction	30	0.1438	0.161	Normal

Descriptive of normality data for quality of team social interaction variable on table 11.

3.1.3 Relationship Between Self Concepts with Quality of Social Interaction of Athletes in UPI Football Team

Correlation test was conducted to determine whether there is a significant relationship between self-concept and the quality of social interaction UPI Football team. Correlation at this research using a statistical approach of Pearson. Based on calculations carried out, the correlation coefficient is 0,52. The correlation coefficient indicates that there is a relationship between self-concept of the athlete with the quality of social interaction of athlete in UPI football team.

After the correlation test, then the next step is to test the significance. From the calculation results, obtained t value by 3,2213 and the value of t table of 2.048. Criteria for correlation significance testing is: if $-t_{table} \leq t_{count} \leq t_{table}$, Then H_0 is accepted or correlation is not significant. counting obtained $t_{hitung} (3,221) > t_{table} (2,048)$, Then H_0 is rejected or there is a significant relationship between self-concept of social interaction of athletes with the quality of the football team UPI. Determination on the relationship of self-concept and social interaction quality teams by 27,07%. Correlation coefficient and data determination is shown in table 12.

Table 12: Correlation Coefficient and Data Determination.

Correlation coefficient	Determination	t	t table	Category
0.52	27.07	3.221	2.048	Correlation is moderate and significant

3.2 Discussion

Based on the processing and analysis of data from research studies have been done on the relationship between the self-concept of social interaction of athletes with the quality of the team, then the result that there is a significant relationship between self-concept of social interaction of athletes with the quality of the teams in the game of football. To corroborate these findings, the authors take the opinion of Stuart and Sudden in Pramawaty (2010), that the factors that influence the development of self-concept is a theory of development, significant other (the most important or closest), and self-perception (perception of oneself)". From the above theory, there are three factors that affect the athlete's self-concept, one of them is significant other synergy with social interaction. Social interaction should not be forgotten in the development of self-concept. Social interaction will give the perception of the athlete, and social interaction within the team is a necessity or need for athletes to achieve the

goals, both individual goals and objectives of the team itself. According to Raimy in Burns (1993) said that "What is believed by a person about himself is a factor in understanding social towards other people." Athletes who have a positive self-concept may accept other people around them, especially those in direct contact with him. Fey in Burns (1993), argues that men who accept themselves high (positive self-concepts) are more receptive to others, estimating their own popularity higher than men who accept themselves less.

According to Shaw in Son (2011), asserts that social interaction is "an exchange of interpersonal each person shows their behavior to one another in their presence, and each behavior influence each other." The concept itself is part of the personality that affect the quality of social interaction in the team. Athletes will behave according to the personality he owns, then the athlete should be able to customize the personality that included a self-concept, the state of the team and other athletes so there is synchronization of each individual. According to Ahmadi (2009), "The relationship is about the effort in adjusting and the adjustment can be by way of so-called autoplatic, that person must adjust the surrounding environment." Acceptance of oneself will make individuals better enjoy going to the reception of surrounding environment. Burns (1993) says that the self-accepting person views the world as a more pleasant place than one who rejects himself and is less defensive towards others and about himself because of his attitude. Singgih in Husdarta (2010) points out that, team cohesiveness is an indispensable force in order to be able to show the best game. Being a unity in the team, through good interaction process, become its unique power to achieve maximum performance.

Anshel (1990) argues that "Coaches should be aware of the need of most athletes to belong-to affiliate with other team members." From these opinions can be concluded that the coach should be able to control the interaction that occurs between individuals within the team in order to be a unity. It can be controlled with the participation of individuals in building a good social interaction, thus becoming a dynamic team. The process of making friends and developing into a cohesive, supportive group is the best understood as a process of group dynamics (Anshel, 1990). Dynamic team will increase the cohesion within his own team and create an atmosphere that coaches and athletes want to have, a state where all team members feel comfortable. It is the formation of the team climate or constructive climate. By Anshel (1990),

constructive climate is when the atmosphere is relaxed and nontreatenig, athletes feel more comfortable in engaging in direct, honest communications with Reviews their coach and teammates.

In a dynamic team, each member of the team aware of the role that should be run. Role according to Boeree (2010) is shared expectations regarding the functions in the community. Functions in a team are shared based on the capabilities and should be realized individually. By realizing the capability, the role will be properly carried out. In this case, the trainer should be able to discuss well about the role and ability of each athlete. The trainer can control how the role of each athlete, so as to minimize the problems that arise. A common problem in a team is a misunderstanding between each athlete, a matter that can damage and climate interactions in the team.

The results of this study suggest that there is a significant relationship between variables with moderate level of correlation and determination of small data, it is likely caused by a lack of attention coaches and athletes on the social aspect, especially on the concept of self and social interaction team. The coach or athlete is more focused on the physical aspects, techniques, and tactical. Therefore, athletes and coaches themselves must realize the importance of psychology in the team, especially on the self-concept of the athletes and social interaction within the team. It is intended to prevent and deal with the effects of psychological aspects. Handlers and prevention can be done through training psychology, may be the formation of personality or a game of co-operation in outbound activities that can improve the cohesion of the group (a feeling shared in a group).

In coaching the self-concept of athletes, coaches, and trainers should be able to maintain and direct the self-concept towards the positive way. The steps that can be done is to find and recognize the negative and positive things in the athlete, to give direction to be open to accept the views of others about themselves, and try to appreciate each effort or the work itself. A comfortable and pleasant environment can direct the athlete's self-concept into a positive way.

4 CONCLUSIONS

Based on processing and analysis of data in this research, it can be concluded that there is significant relationship between self-concept of athlete with quality of the team social interaction. The Relationship is ranged on the average level of coefficient correlation.

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