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# INFLUENCE OF EMOTIONAL INTELLIGENCE, PHYSICAL FITNESS AND COPING STRATEGIES ON FOOTBALL PERFORMANCE ATHLETES

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**Abstract** This research aims to determine the direct and indirect influence of emotional intelligence, physical fitness and coping strategies on football performance. The population in this study was 66 athletes from POPDA Banten 2024 using a purposive sampling technique. Data was collected using questionnaires and documentation in the form of match videos. The data was then analyzed using the path analysis method with a quantitative approach. The path coefficient value of emotional intelligence on physical fitness is 0.696; *sig*= 0.000<0.05 which means that emotional intelligence has a positive effect on physical fitness. The path coefficient value of coping strategies on physical fitness is 0.571; *sig*= 0.002<0.05, which means that coping strategies have a negative effect on physical fitness. The path coefficient value of physical fitness on football performance is 0.571; *sig*= 0.048<0.05 which means that physical fitness has a positive effect on football performance. The path coefficient value of emotional intelligence and physical fitness on football performance is 0.510; *sig*= 0.000<0.05 which means that emotional intelligence has a positive effect on football performance. The coefficient value of coping strategies and physical fitness on football performance is -0.470; *sig*= 0.000<0.05 which means that coping strategies have a negative effect on football performance.

**Keywords:** emotional intelligence; coping strategies; physical fitness; football performance

## INTRODUCTION

Becomes*tudent-athlete*is a feeling of pride, apart from achieving academic achievements*student-athletes*also excels in his athletic field. *Student athlete*has an obligation to balance academic achievement and academic achievement (Adi, 2018). According to (Jensen et al., 2014) *Student-athletes*unlike regular students, they must juggle the time demands of their academic and athletic obligations. As a student, the obligations that must be carried out are to take part in learning, do assignments and get the standard passing grades set by the school and as an athlete the obligation to take part in a series of training programs and get achievements in championships.

According to Cooper & Peter in (Azkiyati, 2018) Multiple role conflict arises when individuals in certain roles are confused by demands or having to do something different from what they want. If*student athlete*If you can overcome psychological disorders well. psychological factors will determine whether your career will progress or not *student-athlete*in academic and athlete achievement. This unique challenge must be supported by good athlete psychology. The athlete's performance in carrying out all his duties is optimal.

In sports achievements There are 4 components that must be trained, namely; 1. Physical 2. Technical 3. Tactical 4. Psychological, it all becomes one inseparable unit. In Indonesia, sports still focus on physical, technical and tactical development, one of which is football. The psychological development of athletes is still neglected, even though athlete psychology is one of the determining factors in success when competing. If physical, technical and tactical conditions have been trained optimally without mental training, all physical, technical and tactical training processes will be biased in the sport of football because external (mental) factors influence everything, especially since the pressure from supporters in the sport of football is extraordinary. . In line with the opinion of (Sivrikaya, 2019) that sports psychology has become an important part of the sport of football and is a factor in success or failure for athletes when competing.

Athletes with trained emotional intelligence can manage their emotional feelings, then this information will be processed through appropriate responses influential to performance. Emotional

intelligence is important in supporting athlete performance because emotional intelligence is the ability to monitor and differentiate the feelings and emotions of oneself and others, then use this information to guide one's thoughts and actions (Cobb & Mayer, 2000). However, in non-formal interviews that I conducted, several trainers said that emotional intelligence training was not carried out specifically. In line with that (Blegur & Mae, 2018) revealed that currently coaches rarely admit and state that the athletes they coach have been taught skills and strategies.

According to (Goleman, Daniel 2003) emotional intelligence is the ability to recognize our own feelings and the feelings of others, the ability to motivate ourselves and the ability to manage emotions well in ourselves and in relationships with other people. There are five components in emotional intelligence, namely; 1. *Self-Awareness* 2. *Self-Regulation* 3. Motivation 4. Empathy 5. *Social Skills*. Emotional Intelligence is a an important part connot be separated from achieving successful athlete performance, so that emotional intelligence runs well, an athletes fitness must also be in top condition.

An athlete's fitness must be trained continuously in order to reach the highest point of performance when playing football for 90 minutes, therefore fitness is one of the factors that supports athletic performance in each match (Taufik et al., 2021).

Athlete performance can be determined by several factors, including physical fitness which includes cardiovascular, respiratory, endurance, strength, speed, power, coordination, flexibility and agility (Ningsih, 2016). Not infrequently the result of solid training with high intensity causes*student-athlete* fatigue during training and especially at school. If*student-athlete*not being able to balance the two will have an impact on performance. The inability to balance academic and non-academic will trigger psychological disorders. In line with this (Nicholls et al., 2008) revealed that the inability to overcome psychological disorder is importan factor in athlete failure. For this reason, athletes must gave special strategies to overcome these disorders by using coping strategies.

According to (Carver & Connor-Smith, 2010) Coping strategies are efforts to prevent or reduce threats,

dangers and losses and those related to difficulties. Coping strategies help *student-athletes* in overcome, control and find solutions to challenges, problems and obstacles that are detrimental to oneself which will cause psychological disorders. The inability to cope with stress is an important factor in an athlete's failure to function fully in many types of athlete performance (Lazarus, 2000). Therefore*student-athlete*must handle the pressure not only for the athlete's performance but also for a satisfying experience in a competition. There are three dimensions of coping strategies developed according to (Carver et al., 1989), namely; 1. *Problem-focused coping* 2. *Emotionally focused coping* 3. *Less usefull coping*

After examining several scientific literature over the last decade with discussions regarding the relationship emotional intelligence, physical fitness and coping strategies with football performance, many studies have discussed emotional intelligence, physical fitness and coping strategies which are associated with athlete performance. Search results from several scientific literature search engines show that the factors that influence athlete performance include emotional intelligence, physical fitness and coping strategies. Research (Kopp & Jekauc, 2018) revealed that emotional intelligence is a supporting factor in the performance of football players. This research shows that there is a relationship between emotional intelligence and the performance of amateur Spanish football athletes. Other research also states that there is a relationship between physical fitness and factors that influence athlete performance (Dillon et al., 2018). Coping strategies are a construct from psychological science developed in the world of sports, research results (Luthfi Fathan Dahriyanto, 2018) Coping strategies are one way to overcome the lack of synchrony between environmental demands and the athlete's ability to overcome them, respondents in the research This U-17 National Team shows that there is a significant relationship between coping strategies and football performance. Previous research only focused on explaining the relationship between emotional intelligence and physical fitness with basic football technical skills or football playing skills, rather than discussing

strategy. *student- athlete*to treat psychological disorders in athletes.

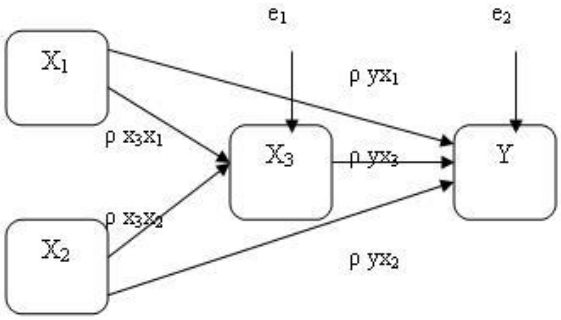
Based on this phenomenon, it is important for athletes to have emotional intelligence, physical fitness and coping strategies for performance. So, researchers looked at the psychological factors that influence football performance which is important for*student-athletes*by using coping strategies and having emotional intelligence. Researchers are interested in research with the title "The Influence of Emotional Intelligence, Physical Fitness and Coping Strategies on Football Performance *Student-Athletes* POPDA Banten 2024"

## METHOD

The research method used is a quantitative approach using path analysis techniques (*path analysis*). Path analysis is used to analyze the pattern of relationships between variables with the aim of knowing the direct or indirect relationship between a set of independent variables (exogenous) and the dependent variable (endogenous).

The variables that will be studied in this research are three exogenous variables and one endogenous variable. The exogenous or independent variable consists of emotional intelligence (X1), coping strategies (X2), and physical fitness (X3) and the endogenous or dependent variable is football performance (Y). The pattern of relationships between research variables can be seen in the following picture:

**Figure 1.** Pattern of Research Variables




The sampling technique in this study used purposive sampling with the category of district/city football teams which were the 3 finalists in POPDA Banten 2 years previously, totaling 66 athletes. This research uses questionnaire data collection techniques and documentation in the form of videos.

## RESULTS AND DISCUSSION

The normality test is carried out to determine whether the data is normally distributed. The following is the normality test calculation.

**Table 1.** Data Normality Tets Results

| *Kolgomorov-Smirnov* | Asymp. Sig |
|---|---|

| | |
|---|---|
| Intelligence Emotional | 0.200 |
| Strategy Coping | 0.172 |
| Physical Fitness | 0.200 |
| Performance Football | 0.200 |

Based on the normality test carried out using the test *Kolmogorov-Smirnov* Data is declared to be normally distributed if the significance value obtained exceeds 0.05. The normality test results for emotional intelligence were 0.200, coping strategies 0.172, physical fitness 0.200 and football performance 0.200. It can be concluded that all variables are normally distributed because the significance value obtained is > (0.05). The next step is to carry out path analysis.

**Tabel 2. Hasil Jalur Koefisien Sub Struktural 1**

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|---|---|---|---|---|---|---|
| | | B | std. Error | Beta | | |
| 1 | (Constant) | 51.47 | 3.587 | | 4.3 | 0 |
| | Inteligence Emotional | 0.189 | 0.047 | 0.69 | 4.00 | 0 |
| | Physical Fitness | -0.26 | 0.079 | -0.57 | =-3.2 | 0.002 |

Based on table 2 above in colum strandardized coefficient (Beta) can be deduced $\rho_{X3X1}$= 0.696; t= 4.005; sig= 0.000 < 0.05, which means that emotional intelligence has a positive effect on physical fitness. The magnitude of the influence of the emotional intelligence variable on physical fitness is 0.6962 x 100% = 48.44% while $\rho_{X3X2}$= -0.571; t= -3.287; sig= 0.002 < 0.05, which means that coping strategies have a negative effect on physical fitness. The magnitude of the influence between the coping strategy variables on physical fitness is -0.5712 x 100% = 32.60%

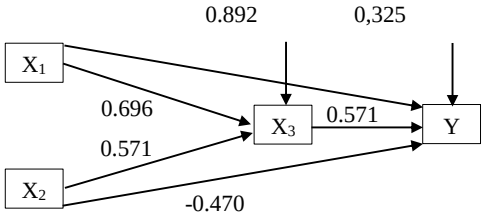
**Tabel 3.** Path Coefficient Results Sub Structural 2

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 7.516 | 3.993 | | 1.88 | 0.065 |
| | Intelligence Emotional | 1.040 | 0.051 | 1.034 | 20.33 | 0.000 |
| | Strategy Coping | -0.288 | 0.027 | -0.470 | -10.65 | 0.000 |
| | Physical Fitness | 0.099 | 0.049 | 0.101 | 2.02 | 0.048 |

Based on table 3 above in columns *standardized coefficient* (Beta) can be deduced PYX1= 0.510; t= 20.339; *sig*= 0.000 < 0.05, which means that emotional intelligence has a positive effect on football performance. The magnitude of the influence of emotional intelligence on football performance is 0.5102x 100% = 26.01% while ρYX2= -0.470; t=10.659; *sig*= 0.000 < 0.05, which means that coping strategies have a negative effect on football

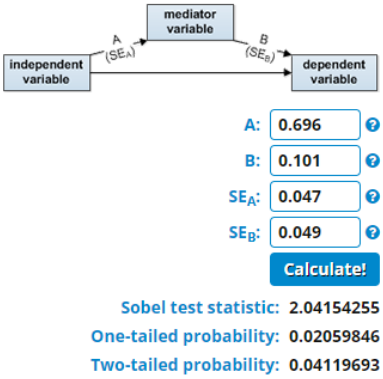
performance. The magnitude of the influence of coping strategies on physical fitness is -0.4702x 100% = 22.09% and ρYX3=0.571 t= -2.021; *sig*= 0.048< 0.05, which means that physical fitness has a positive effect on football performance. The magnitude of the influence of physical fitness on football performance is $0.571^2$ x 100% = 32.60%.

**Figure 2. Coefficient Path Diagram**



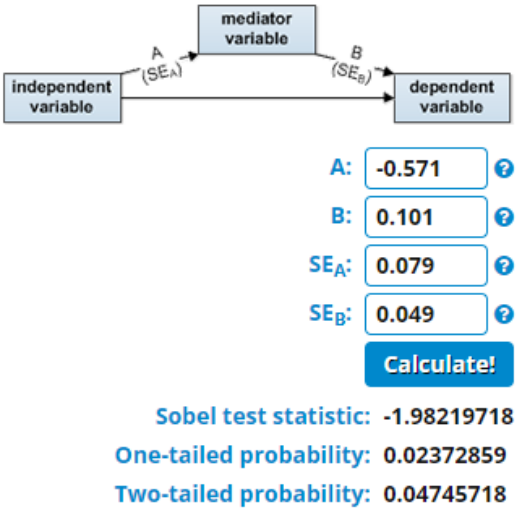

After getting the coefficient value direct path of influence. The next variable calculates the indirect effect using the Sobel test between emotional intelligence on football performance through physical fitness and the influence of coping strategies on football performance through physical fitness.

**Figure 3. Sobel Test 1**




The results of the Sobel test calculation show that the one-way probability value is 0.020 < 0.05. So it can be concluded that the emotional intelligence variable (X1) has an indirect effect through physical fitness (X3) on football performance (Y)

**Figure 4. Sobel Test 2**




The results of the Sobel test calculation show that the two-way probability value is 0.047 < 0.05. So it can be concluded that the emotional intelligence variable (X1) has an indirect effect through physical fitness (X3) on football performance (Y)

## CONCLUSION

The conclusion that can be drawn from this research is that emotional intelligence, coping strategies and physical fitness can influence football

performance. Apart from physical, technical and tactical factors in football matches, psychological factors greatly influence football performance. Therefore, psychological training can help improve football performance which will influence the achievements of POPDA Banten athletes in 2024.

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