

## Emotional Regulation Among Athletes with Disabilities

Rafinaxa Fathir Arisislam<sup>1</sup>, Eva Nandha Jalma Yael<sup>1</sup>, Endang Lestari<sup>1</sup>, Maya Nisaul Magfiroh<sup>1</sup>,  
Miftakhul Jannah<sup>1</sup>

<sup>1</sup>*Department of Psychology, State University of Surabaya, Surabaya, Indonesia*  
[rafinaxa.21004@mhs.unesa.ac.id](mailto:rafinaxa.21004@mhs.unesa.ac.id); [eva.21045@mhs.unesa.ac.id](mailto:eva.21045@mhs.unesa.ac.id); [endang.20020@mhs.unesa.ac.id](mailto:endang.20020@mhs.unesa.ac.id);  
[mayanisaulmagfiroh@gmail.com](mailto:mayanisaulmagfiroh@gmail.com); [miftakhuljannah@unesa.ac.id](mailto:miftakhuljannah@unesa.ac.id)

**Abstract:** People with disabilities often find it difficult to achieve emotional balance, especially those who become professional athletes. This study aims to discuss the regulation of emotions in athletes with disabilities in East Java. This research approach uses a quantitative descriptive method. The population in this study were athletes with disabilities NPCI East Java with a total of 69 people with an age range of 14-57 years and gender as many as 56 men and 13 women. To obtain data, this study used Gross and Thompson's (2007) emotional regulation scale. The data analysis technique used descriptive statistics presented in tabular form. Based on the results of data analysis, it was found that out of 69 athletes with disabilities, there were 19 people with a low level of emotional regulation, 49 people with a moderate level of emotional regulation, and 1 person with a high level of regulation.

**Keywords:** Emotion regulation, disability sports, disabled athletes

## 1 INTRODUCTION

Sport is a structured and directed activity that helps in cultivating, motivating, and increasing various positive potentials that are physical, spiritual, or social (Wijayanti et al., 2016). In sports, there are various positive things ranging from the value of competition, struggle, cooperation, respect, communication, integration, physical endurance, togetherness, responsiveness, honesty, mental responsibility, leadership, wisdom in decision making, and sportsmanship (Kemenpora, 2017). Sports activities are favoured by many people because they do not require many requirements and everyone has the right to follow them (Wijayanti et al., 2016). As an activity that promotes healthy life and inclusiveness, sports can also be done by persons with disabilities. Persons with disabilities are people who have physical, mental, intellectual or sensory limitations for a long time, which when faced with various obstacles, this can make it difficult for them to participate fully and effectively in society based on equal rights (Wijayanti et al., 2016). Sports for people with disabilities is a means to explore their potential, interests, and sports talents (Wijayanti et al., 2016). Sport itself, seen from its purpose, can be divided into two types, namely recreational sports and competitive sports. Recreational sports have the aim of entertaining while building and developing physical fitness, while competitive sports have the goal of becoming a champion and getting achievements in a competition. Sports achievements not only require technical skills in sports and physical health, but also on the psychological state and mental toughness of an athlete (Kliwon & Sarwanto, 2019). The tight schedule of training and preliminary rounds, the complexity of the strategies drawn up, and more patience to stay focused when dealing with enemies when competing, sometimes create a burden if the athlete is not mentally ready to face it (Safitri & Jannah, 2020). Before competing, an athlete must ensure that he is in a good psychological condition (Arnold et al., 2017).

One form of psychological coaching that needs to be developed for an athlete is emotion regulation (Alfarabi et al., 2017). Emotional regulation is closely related to the state of the individual's mood in dealing with a situation that is influenced by cognitive, psychological, or behavioral (Safitri & Jannah, 2020). The concept of emotion regulation is very broad and includes conscious and unconscious psychological, behavioral, and cognitive processes. In addition, emotion regulation also adapts to emotional situations where the stimulus comes from the environment (Kliwon & Sarwanto, 2019). According to Gross, emotion regulation is a process, which takes place outside and within the individual, conscious and unconscious of the influence of the emotional components that combine, make it happen, follow the situation from the facts, and the consequences will occur (Gross &

Thompson, 2007). Gross then divides emotion regulation into two components, namely reappraisal and suppression. Reappraisal is a cognitive change in offering the negative impact of emotions and explaining aspects of the event of the release of positive emotions. Suppression is a form of modulating response that inhibits behaviour continuously through suppression of emotions. Gross & Thompson (2007) then divides the regulatory aspects into 3, namely: emotions monitoring, emotions evaluating, and emotion modification. Emotions monitoring is an individual's ability to understand and be aware of the processes that occur in him, his feelings, thoughts and the background of his actions as a whole. Emotions evaluating is an individual's ability to see their experiences from the positive side and can make people to learn from their experience. Emotions modification is an individual's ability to survive while facing problems and continue to get through all obstacles in his life. Meanwhile, there are 4 factors that influence emotion regulation, these are: age, gender, religiosity and personality of each individual (Rusmaladewi et al., 2020).

According to the results of research belong to Gross & Thompson (2007) said individuals who have good emotional regulation will reassess emotions and can control instructions on anxiety suppression, on the contrary individuals who have poor emotional regulation cannot reassess emotions in order to control themselves. According to research from Kliwon & Sarwanto, (2019), there is a correlation between emotion regulation on athletes' sports performance. Meanwhile, according to research conducted by Nugroho, emotion regulation is an important psychological component that needs to be fostered by coaches of athletes with disabilities (Nugroho et al., 2019). Athletes who are able to regulate emotions well tend to show more positive forms of emotion, on the other hand, if athletes are less able to regulate emotions, they tend to express negative emotions. Athletes who have good emotional regulation are able to overcome the sports anxiety they experience by preparing and sorting out the right response or attitude in regulating their emotions, proving themselves for their abilities, and focusing on the efforts that have been made to keep their emotions stable and not confused by their mind or negative emotions which is sports anxiety when going to compete (Safitri & Jannah, 2020). Based on what has been described above, an in-depth study or research is needed to determine the condition of emotional regulation in athletes with disabilities in the hope that coaches and athletes with disabilities themselves have an incentive to regulate their emotions.

## **2 MATERIALS AND METHODS**

This type of research is called descriptive statistical research using quantitative methods. Statistical research is research that provides information on the presentation data with tables, diagrams, and graphs. This study uses a quantitative approach with data collection techniques in the form of a questionnaire (questionnaire). The population in this study were 69 athletes with disabilities from East Java, consisting of 56 men and 13 women, with an age range of 14-57 years. The sampling technique in this study used saturated sampling, where all members of the population were sampled. In this study, the population of athletes came from ten sports which are athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy football, and table tennis, with three categories of disability, namely physical, intellectual disability, and disability. sensory disability. In this study, the analyzed variable was a single variable in the form of emotional regulation in athletes with disabilities. This research instrument is based on Gross & Thompson (2007). Emotional Regulation Questionnaire (ERQ) instrument, which is able to measure the reassessment of how a person can reassess and make decisions that have an impact on their emotions and measure the emphasis or emotion of the individual. The results of the regulation scale are measurements of positive and negative emotions. The emotion regulation scale in this study consisted of ten items, which are six reappraisal items and four suppression items (Safitri & Jannah, 2020). The range of assessment scores on the questionnaire for each question item is 1-4, so that the total minimum score for filling out the questionnaire is 10 and the maximum value is 40. The results of the answers on this instrument will be calculated using the help of Microsoft Excel 2013 with the formula:

$$x = \frac{x - x \min}{3}$$
$$x = \frac{40 - 10}{3}$$
$$x = 10$$

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In order to determine the worth of emotion control in athletes with disabilities, a table with three categories of emotional regulation—low, medium, and high—will be interpreted descriptively.

### 3 RESULTS

Table 1. Age of Disabled Athletes

Age Range	Score
14-21	26
22-28	13
29-35	9
36-42	7
43-49	9
50-57	5

Table 2. Category of Disability

Category	Score
Physical Disability	38
Intellectual Disability	3
Sensory Disability	28

Table 3. Disability Sports

Sports	Total
Athletic	13
Boccia	1
Badminton	9
Chess	13
Blind Judo	4
Shooting	2
Archery	2
Swimming	8
Cerebral Palsy Football	9
Table Tennis	8

Table 4. Category of Emotion Regulation

Range	Category
10-19	Low
20-20	Medium
30-40	High

Table 5. Category of Subject According to ERQ

Range	Category
10-19	Low
20-20	Medium
30-40	High

Table 6. Category of Emotion Regulation According to ERQ

Category	Frequency	Percentage
Low	19	27,54%
Medium	49	71,01%
High	1	1,45%
Total	69	100,00%

## **4 DISCUSSIONS**

Based on the results of the hypothetical average calculation, the majority of athletes with disabilities have a moderate level of emotional regulation. Specifically, there are 49 people or 71.01% of the 69 athletes with disabilities who are the subjects of this study. Emotional regulation in athletes is very important to support their activities in order to achieve the best performance. Therefore, when an athlete has difficulty regulating his emotions, he will also experience difficulties in carrying out his activities as an athlete. The subjects in this study were 69 people who came from 10 sports and had a fairly varied age range. The 10 sports included 13 athletics, 1 boccia, 9 badminton, 13 chess, 4 blind judo, 2 shooting, 2 archery, 8 swimming, 9 cerebral palsy football, and tennis. A table for eight people as for the age range of the subject itself, it is an athlete aged 14–57. In detailed 1 athlete aged 14 years old, 1 athlete aged 15 years old, 1 athlete aged 16 years old, 2 athletes aged 18 years old, 4 athletes aged 19 years old, 5 athletes aged 20 years old, 7 athletes aged 21 years old, 3 athletes aged 22 years old 34 years three people, 35 years two people, 37 years one person, 40 years two people, 42 years one person, 45 years one person, 50 years two people, 52 years one person, 56 years one person, and 57 years one person. The results of this study is different from the research conducted by Kliwon & Sarwanto (2019), where it was found that the majority of Surakarta City NPC athletes had good emotional regulation. That could happen because there is difference in research subjects.

## **5 CONCLUSIONS**

Based on the research data, it can be concluded that from the 69 athletes with disabilities in East Java consisting of ages 14–57 and divided into 10 sports is known that the emotional regulation of athletes with disabilities in East Java is mostly in the moderate category with 49 people. Then, in the low category there are 19 people, and in the high category, there is only 1 person. This category was calculated and adjusted with the ERQ scale instrument adapted from Gross and Thompson.

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