

Self Awareness of Badminton Athletes toward Healthy Lifestyle

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Abstract: This research explained about profile of badminton athletes towards healthy lifestyle. The purpose of this research is knowing profile of badminton athletes Self Awareness at UKM UPI towards healthy lifestyle, specifically to find information in healthy eating habit and sleeping habit. The lack of Self Awareness towards healthy lifestyle from badminton athletes pre match, match time, and after match season became the background of this research. The method with surveys, and questioner as instrument. The finding are (1) the picture of Self Awareness towards healthy eating habit from badminton athletes is 68% with enough criteria; (2) the picture of Self Awareness towards sleeping habit is 66% with enough criteria.

1 INTRODUCTION

Self-awareness is the ability to recognize what feeling is and why a person feels that way as well as to know the effect of one's behavior on others. Such abilities include assertiveness, independence, self-esteem, actualization (Stein and Howard in Kharis, 2014, pp. 8).

Awareness is very important for athletes. Athletes must show their skills with full awareness. The athlete must be able to control his muscles, his emotions and his thought which are integrated in his performance. When the athlete is conscious enough and focused on the task at hand, the athlete must have control to cope with various situations (Wicklund, 1975). "Sometimes, many athletes are unable to control their desire to do things that are not good for their body. Thus, the athlete is unable to control himself for the progress of his performance.

Awareness that athletes need at this time is not only exercising but also the ability to maintain his lifestyle. According Assael (in Simajuntak, 2015, p. 1), lifestyle is "A mode of living that is identified by how people spend Reviews their time (activities), what they Consider important in their environment (interest) and what they think of Themselves and the world around them (opinions)". It is generally understood as a lifestyle recognized by how people spend their time (activity), what important things that people consider from their surroundings (interests), and what people think about themselves and the world around (opinions). Lifestyle according to

Broker (in Akbar, 2012, p.10) "Some common traits of lifestyle are lifestyle as a pattern that is something done or performed repeatedly". In everyone's each life, it will be different. The way of life is not something natural, but something that is discovered, adopted or created, developed and used to perform actions to achieve a certain goal. In order that to be mastered, some ways must be known, used and familiarized. In the scope of the athlete's life which will be related to health, lifestyle that must be owned by them is certainly a healthy lifestyle. Keeping a healthy lifestyle on athletes is very important to do. But the fact is there are many athletes who are not aware of the need to make a healthy lifestyle (Feinberg, 1988).

Healthy lifestyle according to Kusmaedi (in Iqbal, 2014, pp. 8) "Healthy lifestyle is a way or method of action or appearance that is governed by certain health standards". Compared to the general public or non-athletes, the need to have a healthy lifestyle athletes should be higher due to having more severe activity affect the appearances. In other words, their lives should be balanced with a healthy lifestyle.

At this current time, a healthy lifestyle is popular among the wider community, it can be seen from the restaurant that carries out the theme of health, as well as the number of training places to set a healthy lifestyle. People begin to understand and be conscious to live healthy, and one of the way is by following a healthy lifestyle. Within the scope of the general public, people start to realize the importance of healthy living. Then, athletes in the world of sports

for achievement have an obligation to be more aware of healthy lifestyles (Bowling, 2004).

In providing the performance, athletes who are willing to have a good performance should understand that it is not merely based on how often the athlete is practicing. In addition to psychological factors, physical, tactics is a healthy lifestyle of the athlete. According to Irianto (2006, pp. 139), there are three main factors to which athletes can be said committing a healthy lifestyle, "The degree of health and fitness is influenced by three main factors, namely eating, rest, exercise". If any particular athlete has a high risk work activity, then a balanced eating arrangement is preferably needed as well as getting an adequate rest that can restore energy used.

Diet, according to Farida (in Akbar, 2012, p.15) is "The composition of the type and amount of food consumed by a person or group of persons." Healthy diet, according to Kardjono (2013, pp. 8) mentions that "Well-chosen daily foods will provide all the nutrients needed for normal body function. Conversely, if food is not well chosen, the body will experience deficiencies of certain essential substances ". Those essential substances can be imported from the food we eat. If athletes do not eat good and healthy food then his body's function will be disrupted. (Hoyt, 2011; Provencher, 2009) explains that:

An athlete seeks to maximize his performance, and he is aware that any disruption to the body system will inhibit it. A well-functioning athlete's body is essential for optimal performance. That can be achieved by simply supplying the best quality fuel through food and drink before and during the competition.

Basically, a healthy diet is very important to support the body's metabolism to perform strenuous activities such as athletes. However, at this time there are still many athletes who do not pay attention to healthy intake for their bodies. It surely shows the importance of athlete's awareness to understand themselves a healthy diet and adequate rest (Phillips, 1975).

Activities performed by athletes classified as a strenuous activity. After having done some activities, the athlete requires adequate rest for the condition of his body so that they can remain in good condition. Rest is a quiet state, relaxed without emotional distress and free from anxiety. While sleep is a physiological state of rest for the needs of body and mind. Sleep is a basic human need, because the body can be refreshed and again have a full restored energy. Another benefit of sleeping is being able to restore bodily functions. According to Potter (in Maqassary,

2014, pp. 1) "Sleeping is believed to be able to restore energy because sleeping gives time for repairing and healing the body system for the next working period". The athlete needs a resting pattern, a good and correct rest pattern is still not realized by the athlete. In fact, in the human body functions, enough rest and at the right time will make the body become fresher. Athletes do not realize how important to take rest at the right time. They, unexpectedly, sleep until late at night without realizing sleeping late at night will have an impact on the condition of the athlete. It will be intertwined with the athlete's performance conditions (Feinberg, 1967).

Not only athletes, but also coaches are needed to provide knowledge about the right lifestyle for athletes. It is due to the current growing problem of many athletes and coaches who are not aware of the lifestyle for their health yet. Self-awareness is an important part of achieving the peak performance in sports. The writer chose badminton because badminton is one of the popular sport in Indonesia which has long been incised a lot of achievements in the international competitions. The writer wanted to find out whether the sport's achievements that have long had many achievements, have athletes who are aware of a healthy lifestyle. In line with that, the writer also wanted to find out whether the institution has a particular concern to direct its athletes to have a healthy lifestyle (Chiuve, 2006).

Departing from the things above, the writer wanted to know how the athlete's awareness of a healthy lifestyle. By finding out the awareness rate of athletes, his concern for the performance of the achievement can also be seen. It is based on an understanding that a healthy lifestyle will affect the appearance of good athletes during practice, before match and after game.

2 METHODS

The use of appropriate methods in a scientific study will determine the achievement of a problem-solving goal in the study. Therefore, a certain method is needed to be collected for the success of the research. Regarding research, methods are usually tailored to the goals to be achieved in a study. The use of research methods depends on the issues to be discussed. In other words, research methods must be qualified through effectiveness, efficiency and relevance. A method can be said to be effective if only during the execution there is a positive change toward the expected goal, and a method can be said to be efficient if the use of time, facilities, cost and energy

can be implemented as economically as possible and can achieve maximum results. In relation to that matter, the writer used descriptive method. In this case Arikunto (2016, p. 3) explains that "Descriptive research is a study intended to investigate the conditions, conditions or other things already mentioned, whose results are presented in the form of a research report". This study had a purpose, which described the state of awareness of badminton athletes towards a healthy lifestyle.

3 RESULTS AND DISCUSSION

Data obtained from the data retrieval data were raw data, so the required data processing to know the raw results. The data were processed and analysed statistically, so it had a meaning that were concluded to answer the problems studied.

The following, authors attach the tables of the results of data processing obtained from the data retrieval.

3.1 Processing and Analysis of Data

Description of self-awareness of badminton athletes towards healthy lifestyle, which has become a sample of his research is athlete Badminton SME UPI. Below is a picture of self-awareness based on indicators, can be seen in Table 1 as follows.

Table 1: The result data of badminton athletes' awareness towards healthy lifestyle.

No	Indicators	Actual Score	Ideal Score	%
1	Recognizing Emotion	787	1200	66 %
2	Self-confession	838	1200	70 %
3	Self-esteem	650	1000	65 %
	Average Score	2275	3400	67 %

Based on the Table 1 above, it can be concluded that the overall score for badminton athletes' awareness was 67%. Thus, it was categorized enough. Recognizing emotion indicator had 787 as the actual score, whereas its ideal score is 1200. It caused this indicator to only achieve 66%. Next, self-esteem indicator score was 838 out of its ideal score, 1200 and achieved 70%. Self-esteem, the last indicator, got 650 out of 1000. It only achieved 65%. Of all the entire awareness indicator, self-esteem indicator had the highest score.

Each indicator had sub-indicator to which the writer had categorized based on the obtained score.

The percentage result of the recognizing emotion sub-indicator is described in Table 2 as follows:

Table 2: The percentage results of sub-indicator of recognizing emotion.

No	Sub-indicators	Actual Score	Ideal Score	%
1	Finding out the emotion of meaning they feel dan why it happens	206	300	69%
2	Realizing the linkages between their feeling and their thought	160	200	80%
3	Finding out how their feeling affects the performance	203	300	68%
4	Having an awareness as the guidelines of their values and targets	218	400	55%

Based on the results in the table above, sub-indicator of "knowing emotion of meaning they feel and why it happens" had the actual score of 206 and ideal score of 300, thus it obtained the percentage of 69%. Then, sub-indicator of "realizing the linkages between their feeling and their thought" had the actual score of 160 and ideal score of 200 that obtained the percentage of 80%. Sub-indicator of "knowing how their feeling affects the performance" had the actual score of 203 and ideal score of 300 that obtained the percentage of 68%. The last sub-indicator, "having an awareness as the guidelines of their values and targets", had the actual score of 218 and ideal score of 400 that obtained the percentage of 55%. Below is the percentage of sub-indicator of self-confession described in Table 3.

Table 3: The percentage results of sub-indicator of self-confession.

No	Sub-indicators	Actual Score	Ideal Score	%
1	Taking time to think, reflecting from experience, exposing self to a good feedback, new perspective, and having desire in developing self	424	700	71%
2	Being aware of their strengths and weaknesses	414	600	69%

Based on the results in the table above, 424 and 700 were the actual score and ideal score of "taking time to think, reflecting from experience, exposing self to a good feedback, new perspective, and having courage in developing self" sub-indicator that

obtained the percentage of 71%. For sub-indicator of “Being aware of their strengths and weaknesses”, the actual score and ideal score were 414 and 600 respectively and it obtained the percentage of 69%. The percentage of sub-indicator of self-esteem is described in Table 4.

Table 4: The percentage results of sub-indicator of self-esteem.

No	Sub-indicators	Actual Score	Ideal Score	%
1	Having the courage to perform with confidence and showing their existence	143	200	72%
2	Having the courage to express the unpopular view and being ready to sacrifice for the truth	219	300	73%
3	Being assertive, being able to make a good decision in spite of in uncertain condition	324	500	65%

Based on the results in the table above, sub-indicator of “having the courage to perform with confidence and showing their existence” had the actual score of 143 and ideal score of 200 which obtained the percentage of 72%. Then, 219 and 300 were both the actual score and ideal score of “having the courage to express the unpopular view and being ready to sacrifice for the truth” sub-indicator with the percentage of 73%. The last sub-indicator, “being assertive, being able to make a good decision in spite of in uncertain condition”, had the actual score of 324 and ideal score of 500 that obtained the percentage of 65%. Based on the obtained percentage of each described indicator above, the researcher re-explained it in figure 1.

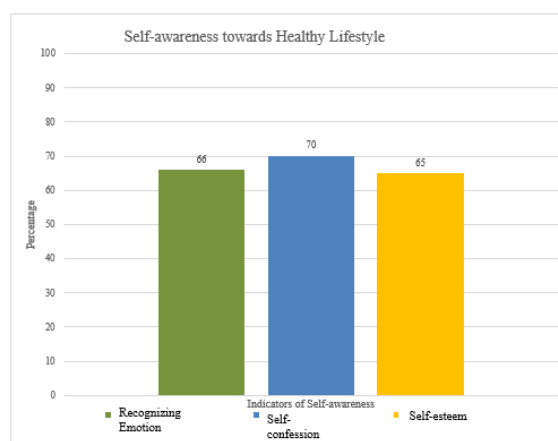


Figure 1: The percentage of badminton athletes' self-awareness towards a healthy lifestyle.

According to Irianto (2016, p.139), to be recognized as having a healthy lifestyle is “The degree of one's health and fitness is influenced by three main factors, namely eating habit, rest, exercise.” The percentage of eating habit and rest habit is described in Table 5.

Table 5: The percentage results of athletes' self-awareness towards healthy eating habit and rest habit.

No	Healthy Lifestyle	Actual Score	Ideal Score	%
1	Healthy Eating Habit	1354	2000	68%
2	Rest Habit	921	1400	66%
	Total Score	2275	3400	67%

4 CONCLUSIONS

Regarding to the research results, calculation, as well as the data analysis, thus researcher could draw conclusion to the athletes' awareness towards healthy lifestyle. Healthy lifestyle was divided into two which were healthy eating habit and rest habit. Those conclusions are as follows:

- The description about badminton athletes' awareness towards healthy eating habit which had enough criteria with the percentage of 68%.
- The description about badminton athletes' awareness towards rest habit which had enough criteria with the percentage of 66%.

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