

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND MENTAL TOUGHNESS IN ATHLETES WITH DISABILITIES IN BANDUNG CITY

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ABSTRACT

This phenomenon is taken from the Asian Para Games. Asian Para Games is a sporting event which is participated by athletes with disabilities from 42 countries in Asia, and Indonesia ranks 5. It is suspected that the athlete's performance is inseparable. At the National Paralympic Committee Indonesia (NPCI) training center in Bandung, athletes get social support from trainers, institutions, friends, and family as well as the mental toughness of athletes. The research method used is the correlational method. With a scale of Sarafino (2011) social support scale, and Clough (2002) Mental Toughness Questionnaire (MTQ) with the addition of Fahmilhaq (2015). Research subjects numbered 40 people. Data analysis using the Spearman correlation test because of the ordinal scale variables. The results of this study indicate there is no relationship between social support and mental toughness in disabled athletes in the city of Bandung. First, the mental toughness of an athlete has been fulfilled, second of several factors such as the level of age, the desire to support the family, covering the shortcomings and athlete's religiosity.

Keywords: Asian Para Games, Social Support, Mental Toughness, Disabled Athletes.