

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.

INTRODUCTION

Sport is an activity that aims to train the human body to stay healthy so that it can avoid various diseases and make the body fit. Exercise reduces the occurrence of various diseases, reduces stress, regulates body weight, strengthens energy, makes sleep better, increases sexual arousal, and maintains the quality of human relations (Erma, 2011). In sports there are several branches where in each branch there are people who are experts in that branch, either obtained from training or selection results. People who are experts in a sport are called athletes.

Athletes are sportsmen, especially in terms of strength, agility and speed (KBBI, 2016). Athletes are people who take part in a sports competition in which there is competition (Sutardi & Budiasih, 2010).

One of the biggest sporting activities in 2018 was the Asian Games and Asian Para Games, the 2018 Asian Games which were held in Palembang, which were attended by 45 countries and the number of athletes reached 11,478 athletes (Ariandono, 2018). The 2018 Asian Para Games which was held in Jakarta, which competed in 18 sports and was attended by 42 countries (Putri, 2018). The number of athletes participating is estimated at 2,888 athletes (Maulana & Husein, 2018).

The Asian Para Games are attended by athletes with disabilities. Disabilities are people who have physical, mental, intellectual or sensory limitations for a long time (Law No. 19 of 2011). It is interesting to study that in the Asian Para Games in 2018, Indonesia took 5th place. This

is an improvement from the previous Asian Para Games in 2010 which took place in Ghaungzau China, got 14th place, and in 2014 in Inchoen South Korea occupies the 9th position, and 2018 in Indonesia reaches the 5th position (Dilaga, 2018).

Therefore the researchers conducted interviews as a preliminary study at one of the Disabled Athlete coaching institutions in Bandung, more precisely at the Indonesian National Paralympic Committee (NPCI). The results of the interviews conducted on December 4 2018 with the coaches showed that athletes received social support and mental toughness. In terms of social support, the government provides facilities so that athletes can develop, in addition to providing rewards and bonuses for athletes who win a championship; from the institution always holding activities outside of athletics, such as fishing and religious activities in the month of Ramadan; fellow athletes often exchange ideas both regarding training and the period before becoming an athlete; and from the family, the family always meets the needs of athletes in the form of giving vitamins, supplements and also moral support.

Help from outside athletes can affect the motivation of the athlete, this outside help can come from coaches or organizations, and also from family. In the context of psychology, the support that individuals receive from other people is called social support (Sarafino, 2002 in Sakti & Rozali, 2015). According to Baron & Bayrne (2005, in Ardianto, 2013) social support is physical and psychological comfort provided by those around them, whether friends, other people or family. Another opinion from Purba (2006, in Adnyaswari & Adnyani, 2017) states that support that has special value and assistance from others is a definition of social support.

The mental toughness of athletes from the level of athlete effort (disability) exceeds general athletes, athletes often try to achieve targets and make new targets, besides that the enthusiasm of athletes is so high that even coaches who used to be ordinary athletes feel defeated by athletes (disabilities). As according to the theory of Jones, Neuman, Altmann, and Dreschler (2001, in Gobly, Sheard, & Wersch, 2007) is maintaining an optimal mindset, and showing dedication and commitment to confidence to fight pressure. Guciardi (2008, in Ryanadi, Rachmah, & Akbar, 2016) previously stated that mental toughness is a set of values, attitudes, behaviors, and emotions so that it can make athletes survive and overcome obstacles, difficulties and pressures experienced. Meanwhile, athletes receive support. from family and friends, as well as a love of sports and a desire to be a champion.

This supports previous research conducted on blind student paralympic athletes, by providing social support, students are able to develop their potential properly (Gunawan, Rusyidi, & Meilany, 2015). In addition to mental toughness, the appearance of athletes is the result of several factors not only physical abilities, techniques, tactics or strategies, athletes must also have mental abilities (Wibowo & Rahayu, 2016). So it is very important for athletes to have a good mentality so that they can bring out their best performance, this is supported by the statement that the highest level of achievement is highly dependent on the maturity and mental toughness of an athlete when facing a competition (Nugroho, 2016). Athletes need to have a strong mentality so that they can practice and participate in competitions with high enthusiasm, devote themselves totally, keep fighting, cannot be hindered by personal or non-technical problems (Wibowo & Rahayu, 2016). So as to make athletes achieve their best performance and be able to occupy fifth place in the Asian Para Games.

From the results of the initial interviews, it is known that support from other people is an asset for athletes to achieve their best performance, both in terms of needs, attention and moral support. This supports previous research conducted on blind student paralympic athletes, by

providing social support, students are able to develop their potential properly (Gunawan, Rusyidi, & Meilany, 2015). And social support is one of the things that can reduce anxiety both from within (internal) and from outside (external) so as to achieve mental toughness and mental health (Ardianto, 2013). However, there are other studies which show that social support (to football players) has no effect on mental toughness (Syahrul, 2014). For research on mental toughness in athletes with disabilities, the researchers found that there were not many such studies. For this reason, researchers are interested in conducting research on athletes with disabilities by looking at the relationship between social support and mental toughness in athletes with disabilities, in NPCI Bandung City athletes.

Disability Athlete

Athletes are people who do sports and do regular training and take part in championships with full dedication in order to get achievements (UU number 3 of 2005 National Sports System Chapter I Article I paragraph 7). Athletes are sportsmen, especially in terms of strength, agility and speed (KBBI, 2016). Athletes are people who take part in a sports competition in which there is competition (Sutardi & Budiasih, 2010). An athlete is someone who carries out sports in a programmed, measurable manner, and has records of optimal achievement goals (Setiyawan, 2017). So an athlete is a person who takes part in a competition, especially in the aspects of strength, agility and speed that are programmed, measured and recorded so as to achieve optimal performance.

Disabilities. Initially, before the term disability was used for people with special needs, the term disabled was used. But it has shifted over time and now it is known as disability. Diffable comes from the word Different Ability which means "to have different abilities", in Indonesia the word is used to replace the mention of persons with disabilities, 'disabilities' are considered more friendly and respectful than 'disabilities'. The term disabled was introduced at the Conference on the Blind in Singapore in 1981 by the International Federation of the Blind (IFB) and the World Council for the Welfare of the Blind (WCWB). In addition to the term disabled, there are also the terms "persons with disabilities", "children with special needs", and what has been legalized in the current law is "persons with disabilities", this is a shift from the old paradigm to a new paradigm (Soleh, 2016). Disabilities are people who have physical, mental, intellectual or sensory limitations for a long time (Law No. 19 of 2011). Disability is a condition that limits individual abilities both physically and psychologically or the inability to do things in the usual way (KBBI, 2016). Disabilities or people with disabilities depict those who have physical and non-physical disabilities (Soleh, 2016).

Type of disability. Here the term 'disability' is used because at that time it was still using the old paradigm, while the term 'disability' is a new paradigm which was legalized in 2009. Types of disability are divided into 2 conditions, namely congenital defects and acquired defects (in the process of growth and development) (Bastable, 2002):

1. Congenital Disability is a condition of disability that an individual acquires when he is born into the world, this defect can be disabled from birth and due to heredity.
2. Acquired Disability is a condition of disability in which the disability is acquired during growth and development, this defect can be acquired due to illness or accident, and heredity.

Degree of disability. Still referring to Law No. 4 of 1997 Article 1 Paragraph 1 so they still use the term disability. Judging from the degree, disability is divided into three parts (InfoDatin, 2014). That is:

1. Mild disabilities are those who have physical disabilities where in their daily activities and needs they do not need help from those around them.

2. Moderate physical disabilities are those who have physical disabilities where in the activities and necessities of daily life require training beforehand, so that later they can be carried out without the help of others.
3. Severe disability is a physical disability that cannot be separated from the help of others in daily life.

Variety of people with disabilities. Regulated in Article 4 of Law no. 8 of 2016 concerning Persons with Disabilities (Pawestri, 2017). That is:

1. People with physical disabilities, are impaired movement functions, including amputation, paralyzed or stiff, paraplegic, cerebral palsy (CP), due to stroke, due to leprosy, and small people.
2. Persons with intellectual disabilities, are impaired thinking functions due to a level of intelligence that is below average, including slow learning, mental disabilities and Down syndrome.
3. Persons with mental disabilities experience impaired functioning of emotion, thought and behavior, including: Psychosocial including schizophrenia, bipolar, depression, anxiety, and personality disorders; Developmental disabilities that affect social interaction skills include autism and hyperactivity.
4. Persons with sensory disabilities, are impaired sensory functions or one of the sensory functions. Among them, visual disabilities, hearing disabilities, and/or speech disabilities.

Apart from these four types of disabilities, there is one type of disability called multiple or multiple disabilities, people with disabilities have two or more types of disabilities. These include deaf-speech and deaf-neutral disabilities.

Sports rights. In sports, persons with disabilities have rights as regulated in Article 15 of Law No. 8 of 2016 concerning freedom of sports rights. Sports for persons with disabilities include:

- a. Do sports activities
- b. Get the same award in sports activities
- c. Obtain services in sports activities
- d. Obtain sports facilities and infrastructure that are easily accessible
- e. Choose and follow a type or sport
- f. Obtain direction, support, guidance, coaching, and development in sports
- g. Become an athlete
- h. Developing the sports industry, and
- i. Improve achievements and take part in championships at all levels.

The institution that houses athletes with disabilities is the Indonesian National Paralympic Committee (NPCI). In the city of Bandung, NPCI was established and separated from KONI in 2016. Sports branches developed by NPCI Bandung City include: Athletics, Weightlifting, Badminton, Sitting Volleyball, Bowling, Chess, Futsal, Goal Ball, Archery, Swimming, Tennis Table, Court Tennis and Judo. The Bandung City NPCI Athletes are divided into:

1. Physically disabled
Physical impairment is defined as a deficiency or disability in the joints, bones, muscular and nervous systems, which can be obtained as a result of disease, viruses, accidents that occur before birth, at birth, and after birth, resulting in disruption of coordination, communication, movement, adjustment and personal development disorders (Pratiwi & Hartosujono, 2014). Physically disabled are classified into two groups, namely in the cerebral system, persons with disabilities in the cerebral system experience abnormalities in

the central nervous system, such as cerebral palsy (CP) or brain paralysis. And the musculus skeletal system, these abnormalities occur in the muscular and skeletal systems (Bilqis, 2014).

2. Blind

Blind people are people who are visually impaired, and can be grouped into two groups, including totally blind and very low vision (Somantri, 2006).

3. Deaf

The deaf are people whose hearing function is not good or even not functioning (Mangunsong, 1998 in (Solikhatun, 2013).

4. Mental retardation

Mental retardation comes from two syllables, namely tuna which means loss and grahita which means mind, mental retardation is another term for mental retardation which means mental retardation (Yosiani, 2014).

Disabilities in Islam

In Islam the view of human status is the same in the eyes of Allah, even though some are born with disabilities, it is only piety that distinguishes human degrees from others (Sholeh, 2015). Persons with disabilities in the Qur'an are not mentioned too much because Islam views persons with disabilities as neutral. With the meaning that persons with disabilities are no different from other humans, Islam places more emphasis on character development and good deeds, rather than discussing a person's physical problems (Jamal, Fatah, & Wilaela, 2017). This is clarified in Muslim Hadith no. 4651:

"....Indeed Allah does not look at your appearance and your wealth, but Allah looks at your hearts and your deeds."

Types of disabilities in Islam are divided into blind, dumb, deaf and crippled (al-Bâqi, 1364 H; al-Shâlih, 1419 H; Munawir, 2002; Mazhur, 2010; in Jamal, Fatah & Wilaela, 2017):

1. Can't Speak (Bukmun)

Bukmun is used for something that generally has the ability to speak, sufferers (Bukmun) become/do not have the ability to speak.

2. Hearing Loss (shummun)

Shummun which means blockage of the ear or hearing loss.

3. Disturbance of vision ('Umyun and Akmah)

Umyun is the word for impaired vision, the scope of total blindness or things that are close to it.

4. Obstructed in walking (A'raj)

A'raj means lame or lame. The origin of the word a'raj is 'araja which means to rise or climb. Because a person with a limp feels when he walks, the road he uses feels uneven and seems to be uphill.

In the Al-Qur'an which describes disability without derivation, it is only spread in 5 verses in 5 letters, namely: Ali 'Imrân verse 49, al-Mâidah verse 110, al-Nûr verse 61, al-Fath verse 17, and 'Abasa paragraph 2.

Social Support

Social support is how other people act towards recipients of support so that they feel loved, valued and part of a social network that can help them when needed (Sarafino, 2011). In addition, according to Baron & Bayrne (2005, in Ardianto, 2013) social support is physical and psychological comfort provided by those around them, whether friends, other people or family.

Social support is a sociological concept that measures how individuals feel about attention from others, being responded to, and getting help from people in their group (Liang, Ho, Li, & Turban, 2011). Social support is help or support that individuals receive from certain people in their environment which causes the individual or the recipient of assistance to feel cared for, loved and valued (Tumanggor, Ridho, & Nurrochim, 2010).

So social support is the support that individuals receive from other people who are in a certain environment, either physically or psychologically and it depends on the individual interpreting the assistance.

Dimensions of social support according to Sarafino (2011):

1. Emotional or Esteem Support.
Support given to others includes empathy, giving attention, appreciating, and encouraging others.
2. Tangible or Instrumental Support
This support involves direct assistance from or to other people.
3. Informational Support
Informational support, in the form of giving advice, instructions, suggestions, or feedback about how the person will do something or do something.
4. Companionship Support
This support refers to the availability of other people or the presence of other people to spend time with that person, thereby giving a sense of membership or a feeling of being acknowledged and included in a group of people.

The source of social support comes from the surrounding environment which gives meaning to the recipient of social support, because the recipient of social support will know who to ask for support (Tumanggor, Ridho, & Nurrochim, 2010). In addition to other opinions, that the sources of social support are divided (Rook & Dooley, 1985): Natural, social support obtained from daily interactions and is non-formal; and Artificial, which is social support that is organized into a person's primary needs, such as disaster relief.

For athletes, sources of social support come from teammates, coaches, family, friends, significant others, and the athlete's medical team (Granquist, Hamson-Utley, Kenow, & Stiller-Ostrowski, 2015).

Social Support in Islam

One of the conditions of social ethics in human interaction is mutual help (Qomaro & Oktasari, 2018). Please help does not have to be in the form of giving possessions and energy, but giving encouragement or support is a form of helping.

In Islam the term for helping is ta'âwun. Ta'âwun (help) must exist in every individual to be able to socialize, this behavior in an Islamic perspective is an application of good morals in mu'amalah (Qomaro & Oktasari, 2018). In the hadith (Abu Daud no 4295):

"... Whoever alleviates one of the difficulties of a Muslim in the world, Allah will relieve him of one of the difficulties of the troubles on the Day of Judgment. Whoever makes it easy for someone who is in trouble, Allah will make it easy for him in this world and in the hereafter. Whoever covers the disgrace of a Muslim, Allah will cover his disgrace in this world and in

the hereafter. And Allah will always help a servant as long as the servant wants to help his brother...".

Mental Toughness

Mental toughness means the ability or quality of an individual in dealing with challenges, stress, pressure and so on, regardless of the circumstances (Clough & Strycharczyk, 2012). Mental toughness is defined as persistence and belief in an unshakable goal despite difficulties or obstacles (Middleton, 2007).

Mental toughness is maintaining an optimal mindset, and demonstrating dedication and commitment to self-confidence to resist pressure (Jones, Neuman, Altmann, & Dreschler, 2001). Gucciardi (2008, in Ryanadi, Rachmah, & Akbar, 2016) states that mental toughness is a set of values, attitudes, behaviors, and emotions so that it can make athletes survive and overcome obstacles, difficulties and pressures experienced.

From the explanation above, it can be concluded that mental toughness is an individual's ability to maintain optimal performance even though there are obstacles that get in the way.

Aspects of mental toughness according to (Clough & Strycharczyk, 2012) are summarized in the 4C model, including:

1. Control (Control)

Individuals who score high on this scale feel that they have full control over their work and the environment in which they work. They are also able to influence their work environment and are more confident in their work, this means they are able to do many things at the same time. There are 2 subscales including:

- a. Emotions: individuals who score high on this scale are able to control their emotions.
- b. Life: individuals who score high on this scale are in control of their lives.

2. Challenge (Challenge)

Explains that individuals will perceive challenges as opportunities.

3. Commitment

Sometimes referred to as "stickability", this describes the ability of a person to carry out work successfully despite the many obstacles that get in the way.

4. Confidence (Confidence)

Individuals who have high self-confidence will have the confidence to do the job successfully, which may be difficult to follow for individuals who have low self-confidence but their abilities are equal. There are 2 subscales including:

- a. Ability: Individuals who score high on this scale will believe themselves to be worthy. And will be less dependent on external factors and more optimistic about life.
- b. Interpersonal: individuals who score high on this scale will be more assertive. They will be less intimidated by the social environment and will be able to push themselves forward. They will also find it easier to interact with other people.

Mental Toughness in Islam

Humans are surrounded by death in the form of reinforcements, tests and trials. Therefore humans will not escape trials and trials, therefore it is very important for humans to have a strong mentality so that humans can withstand and struggle to pass all the tests and trials that come to them one after another. Allah will lift the test if he gets proof that his servant has been patient and struggling (Fathurahman, 2016). A hadith which says that tests and trials surround man (Darimi, Number 2613, Chapter of Wishes and Death):

“...This is a human, that is the center line, this is death surrounding him...”

People who have a strong mentality can not only withstand and face tests and trials, people who have a strong mentality will also continue to strive to achieve good goals for them. “try to do what is beneficial for you and ask Allah for help” (Al-Hadith; al-Qurni, 2007).

RESEARCH SUBJECT

The subjects of this study were NPCI disabled athletes from Bandung City who took part in the Regional Paralympic Week in Bogor which was attended by 154 athletes.

Researchers used a sampling technique due to the limited number of research subjects in the field so that the number of subjects studied was 40 people.

The sample technique that the researchers used was simple random sampling. Simple random sampling is a sampling technique from a population that is carried out arbitrarily without calculating the level of the population (Sugiyono, 2012).

DATA COLLECTION TECHNIQUE

The data collection technique in this study was a questionnaire. A questionnaire is a series of statements or questions related to a topic, presented to a group to obtain data (Yusuf A. M., 2016).

Research instrument. This study used 2 scale models, namely the Likert scale and the Guttman scale. The Likert scale is a scale used to measure attitudes, opinions and individual or group perceptions of a phenomenon. There are two forms of questions or statements on this scale, namely positive to measure positive attitudes and negative to measure negative attitudes. Positive statements are given a score of 5, 4, 3, 2, 1 and negative statements are given a score of 1, 2, 3, 4, and 5 or -2, -1, 0, 1, 2.

Meanwhile, the Guttman scale is a scale that requires firm answers, such as yes-no, true-false, never-never and so on, positive answers are given a score of 1 and negative 0 (Djaali & Muljono, 2008). The instruments used in this study were a questionnaire from social support, and the MTQ (Mental Toughness Questionnaire).

The instrument used to measure social support is a social support questionnaire derived from the dimensions of Sarafino (2011) which researchers obtained from Sul-tonah's research (2018) which is on a Likert scale. This instrument consists of 30 items out of 40 items, the result of reducing items because they are adjusted to the ability of the subject. The 30 items measure 4 dimensions namely; Emotional or Esteem Support, Tangible or Instrumental Support, Informational Support, and Companionship Support.

Table 1: Self-Awareness Scale

Dimensions	Item Number	Amount
Emotional or Esteem Support	1, 2, 3, 6, 7,8, 15, 16, 20, 21, 25, 26,27,28, 29, 30	16
Tangible or Instrumental Support	4, 9, 17, 22	4
Informational Support	5, 10, 11, 13, 18, 23	6
Companionship Support	12, 14, 19, 24	4

The instrument used to measure organizational commitment is the Mental Toughness Questionnaire which has been developed by Clough (2002) which adds to the time sub dimension and reduces the motivational sub dimension by Fahmilhaq (2015). Researchers got

from Fahmilhaq's research (2015). This instrument consists of 32 items that measure 4 dimensions namely; control, commitment, challenge, confidence. The scale in this instrument is guttman scale.

Table 2: Organizational Commitment Scale

Dimensions	Item Number	Amount
<i>Control</i>	1, 2, 3, 4, 5, 6, 7, 8	8
<i>Commitment</i>	9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20	12
<i>Challange</i>	21, 22, 23, 24	4
<i>Confidence</i>	25, 26, 27, 28, 29, 30, 31, 32	8

The procedures in this study are as follows:

Preparation phase. At this stage the researcher determines the problem from the phenomena that exist in the field, then asks permission from the athlete coaching party for research, conducts interviews with coaches and athletes with disabilities, selects research topics from the interview results, namely social support and mental toughness, reviews literature on social support and mental toughness, preparing research proposals from the problems obtained, determining the measuring instruments to be used, discussing the number of items to be tried out with supervisors and trainers, and conducting measuring instrument try outs, determining research samples

Implementation stage, in this stage the researcher determines the time for data collection, namely Monday, Wednesday and Friday according to the time the athlete trains, collects data which takes place at the Pajajaran gor, where the athlete exercises and the location of the athlete's office, asks the subject to fill in a predetermined scale with the technique of reading the questionnaire at the time before or after the practice time, and the results of reading the completed questionnaire are collected and then go to the data processing stage.

Data processing stage, at this stage the researcher scores and tabulates the data. After that, perform statistical calculations using software assistance in statistical calculation programs on the computer, analyze existing data, interpret the data obtained.

The final stage, at this stage the researcher prepares a report from the results of the data that has been processed systematically, formulates conclusions from the data that has been processed and analyzed, submits suggestions to related parties, and writes them in the form of a scientific report.

Instrument Testing Techniques

Before carrying out the actual data collection, a try out was first carried out to sort out the instruments to be used for the actual data analysis.

Item analysis. the same opinion that item analysis is used as a selection of items in a measuring instrument or test (Azwar, 2011).

There are two uses of calculation in item analysis which refer to the use of scales in items. In selecting Social Support items based on the total item correlation. The score whose total item correlation is ≥ 0.3 with the number of items specified in the scale-making plan is the same as or greater according to what is needed, then the criterion ≥ 0.3 can be used or is considered satisfactory (Azwar, 2011). As for mental toughness, expert judgment is used (Juliandi & Andriani, 2019). By distributing items to respondents and analyzing them, the aim is to find

out whether or not the items are readable, then it will be seen from the assessment categories in Table 3 (Nugraha, 1999 in Kartasasmita, 2005).

Table 3: Rating Category

Percentage	Information
0,90-1	Very high
0,80-0,89	Tall
0,70-0,79	Enough
0,60-0,69	Currently
0,50-0,59	Low
0,49 down	Very low

The results of item analysis for Social Support are as follows:

Table 4: The Results of the Analysis of Social Support Scale Items

Dimensions	Item Number	Amount
Emotional or Esteem Support	1, 2, 6, 7,8, 15, 16, 20, 21, 25, 26,27, 30	13
Tangible or Instrumental Support	4, 9, 17	3
Informational Support	5, 10, 13, 18, 23	5
Companionship Support	14, 19	2

The results of item analysis for the mental toughness scale are as follows:

Table 5: The Results of the Analysis of Mental Toughness Scale Items

Dimensions	Item Number	Amount
<i>Control</i>	2, 3, 4, 5, 6, 8	6
<i>Commitment</i>	9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20	12
<i>Challange</i>	21, 22, 24	3
<i>Confidence</i>	26, 28, 29, 30, 31, 32	6

Validity. There are two validity tests in this study. Social support is used for item analysis, which is to correlate each item's score in a dimension with the total score, which is each item's score. Items that have a positive correlation with the criteria/total score or have a high correlation with the total score, show that these items have high validity (Sugiyono, 2012). Meanwhile, mental toughness uses the Reproducibility and scalability coefficient test (Umar, 2005). To see the validity of social support, the Guildford classification is used (in Bhagaskara, 2018), the classification of the Guildford correlation coefficient is as follows:

Table 6: Guildford Correlation Coefficient Classification

Mark	Criteria
<.20	The degree of validity has almost no correlation
.20- .40	Low degree of validity, low correlation
.40- .70	Medium degree of validity, moderate correlation
.70- 0.90	High degree of validity, high correlation
.90- .100	Very high degree of validity, very high correlation
.100	Perfect validity degree

The results of the validity test for the social support scale are as follows:

Table 7: Results Validity of Social Support

Aspect	Validity	Information
ES	0,961	Very High Validity
T_IS	0,747	High Validity
IS	0,790	High Validity
CS	0,553	Moderate Validity

The results of the validity test for the mental toughness scale are as follows:

Table 8: Results Validity of Mental Toughness

Variable	Reproducibility Coefficient	Scalability Coefficient
Mental Toughness	0,83	0,67

Reliability Test. The reliability test is used to determine whether the instrument used can be measured many times and produce the same results. A reliable instrument is one that can be used several times to measure the same object/subject, and generates the same data (Sugiyono, 2012). To see the level of reliability according to Guildford (in Bhagaskara, 2019), the classification of the Guildford correlation coefficient is as follows:

Table 9: Classification Coefficient of Reliability

Reliability	Information
0,0 – 0,19	Very low
0,20 – 0,39	Low
0,40 – 0,59	Currently
0,60 – 0,79	Tall
0,80 – 0,99	Very high
1	Perfect

Based on calculations obtained from software processing, the results of the reliability test for the social support scale are as follows:

Table 10: Reliability of the Self-Awareness Scale

Number of Items	Reliability Coefficient	Criteria
23	0,85	Very High Reliability

The results of the reliability test for the mental toughness scale are as follows:

Table 11: Reliability of the Mental Toughness Scale

Number of Items	Reliability Coefficient	Criteria
27	0,66	High Reliability

Data Analysis Technique

Data analysis techniques used in this study are descriptive analysis and inferential analysis. Descriptive analysis. Researchers used a data processing application to find out the score of each subject to see an overview of social support with mental toughness in athletes with disabilities. Research on the population or as a whole is required to use descriptive statistics in carrying out the analysis while in the sample descriptive statistics aim only to describe and do not make conclusions (Sugiyono, 2012).

Inferential Analysis. Inferential statistics apply when in research the researcher wants to make a conclusion that applies to the population, which means that the sample data is analyzed, the results are applied to a population (Sugiyono, 2012). The two variables are ordinal scale, so the analysis used is the Spearman statistical test. Researchers use data processing applications.

RESEARCH RESULTS AND DISCUSSION

Descriptive analysis. This descriptive analysis is used to explain the characteristics of the data related in this study, namely self-awareness and organizational commitment.

Table 12: Descriptive Analysis Results

Information	DS	KM
Total Items	23	27
Mean	70,95	23,50
ST. Dev	9,40	2,84
0,5ST. Dev	4,70	1,42
1,5ST. Dev	14,10	4,26

Research variable categories. Based on the calculation results, the researcher divided this variable into 5 categories, namely very low, low, medium, high and very high with the median value and standard deviation. The distribution table is as follows:

Table 13: Category Division Formula

Formula	Information
$X \leq M - 1,5SD$	Very low
$M - 1,5SD < X \leq M - 0,5SD$	Low
$M - 0,5SD < X \leq M + 0,5SD$	Currently
$M + 0,5SD < X \leq M + 1,5SD$	Tall
$M + 1,5SD < X$	Very high

In the self-awareness variable in this study, the researcher divided this variable into 5 categories, namely very low, low, medium, high and very high, the median as a benchmark, namely 70.95. and the standard deviation is 9.40. The table obtained is as follows:

Table 13: Categorization of Social Support

Category	Frequency	Percentage (%)
Very low	3	8%
Low	10	25%
Currently	13	33%
Tall	13	33%
Very high	1	3%
Amount	40	100%

In the mental toughness variable, the median value as a reference is 23.50 with a standard deviation of 2.84. The table obtained is as follows:

Table 14: Categorization of Mental Toughness

Category	Frequency	Percentage (%)
Very low	4	10%
Low	9	23%
Currently	7	18%
Tall	20	50%
Very high	0	0%
Amount	40	100%

Inferential Analysis. applies if in research the researcher wants to make a conclusion that applies to the population, which means that the sample data is analyzed, the results are applied to a population (Sugiyono, 2012). To see whether or not there is a relationship between social support and mental toughness, in this case the Spearman correlation test is used because both data are ordinal scales.

From the results of the correlation test, it was found that the r value was 0.13, and r^2 was 0.016 or 1.6%, which means that the relationship level is 2% and the P -value is 0.41, so it is greater than α (0.05). Therefore H_0 is accepted, which means social support with mental toughness in athletes with disabilities in the city of Bandung has no relationship.

The next step, the researcher conducted a correlation test between dimensions to see whether between dimensions or several dimensions of social support correlated with several dimensions of mental toughness.

The results of the correlation test between dimensions can be seen in Table 14.

Table 14: Dimensional Correlation

Variabel			Mental Toughness			
			Control	Commitment	Challange	Confidence
Social Support	Emotional or Esteem Support	R	0,040	0,166	0,258	-0,193
		r^2	0,002	0,027	0,067	0,037
		P_{val}	0,806	0,305	0,108	0,233
	Tangible or Instrumental Support	r	0,057	-0,044	0,192	-0,200
		r^2	0,003	0,002	0,037	0,04
		P_{val}	0,727	0,790	0,235	0,216
	Informational Support	r	0,253	-0,069	0,135	-0,157
		r^2	0,064	0,005	0,018	0,025
		P_{val}	0,115	0,674	0,402	0,334
	Companionship Support	r	0,144	0,097	0,168	-0,063
		r^2	0,021	0,009	0,028	0,004
		P_{val}	0,375	0,551	0,301	0,698

DISCUSSION

This study aims to see whether or not there is a relationship between social support and mental toughness in athletes with disabilities. Therefore the researchers conducted a study of athletes with disabilities at the Bandung City NPCI, obtained a distribution of social support categories with mental toughness from the results of the descriptive analysis. In social support, the categories are medium 33% and high 33%, each of which amounts to 13 people. For mental toughness in the high category 50% or with a total of 20 subjects.

After categorizing, the researcher divided them back into categories based on the subject's age to detail the distribution of the categories and see whether or not age had an effect on the two research variables. Categorization based on age, divided into 2 categories, namely early adulthood and middle adulthood.

The categories of social support in early adulthood with the most subjects are at the moderate level, the most mental toughness is at the high level, while for middle adulthood the most social support is at the high level, while for mental toughness the distribution of the same categories is at low, medium, and high levels. tall.

This is in line with the early adulthood period where people have completed their growth and are ready to accept their status and accept challenges in the social environment (Jannah, Yacob, & Julianto, 2017). Therefore, in early adulthood, it is possible that every individual must have mental toughness because they must be ready to face status and accept challenges that exist in society or the social environment, especially perhaps for athletes, they must be able to face training situations, matches and or athletic activities. The middle adulthood period when individuals begin to adjust to their physical condition, the house becomes empty, the age is awkward so that it results in feelings of not getting a place and not being cared for in society (Jannah, Yacob, & Julianto, 2017).

From this theory it is possible that at ages like this the need for attention and support from the environment is very possible. This is reinforced by the opinion (Purnamasari, 2018) that middle age in an unstable period really needs social support so that it can have an impact on psychological health and self-confidence. This shows that the results of categorization based on age ranges and based on age development theory, people with disabilities are no different from people in general. The need for social support at the early adult and middle adult levels is not related to their physical condition, but is related to their age development. In Islam, there is no difference in the views of people with disabilities and people whose conditions are intact, Islam only looks at how one's faith is. Like the opinion of Jamal, Fatah, & Wilaela (2017) that persons with disabilities are no different from other humans, Islam places more emphasis on character development and good deeds, rather than discussing a person's physical problems.

Furthermore, the results of the correlation test on the inferential analysis obtained that social support for athletes with disabilities in the city of Bandung has no correlation with mental toughness. Therefore, a correlation between dimensions is carried out to see if there is a correlation between dimensions or from one of the dimensions, but the results obtained do not show a correlation. Even one of the dimensions of mental toughness, namely confidence, has a negative value with all dimensions of social support. Referring to theory, the confidence dimension is less dependent on environmental/external factors (Clough & Strycharczyk, 2012). In addition, in another dimension, mental toughness says that people who have mental toughness can influence their environment, perceive challenges in the environment as opportunities, do their jobs successfully (Clough & Strycharczyk, 2012).

From these explanations the researcher argues that people with mental toughness act not as recipients of social support but as providers of social support, it is also emphasized that people with mental toughness can control their work and the environment in which they are. According to al-Qurni (2007) Muslims who have a strong mentality can make painful things happy, enjoy the day with full attention, care and hard work so that they are not torn apart by unpleasant feelings. The same thing is also contained in the Al-Qur'an letter Ali Imran verse 139: the believer."

The results can support previous research that social support (for football players) has no effect on mental toughness (Syahrul, 2014). This illustrates that there is no difference between social support and mental toughness between athletes with disabilities and ordinary athletes.

From the results of the research that the researchers obtained, there was no relationship between social support and mental toughness in athletes with disabilities in the city of Bandung. First, the high value of mental toughness in athletes with disabilities is because they have the ability to control their emotions and life, have confidence, have commitment, and can take challenges as opportunities to advance.

Second, the results of observations found by researchers in the field that there is no relationship due to several factors such as the age of research subjects who are mostly early adults, where at this age individuals have completed their growth and are ready to accept their status and accept challenges in the social environment (Jannah, Yacob, & Julianto, 2017); Economic factors (athletes as breadwinners), in line with Nadhilla's research (2016) motivation is influenced by individual needs to support themselves and their families; meaningfulness (athletes get recognition from institutions so they feel significant), while related research on physically blind people shows that the driving factors for achieving their goals are the need for existence, connectedness to self-development and growth (Nadhilla, 2016); religiosity (athletes surrender themselves to God for the conditions they experience and believe that everyone's fortune has been determined), in line with research which says that religiosity has a correlation with mental health, where someone who has good faith will not be swayed by anything and will even lead to inner peace (Bukhori, 2006). So that individuals who have good faith will be more confident with themselves which causes them to be less dependent on influences from the environment and even social support.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

From the results of research on the relationship between social support and mental toughness in athletes with disabilities in the city of Bandung, it was found:

The category of social support for athletes with disabilities ranges from moderate and high levels and/while the categorization of mental toughness for athletes with disabilities is in the high range. Categories based on age at most 11 subjects in early adulthood at a moderate level of social support, while in mental toughness most 17 subjects are at a high level. For middle-adults, the most subjects are at high levels of social support, while mental toughness at low, medium and high levels is the same for each subject. If $P_value > \alpha$ then there is no relationship between social support and mental toughness. In addition, it can be seen from the value of r which can be seen from table 3.7 that it is in a very low position, and from the degree of relationship it only produces two percent.

RECOMMENDATIONS

Seeing from the research that has been done, by considering the limitations and shortcomings in the research, the researcher provides several suggestions that can be taken into consideration by the parties:

1. The Bandung City NPCI Institution

Some athletes have low and very low levels of social support and mental toughness, so there is a need for follow-up to be done to increase social support and mental toughness.

2. For Further Researchers

From the findings in the field, there are several things that must be considered, including, researchers must consult with coaches and athletes regarding items when using quantitative research because the number of items used affects the athlete's ability to fill out the questionnaire. Researchers must consider the time of research, because athletes are not always at the institution if there is no competition or time close to the competition.

Because research on athletes with disabilities and ordinary athletes has no difference in the relationship between social support and mental toughness, it is suggested for further research that researchers look at the process of forming mental toughness in athletes with disabilities and ordinary athletes, whether there are differences or not. Or researchers can conduct research related to other factors that can influence athletes in achieving their goals.

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