

Differences in Personality Profiles of Swimming Athletes of the Central Java PPOP Team Reviewed from a Gender Perspective

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^AStudy design; ^BData collection; ^CStatistical analysis; ^DManuscript preparation; ^EFunds collection.

Abstract

The Purpose of this study is to determine the psychological condition of swimming athletes in Central Java PPOP, seen from the aspects of achievement and competition, confidence and toughness, interaction and sportsmanship, aggressiveness and power, in accordance with the SPQ 20. The method used is a quantitative survey. The research location is in Semarang City, the center of PPOP swimming training in Central Java. Analysis of the data used in this research is a SPSS descriptive exploration. The results of the study: 1) aspects of achievement and competition of male athletes are superior in the items of competitiveness, consistency, intuition, and goal setting, while female athletes excel in items of achievement, adaptation, and visualization, 2) aspects of the beliefs and toughness of male athletes men are superior in items managing pressure, self-efficacy, flow, stress management, emotions, and self-awareness while female athletes are superior in the ability to manage fear of failure and self-talk, 3) aspects of interaction and sportsmanship of male athletes are superior in empathy and friendship items while female athletes are superior in ethics items, 4) The aggressiveness and power aspects of male athletes are superior to all items compared to female athletes. The results of this study can be used as a longitudinal study material that allows evaluation of the development and personality of swimming athletes in Central Java PPOP to compare athletes with different performance levels with a sample of elite and non-elite athletes

Keywords: Personality; Swimming Athlete; PPOP of Central Java; Sport Personality Questionnaire

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2026, Vol. 1(1) 1–6
DOI: <https://doi.org/10.xxxx/xxxxx>.

Received: 30 Mei 2026

Accepted: 28 June 2026



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1. Introduction

Sports psychology is the science that applies psychological principles to sporting situations or environments, with the goal of improving a person's performance or achievement in a sporting activity (Cox, 2002). Essentially, sports psychology is the scientific study of a person's behavior in sports-related activities. The use of mental skills is a crucial area in sports, so achieving successful performance requires more than just physical fitness (Vealey, 2007; Williams & Harris, 2001).

Sports psychology specifically addresses personality, attitudes, anxiety, motivation, aggressiveness, emotions, intelligence, discipline, self-confidence, self-efficacy, peak performance, and so on (Hastria Efendi, 2016). Komang S.W. and Yohanes K.H. (2013) state that personality is a person's characteristic that leads to consistency in feelings, thoughts, and behavior. An athlete's personality will reveal their character, ideals, traits, and actions. Personality itself is based on prevailing social moral values, such as honesty, sportsmanship, cooperation, and chivalry (Ali Maksum, 2005). Therefore, an individual's personality will influence their performance in various roles. Eva Faridah (2015) emphasized that an athlete's personality significantly influences the success of training aimed at developing good performance.

PPOP is part of an integral sports achievement development system that combines achievement development with formal education in schools. This system plays a strategic role in laying the foundation for developing sports achievement in Indonesia during the golden age, developing students' talents in sports. PPOP implements tiered development (GBHN in Widodo, S. 2005). From the explanation above, it is clear that athletes with a focused development process like PPOP have experienced several problems. The main objective of this study was to determine the psychological condition of PPOP swimmers in Central Java.

2. Methods

2.1 Research Design

The method used is a quantitative survey.

2.2 Participants / Sample

The research is located in Semarang City, Central Java Province, at the PPOP swimming training center, with the research target being PPOP swimming athletes in Central Java. The athlete population consists of 13 athletes; the sampling technique used is total sampling, in which the entire population is used as the research sample.

2.3 Instruments and Measures

Data collection was conducted using the SPQ-20 questionnaire. The research variables were taken from the indicator aspects in SPQ 20, namely the achievement and competitiveness aspects, self-confidence and resilience aspects, interaction and sportsmanship aspects, and power and aggressiveness aspects.

2.4 Procedure

The procedure for carrying out this research is to distribute questionnaires to participants, and participants are advised to fill them in according to their respective circumstances.

2.5 Data Analysis

The data analysis used in this study is comparative descriptive processing using the SPSS application, the data of which will be analyzed in accordance with the norms contained in SPQ 20.

3. Results

The research results, shown in Table 1, show that the highest psychological scores were achieved by male athletes, with an average score of 3.97. Meanwhile, the lowest psychological scores were achieved by two female athletes, both with an average score of 3.27.

Table 1. Ranking of PPOP Central Java Swimming Athletes

Athtlete	Gender	Mean	Ranking
Athtlete 1	Male	3.30	11
Athtlete 2	Female	3.69	6
Athtlete 3	Female	3.27	12
Athtlete 4	Male	3.97	1
Athtlete 5	Male	3.87	3
Athtlete 6	Male	3.32	10
Athtlete 7	Female	3.27	13
Athtlete 8	Female	3.51	9
Athtlete 9	Male	3.72	5
Athtlete 10	Male	3.63	7
Athtlete 11	Male	3.93	2
Athtlete 12	Female	3.85	4
Athtlete 13	Female	3.52	8

Another result of the study, shown in Table 2, shows that the highest scores for male and female athletes were on the same item, namely conscientiousness, with scores of 4.68 and 4.46, respectively. Meanwhile, the lowest scores for male athletes were on the aggressiveness item, with a score of 2.71, and for female athletes were on the power item, with a score of 2.54. From the table, it is also known that of the total of 20 mental skills items, almost all of them did not have significant differences between male and female athletes, except for 5 items, namely achievement, adaptability, self-talk, ethics, and empathy.

Table 2. Personality Profile of PPOP Central Java Swimming Athletes

Variable	Sub Variable	SD of Male	SD of Female	Sig- 2 Tailed
Achievement and Competitiveness	Achievement	0.67	0.40	0.02
	Adaptability	0.50	0.29	0.07
	Competitiveness	0.49	0.38	0.38
	Conscientiousness	0.37	0.29	0.22
	Visualization	0.35	0.41	0.20
	Intuition	0.19	0.23	0.14
Confidence and Resilience	Goal Setting	0.62	0.32	0.18
	Managing Pressure	0.42	0.54	0.33
	Self Efficacy	0.25	0.45	0.46
	Fear of Failure Control	0.38	0.45	0.16
	Flow	0.51	0.43	0.11
	Stress Management	0.34	0.60	0.21
Interaction and Sportsmanship	Emotions	0.57	0.37	0.48
	Self-Talk	0.53	0.41	0.07
	Self-Awareness	0.62	0.43	0.18
	Ethics	0.66	0.38	0.06
	Empathy	0.45	0.69	0.02
Power and Aggressiveness	Relationships	0.22	0.53	0.30
	Aggressiveness	0.46	0.68	0.13
	Power	0.72	0.36	0.49

4. Discussion

Berliana, B. (2014) stated that men view sports as a natural activity and have a high potential for achievement and participation in competitive sports due to their masculine characteristics. This suggests that men inherently possess a competitive spirit and consistency in competitive sports, as seen in their characteristics. Santoso, N. P. B. (2019) demonstrated that Indonesia's track record shows that female athletes achieve higher results than male athletes.

Vogt, C. M., Hocevar, D., & Hagedorn, L. S. (2007) found that men have higher self-efficacy than women. Women also excel in self-talk items. Fitriani, W. (2016) suggested that women are actually superior in speaking skills compared to men. Male athletes outperform female athletes in emotional items. Ratnasari, S., & Suleeman, J. (2017) stated that men have higher levels of emotion than women.

We can see that men have higher levels of empathy than women, but this contradicts the theory proposed by Toussaint & Webb (2005) that women have higher levels of empathy than men. Why is this? Because there are many factors influencing the emergence of empathy, namely internal and external factors (Hoffman, 2003). This is supported by the statement of Hutomo, M. R., & Ariati, J. (2017) that boys are generally more aggressive than girls. Boys are quicker to behave aggressively than girls when expressing aggression physically, while girls are shyer about expressing their aggression. Male athletes are stronger or more powerful than female athletes. Anderson, E. (2005) revealed that "a male domain" (male dominance). This is supported by predetermined data analysis, which shows that men are indeed stronger than women.

In social psychology, men are usually called masculine, meaning brave, independent, and assertive, while women are usually called feminine, meaning warm in interpersonal relationships, like to affiliate, sensitive, like to feel compassion, and to compromise. Hidayat, R. (2011) also revealed that men are consistently portrayed as strong figures.

5. Conclusion

In scientific terms, the male and female swimmers in this sample generally exhibited comparable psychological profiles across most measured parameters. This indicates that gender was not a major differentiating factor in the athletes' overall psychological characteristics. However, significant differences were identified in the Achievement and Empathy dimensions, suggesting that these two dimensions may reflect distinct psychological tendencies between male and female swimmers. Therefore, while the overall profiles appear largely similar, the differences in Achievement and Empathy should be considered in athlete development, coaching strategies, and psychological support programs.

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