

WHAT MAKES AN EXCELLENT ATHLETE IN THE AMIDST OF THE INTERNET OF THING ERA?

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Abstract

Athlete character formation in the industrial era 4.0 has become a problem. Presence information and technology increasingly massive change almost all aspects of life, including the behavior of athletes. IT presence on the downside makes athletes more focused on the gadget. More time is used to play the gadget, so it takes time to sleep and rest. However, in an era of android who increasingly dominate the life, there are athletes who have the character of a sportsman who remain focused on achievement. It is interesting to explore, what indeed has formed the character of these athletes? To the researchers tried to express it through a qualitative approach to the paradigm of naturalistic inquiry, using the model of Miles and Huberman (1984). Researchers tried to discover the characteristics of a top athlete out of the exercise system that has become standard references including the use of science and technology to establish the athlete. But trying to trace the background of athletes, both background related to the family environment, socio-economic environment, and environmental practice. The study was conducted in South Kalimantan using primary data sources excel at sport sportsman Wrestling and Weightlifting, while the supporting data are trainers, coaches, significant people (parents, brothers and husbands / wives of the athlete). From these results, it was found that the formation of strong character on top athletes is caused by habits that become habit. This close relation to the significant people such as parents and siblings were also former athletes, such as environmental and social environment and background of the athlete's life. Besides, it also formed a formidable character sportsman influenced by the environment that is conducive to practice, and the factor of discipline by the coach of the athlete. Background search destination that affects the formation of formidable character athletes in reaching this achievement is to find details in forming the character of supporting and find the seeds or candidates for top athletes.

Keywords: Habits, Character, Tough

1. PRELIMINARY

The secret behind the success in sports achievement is a way of life in harmony with the demands of being an elite athlete a sport, along with the mindset of a champion, even though the corresponding physical characteristics can not be ignored. A flexible mindset is the perspective and assessment of personal self who believe that the shortage is a whip to fix it through the efforts of hard work and perseverance; mindset grows through habituation in thinking and action to face the challenges.

Human life is determined more by the habit of multi-faceted, whether simple or complex. A century ago, in

1892, William James once said: "All activities in our lives, which as been arranged in the form of persistent, is actually a series of habit." He pointed out that, in our daily lives, our actions everything is as if the result of making a decision, but not so. Habits are very instrumental. In this regard, the content of the publication attract researchers from Duke University, quoted by Charles Duhigg (2012) that "more than 40 percent of people on a daily activity, not the result of a decision, but a habit."

Interesting to explore, linkage habit with the athlete's performance, considering the achievements of sports activities are activities that are arranged in the order that must be obeyed by sports people. Therefore every level of sports coaching is not only aimed at obtaining the highest sporting achievement, but the main thing is coaching the mental attitude that must be instilled from an early age, so that in addition to the achievements but also the mental attitude and good character. Coordinating Minister for Politics and Security Susilo Soedarman New Order era in a speech suggests "... physical discipline and exercise personal discipline that will bring forth a positive impact on the social discipline and ultimately the national discipline (Soedarman, 1997: 2) ..

Building character (character building) is a process to carve or sculpt the soul, so it has a unique shape, distinctive, interesting, different or distinguishable from another person (John, 1995). Likewise, a sportsman who is always attached with all the attributes and rules that became a reference and agreed, that bears the title as a sportsman. Why is that? Because of a sportsperson is a figure that is attached with great character, is considered to have high discipline, which is able to comply and animates all the rules, while also having a tenacious attitude, tough and persistent struggle to achieve the goal of "achievement".

The abundance of values in sports that can form good character, UN Secretary General Kofi Annan to position sports and physical education as an activity for the development and formation of individuals and communities. The principle of sporting achievement as contained in the motto "citius, altius, Fortius" and the orientation reached a record is an expression of the deepest urge to achieve perfection. But even though you want to achieve is excellence, does not mean lower instincts (cheating). Sport should be crowd-based humanitarian activities that are based on ethical and moral "fair play" (Mutohir and Lutan, 2001).

The father of the modern Olympics Baron Pierre de Coubertin (1896), suggests that the ultimate goal of physical education and sport lies in its role as a unique container refinement of character, and as a vehicle to form a strong personality. Only people who have the moral virtue that will become useful citizens (Mutohir and Lutan, 2001: 1). Listening to some opinion leaders such as Rise of Modern Olympic originator of France and opinions Rusli Lutan, as well as a health expert Mutohir Indonesia, it can be said that physical education and sport contains the noble values that can build the "character".

Along with the birth of the future industrial development of the age 4.0, a change simultaneously around the world, affecting all aspects of human life, including sports. The results of the Pew Research Center study, dropped by 50 percent of adults reporting they can not live without your smartphone (<https://tirto.id/mengapa-orang-bisa-ketergantungan-pada-smartphone-dhzi>). This dependence is very massive. On the positive side, almost everything is open, easy access to new knowledge, but on the other hand has disrupted life, including one's social attitudes athlete's life. The presence of communication tools such as android attention confiscated most of the time resting athletes. Almost all athletes currently not escape the influence of the gadget. The presence of online games and websites has changed the behavior of athletes. These behavioral changes bring and bring impact on sleep and rest, which of course also affect the health and performance of athletes themselves. Results of a study conducted by Thomas Reilly and Ben Edwards at the Research Institute for Sport and Exercise Sciences in 2007 at Liverpool John Moores University, UK on the issue of lack of sleep on athletes, concluded that athletes who sleep less are more mistakes and tactical decision-making that is not appropriate, and it is easier to feel tired during exercise. (<http://bugaraga.com/efek-kurang-tidur-terhadap-performa-lari/>). The research results show that the rhythm of sleep and rest affect the performance of athletes, this is when associated with physiological aspects. But the real athlete appearances can be influenced by several factors, including physical fitness factor, the skill factor, the factor of physical nature. It is also influenced by psychological factors include; motives of achievement, intelligence, self-actualization, independence, aggressiveness, emotional, self-confidence, motivation, enthusiasm, sense of responsibility, sense of social responsibility, the desire to win and so on. Other factors are also influential, such as the environment, such as parents, family, and society (Alderman, 1947).

2. METHOD

This paper from the research results with the paradigm of naturalistic inquiry. Data were analyzed using the model of Miles and Huberman (2014); data reduction, data display, verify data and perform inferences about the reality on the ground is natural and real. The data obtained are arranged in an organized within the

framework of a particular thought, until such data has meaning and can explain the focus of the problem is being investigated. The collection of data through observation, transcripts of interviews and document analysis. These three data collection techniques are mutually support and complement the efforts to obtain information about what makes an athlete is still concern to achieve the best in the middle of the influence of the Internet Age

Interviews were conducted on the main data source is the wrestling athletes and lifters / weight. Interviews were conducted with the aim to delve into the habits, the consideration, perceptions, attitudes, motivations, desires, and expectations as an athlete in an attempt to achieve in middle age era of 4.0. Interviews were also conducted on the data source support such as coaches, parents, and people who are significant. The goal is to collect information on the various activities undertaken by the athletes themselves. In addition to interviews, the data is also supported by the results of field observations on the activities of athletes in an effort to triangulate in accordance with a focus problem. In this study also used as a complementary document analysis data analysis. The data source is divided into two categories; 1. The main data sources, namely the athletes (Athletes Wrestling and weightlifting / iron). 2. Supporting data source / Informant (Coaches, parents, brother, wife). The data source is considered to provide accurate information that can be trusted to reveal the factors that determine the athlete's performance in an age of 4.0.

3. RESULTS AND DISCUSSION

Habit is very crucial for the behavior to occur automatically, unconsciously. It was a powerful influence on the formation order of life as an athlete and achieving optimal performance, and even brought up the athletes step on the post-career who are very vulnerable, related to physical health, mental, social, spiritual and financial. Positive habits in tune with the demands and characteristics of a sport, not formed by itself. It needs to be taught or trained over and over until then implemented smoothly and continuously. Habits will flock in everyday life, without realizing the role. According to a scientist (Duhigg, 2013), the custom arose because brains constantly working on ways to save effort. The brain will always try to make almost any routine as a habit, because habits will make the brain more relaxed. Habits like autopilot on human beings. In a study of 11,000 submitted that the human brain signals received, processed automatically, only 40 were processed consciously.

Score discipline as forming characters formed through customs were traced through interviews and observations to the athlete as the primary data source, and also to support other data sources. The interview began with sports figures (SDP1R). Research question begins with; whether sport can shape a person's character? (SDP1R) replied that "sport can be formed character someone, People will be able to perform if he has discipline, tenacious attitude, never give up ". When the question is continued, how everyday life connection with sports activities. He (SDP1R) suggested "the sport attached to the motion, and our religion (Islam) movement teaches that through prayer requires discipline as well. There, it is clear that religion, especially Islam has taught discipline. Time has been arranged, adherence to follow when prayer becomes a habit. Similarly, an athlete who wants to succeed should have high discipline ". So whether discipline was born by the individual consciousness or simply by the desire to obey the rules established, researchers asked again. If it has been ingrained into a regular habit, whether or not there rules set by the coach, for example, will have no effect. It is formed of small things follow the customs". Obviously. He delivered anyway, that the habit of getting up early, exercise, work, and then back again in the afternoon practice, even brought along his children, became a routine. He has introduced the sport from an early age to older anak him. Recorded several children he had become accomplished athletes nationally and internationally in the minds of researchers thought that the custom-small embedded habits early, parents transmitted to their children an embryonic discipline,

The question thus also the researcher goes to the coach (SDP2S). He answered "all start from ourselves. Discipline is viewed from any side must be very important, especially for athlete, Athlete will not reach feat if he is not embedded in the discipline ". Whether this is one of the characters or the characteristics of a sportsman? asked researchers. "I think so, he said. Athlete was attached with a tenacious attitude, tough, disciplined". If so, whether such behavior should implemented in everyday life, researchers asked again. "Yes, definitely thus. It was not only shown when exercising, but it is also in daily life "he said.

Related to the issue as forming the habit of discipline, researchers trace it to the main data sources wrestling son of South Kalimantan (code A1AR), which has won several national and international championships, through interviews and field observations. Questions are implicitly addressed to these athletes, such as; Do exercises done regularly? This question is answered by A1AR. Yes, I always exercise, and try to arrive on time even earlier before practice begins, unless there is a very thing can not be abandoned. When asked why like that? (A1AR) replied "it has become a habit of mine, and I would feel uncomfortable if you arrive

late, because the discipline shows that we are ready. Even coach will reprimand us, when we were late. Coach always reminds us all to get accustomed to come early so that exercises can be implemented on time. Is this a timely habit you also apply in their daily lives? Researchers asked again. Yes, I have always been. He said. I always try to be at any time that has been scheduled with, as a routine, she said. Then the researchers also asked about the accuracy of early risers. (A1AR) said that he was always up at 5:00 am, although there are no rehearsals because it has become a habit. In an effort to triangulate the recognition A1AR researchers also ask his wife. His wife suggested that it was true, but even his wife lost quickly get up early than her husband "wow ... if so I lost bu affairs, he is ahead of me, and was always ready early". From these explanations, it appears that the behavior has been built based on habit. When researchers asked about the behavior of these athletes to coach SP4Zh, "the A1AR was very disciplined person bu, and very tenacious, unyielding. Each program is given, done as well as possible ". Are all the athletes here are all like that? asked researchers back "no, many who practice only when it can be incentives alone, and when the incentive is not there then too lazy to exercise, even more often seen playing HP timeless. But it will be seen later on achievements, not getting ahead ". It's hard now, his words add "athlete if not properly controlled, the time is spent just to play HP only. The coach explanation shows that the presence of more massive communication tool is very distracting athletes to practice. If the athlete does not have a strong determination to be disturbed by the exercise addiction play HP.

SP4Zh of explanation, that the number of athletes who fever gadgets, to use it do not know the time. It is traced to A1AR researchers. Gadgets you have, use for anything? asked researchers to A1AR. "For communication, playing games at leisure" she said. While only certain, if the training schedule I do not use it, even if used only for listening to music alone, continued A1AR again. Related punctual habits and use of the gadget also ask A2Rd researchers, a South Kalimantan daughter wrestling athletes who have won various national and international events. Answered by A2Rd, that he uses only as an entertainment gadget spare time only. Presented by him that, the presence of communication tools such as HP does not make neglect exercise. "I practice for achievement and boast parents, as well as my gorg area, he said. Moreover, my parents are a former wrestler, and has been taught to us since childhood about the sport. I often took him a little time. So the sport is ingrained in our family "he said at length to the researchers. It can be argued that the presence of the gadgets on some athletes who have high determination no negative effect, but a means of mere entertainment.

A2Rd discipline behavior also observed through field observations on the behavior shown when making an appointment with investigators. Researchers have made an appointment at 15:00 pm to see them practice. Researchers deliberately arrived early 14.30, but it A4Sr and A2Rd also been in place. Arriving on the ground with alacrity they prepare for the exercise, right up to 15.00 hours they have to start training. But before exercise researcher and A4Sr sweeping view A2Rd wrestling mat first. Researchers tried to ask, why should sweep its own, would not they clean it? asked researchers. "Let the dust and sand lost his mom, because if not washed away the dirt later small it can also lead to injury. He replied. Usually who told sweep? Tanya researchers. No one told bu, we have a habit of this, the first coming or there that we saw no net direct us broom, although for example when there is a picket TC, we still voluntarily washed, he replied at length to the researchers. He explained also, coach always convey to us that environmental awareness is important, because we own this place, we ourselves have to take care of. Researchers thought then, it turns out they also practice environmentally responsible and concerned with cleanliness, and it becomes a habit instilled by coach to athletes .. He explained also, coach always convey to us that environmental awareness is important, because we own this place, we ourselves have to take care of. Researchers thought then, it turns out they also practice environmentally responsible and concerned with cleanliness, and it becomes a habit instilled by coach to athletes ..

Subject habit complies with the rules as a form of discipline shown by A2Rd a habit borrowed by parents and siblings who are all former athletes. Habituation-conditioning done by the parents, become an example for the athletes. So much so that the formation of habits such habits are not fully able to be handled by the coach himself. Certain habits, no or nothing to do with coaching accomplishments, some get carried away from the care or education of parents in the family environment since someone is still small. In other words, coaching habits, which blends with the character of the performance and moral character, partly formed by parents and also by siblings (sibling), as revealed in a recent study. The particular habit there is a very important role to strengthen the foundations of personality traits that facilitate achievement. Conversely, there are also bad habits, which would hamper or not in tune with the demands and characteristics of a

sport. And certain habits that exist between them are difficult to change as formed before the age of eight. Disclosed by legendary badminton coach Tahir Djide, that he familiarize the athletes for the time came to meet the coach and the return on the coach also said goodbye. Hala is done he is to habituation good behavior in accordance with the norms of society in athletes (Rusli Lutan, 2013). In fact, he noted that his team also taught to not get the words indecent. Essentially every athletes demonstrated good behavior the result of habituation. Presented by Lutan (2013) habits formed by three chains: (1) lighter (cue); (2) routine activities; and (3) reward. Habits can be changed depending on the reward promised.

4. CONCLUSION

The main element that determines the success or accomplishment is discipline. Discipline containing obedience or adherence to rules and values apply. Discipline is shown in obedience meet prevailing values such as awareness of self-discipline or "self-discipline", as it contains an understanding or awareness that is closely related to the ability to control themselves or "self-control." The success of an athlete is determined by the tenacity practice, determination robust, and high discipline, good discipline in the practice or discipline in terms of behavior, including the use of the breaks. Discipline is formed through habits that become habit, obtained in timerelatively long. The importance of the emphasis to be always punctual is a habit of planting that will become habits. The practice of planting habits can lean on the theory of behaviorism or constructivism, depending on the focus and goals, as well as the characteristics of the athlete. In fact, the social learning theory point to the efficacy of habit, so the athlete's coach or trainer to get used to certain habits through his example shown consistently. The important thing in the habit is habit forming key. Although it is not organized and sequential impact, but the impact on the success of the series until it reaches its final destination.

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