

Analysis of the Relationship Between Discipline Levels and Achievements of Jambi City Judo Athletes in 2024

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ABSTRACT

This study aims to analyze the relationship between the level of discipline and the achievements of Jambi City judo athletes in 2024. The research method used is a quantitative approach with a correlational design. The research subjects consisted of 20 judo athletes aged 11-25 years who are members of the Jambi City PJSI City Executive Board. Discipline data were collected through a Likert scale questionnaire, while achievement data were obtained from official championship records and coach assessments. The results showed that the level of discipline of judo athletes was in the fairly good category with a percentage of 72.4%, while the level of athlete achievement was also in the fairly good category with a percentage of 75.4%. Data analysis showed a positive relationship between discipline and achievement, where the higher the athlete's discipline, the better the achievement. Thus, it can be concluded that discipline development, especially in aspects of training consistency, focus, and target achievement, is an important factor in improving the performance of Jambi City judo athletes.

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AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
E. Obtaining funding

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INTRODUCTION

Sports achievement is determined not only by talent and physical ability, but also by non-technical factors such as athlete discipline (Irwanto & Romas, 2019). In the context of martial arts like judo, discipline plays a central role in the training process, adherence to coach instructions, and maintaining consistent performance during competitions (Putri, Novitya et al., 2021). Athletes with a high level of discipline tend to demonstrate a strong work ethic, responsibility in following training programs, and the ability to manage time and emotions during competition (Kusuma & Rindaningsih, 2024).

In Jambi City, judo is one of the sports that has shown significant growth in recent years. However, variations in athlete achievement remain quite striking. Some athletes demonstrate consistent medal wins, while others experience fluctuations in

performance even within the same training environment. This phenomenon raises questions about the extent to which individual discipline contributes to judo achievement.

Previous research by Lahinda et al., (2025) found that mental discipline, such as perseverance, focus, and self-motivation, significantly contribute to athletes' success in facing competitive pressure. Therefore, it is crucial for coaches and sports administrators to focus not only on physical aspects but also on fostering discipline in training programs.

According to Antari (2020), social life is a life filled with values. Disciplined individuals are seen through their willingness to react and act according to prevailing values, namely values expressed in the form of provisions, regulations, rules, life order, or specific principles (Mansur et al., 2020; Saharullah et al., 2022). Therefore, discipline in training is essential for every athlete who aims to achieve maximum performance. This discipline can be further developed into self-discipline. Therefore, it can be said that an athlete with a high level of self-discipline will achieve maximum results in every training session, enabling them to achieve success in their chosen sport. Conversely, if an athlete lacks self-discipline in training, they will not achieve maximum results, thus negatively impacting their sporting performance.

Sports achievement is defined as a person's performance in a competition, measured by indicators such as medals, rankings, or match scores (Putra & Wijono, 2021). In judo, achievement reflects not only technical success but also the athlete's physical, psychological, and tactical preparedness (Ricardo & Ridwan, 2023). Factors such as training frequency, coach support, and psychological well-being also influence an athlete's performance in a competition (Guntoro et al., 2020; Matjan, 2009).

Judo, as a martial art, requires a combination of technique, muscular strength, reflexes, and strategic understanding. Therefore, achievement in judo is often a complex indicator, reflecting not only physical ability but also discipline in undergoing long-term training. Originating in Japan, Judo was introduced by Jigoro Kano in the late 19th century and has been an official Olympic sport since 1964 (Ricardo & Ridwan, 2023). Judo emphasizes throwing techniques (*nage waza*), locks (*katame waza*), and holds (*osae waza*), executed with the principles of efficient movement and utilizing the opponent's strength (Quamila et al., 2012). Beyond technical aspects, judo also has a strong philosophy: *seiryoku zenyo* (efficient use of energy) and *jita kyoei* (mutual respect and mutual benefit) (Ricardo & Ridwan, 2023).

In the context of athlete development, judo is not only a martial art but also a character education. Judo athletes are required to possess strong physical strength, agility, strategy, and mental abilities. One of the most important aspects of judo mastery is discipline (Berliana et al., 2021; Dongoran & Riyanto, 2019). Discipline encompasses adherence to rules, punctuality, consistent training, a healthy lifestyle, and self-control. Highly disciplined judo athletes tend to be better able to implement training programs effectively, understand judo philosophy, and maintain good sportsmanship in every match.

METHODS

This study uses a correlation analysis approach to analyze the relationship between the level of discipline and the achievements of Jambi City judo athletes in 2024. The study population was all judo athletes who are members of the Jambi City PJSI City Executive Board, and the sample was determined using a total sampling technique. Discipline data were collected through a Likert scale questionnaire, while achievement data were obtained from official championship results records in 2023–2024. Data analysis used the Pearson Product Moment correlation test with the help of the SPSS program at a significance level of 95%.

RESULTS AND DISCUSSION

Result

This research was conducted on judo athletes from Jambi City, the focus of the research. The research took place at the dojo building located at Jl. H. Agus Salim, Paal Lima, Jambi, Jambi City, Jambi. The research took place from May 14, 2025, to June 15, 2025, in the afternoon from 4:30 PM to 5:30 PM WIB. The subjects were 20 judo athletes from Jambi City, aged 11–25.

The results of the study examined the level of discipline and achievement in judo in Jambi City, as well as the comparison between the variables of discipline and achievement. The following is a summary of the two dimensions:

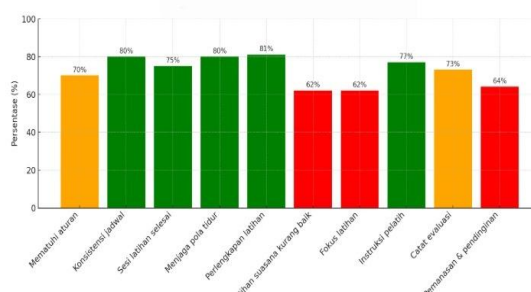


Figure 1.

Recapitulation of the level of discipline of Jambi City judo athletes

Based on the results of the study on the discipline level of Jambi City's judo athletes, a total score of 724 was obtained out of a maximum score of 1,000, or 72.4%, which is considered good. This finding indicates that, in general, Jambi City's judo athletes possess sufficient discipline to support their training and preparation for competitions, although there are still several aspects that need improvement.

When looking at each indicator, the highest-scoring discipline aspects were preparing training equipment before arriving at the training venue (81%) and maintaining a sleep pattern (80%). This indicates that most athletes have good preparation habits before training and understand the importance of maintaining physical fitness through adequate rest. These two indicators reflect athletes' awareness of the importance of physical and mental preparation before training and competition.

Other indicators that also received good ratings were consistency in following the training schedule (80%), completing training sessions to completion (75%), following the coach's instructions (77%), and recording training evaluations (73%). These scores demonstrate that most athletes are committed to following the coach's instructions and carrying out their training program responsibly. Discipline in this aspect can support the improvement of judo technical skills and foster learning habits through evaluation of each training session.

However, several indicators remain in the moderate category, including practicing in a bad mood (62%), full focus during training (62%), and warm-up and cool-down (64%). Relatively low scores on these indicators indicate weaknesses in self-control, concentration, and awareness of maintaining optimal physical fitness. This can impact training effectiveness, as concentration and physical fitness are crucial factors in mastering judo techniques and avoiding the risk of injury.

Overall, the results of this study indicate that the discipline of Jambi City's judo athletes is quite good, but not yet optimal. Strengths are evident in self-preparation and adherence to schedules, while weaknesses lie in concentration, emotional control, and consistency in maintaining supporting routines such as warm-ups and cool-downs. Therefore, further development needs to focus on improving concentration, internal motivation, and strengthening athletes' awareness of the importance of discipline in every aspect of training.

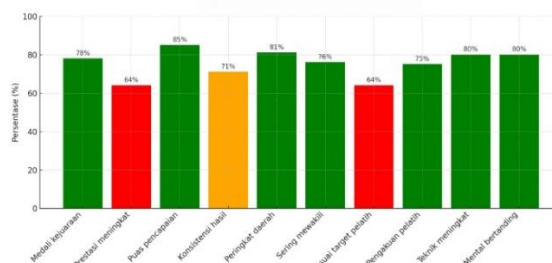


Figure 1.
 Recapitulation of Achievements of Jambi City Judo Athletes

Based on the research results, the overall performance level of Jambi City's judo athletes achieved a score of 754 out of a maximum of 1,000, or 75.4%, which is considered good. This result indicates that the athletes have achieved fairly stable performance, although certain aspects still need improvement to reach a more optimal level.

When examined by indicator, the highest achievements were found in satisfaction with achievements in the last competition (85%), improvement in technical skills (80%), and the ability to maintain a competitive mental state (80%). High scores on these indicators indicate that most athletes feel confident in their performance, have made significant technical progress, and are able to manage their psychological state during competition. These factors are certainly important assets for competing at higher levels.

Furthermore, the indicators of having a ranking within a regional organization (81%) and frequently representing in championships (76%) also indicate that most athletes

have received regular competition opportunities, demonstrating recognition from their organizations and coaches. This aligns with the indicator of receiving coach recognition for performance (75%), which is also in the good category.

However, several indicators remain relatively low, such as performance improvement compared to the previous year (64%) and achievement of coaches' targets (64%). These scores indicate that although athletes have potential, year-to-year development has been inconsistent and has not fully met coaches' expectations. Similarly, consistency of results across various competitions (71%) remains in the fairly good category.

Discussion

The research results show that the discipline level of Jambi City's judo athletes is in the fair category, with a percentage of 72.4%. Meanwhile, the athletes' performance level is in the fair category, with a percentage of 75.4%. Both results demonstrate a link between discipline and performance, where fair discipline is in line with achievement, which is also in the fair category. This confirms that discipline is a crucial factor in supporting the performance of judo athletes.

As stated by Telaumbanua et al., (2024), discipline in sports is the main foundation for developing performance because it involves consistent training, adherence to coach instructions, and a commitment to maintaining a healthy lifestyle. Highly disciplined athletes will be able to utilize training programs optimally, thus improving technical skills and mental readiness. This aligns with the findings of this study, where high-scoring indicators such as training equipment preparation and maintaining a healthy sleep pattern contribute to athletes' physical readiness for competitions.

However, several weaknesses also affect performance, such as low focus during training (62%) and consistent good results in various competitions (71%). This situation indicates that there is still a gap between training quality and competition results. This means that even if athletes are quite disciplined in their preparation, they still need to improve their concentration, motivation, and performance consistency to achieve more consistent results.

From a sports psychology perspective, discipline not only influences physical performance but also emotional control and competitive mentality. Previous studies have shown that athletes who are disciplined in following a structured training program have more consistent performance development than those who are less disciplined. This is also evident in the case of judo athletes in Jambi City, where high performance indicators are found in technical ability (80%) and competitive mentality (80%), which are closely related to regular training patterns.

Thus, this discussion confirms that the level of discipline and performance of Jambi City judo athletes are interrelated and influence each other. The better the discipline, the greater the athlete's chance of achieving optimal performance. To improve coaching results, coaches need to pay more attention to aspects of concentration, internal motivation, and performance consistency in competitions. This

is crucial so that athletes' performance is not merely in the fair category, but also improves to the good or even excellent category.

CONCLUSION

This study shows that the discipline level of Jambi City's judo athletes in 2024 was in the fairly good category (72.4%), and athlete performance was also in the fairly good category (75.4%), with the finding that discipline plays a significant role in achieving success. Athletes who are disciplined in adhering to rules, maintaining sleep patterns, and consistent training tend to have better technical development, competitive mentality, and competition achievements, while weaknesses in the aspects of concentration and consistency of match results still need to be improved. This confirms that improving discipline is an important key to pushing the performance of Jambi City's judo athletes towards a higher category.

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