

## The Correlation between Emotional Andintelligencequotient and Technical Skills with the Achievement of PPLPD Aceh Taekwondo Athletes

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**Abstract:** This research is done to find out whether there is significant relationship between intelligencequotient, emotional quotient and technical skills with the achievement of PPLPD Aceh taekwondo athletes. The kind of research that is used is descriptive method with correlation technique. The population in this research is 10 of PPLPD Aceh taekwondo athlete which also as a research sample (saturation sampling). The instrument that is used is an IQ test by using questionnaire, EQ test by using questionnaire, taekwondo technique skills test by action test, and athlete achievement score. The result of the research shows: 1) there is a significant correlation between intelligencequotient with the achievement of PPLPD Aceh taekwondo athlete by 95,3%, 2) There is a significant correlation between emotional quotient with the achievement of PPLPD Aceh taekwondo athlete by 97,6%, 3) There is a significant correlation between technical skills with the achievement of PPLPD Aceh taekwondo athlete by 88,4%, 4) There is a bound correlation between emotional quotient, emotional quotient, and technical skills with the achievement of PPLPD Aceh taekwondo athlete by 97,7% and also the other factor for the rest.

**Keyword:** IntelligenceQuotient, Emotional Quotient, technical skills, taekwondo achievement.

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### I. Preliminary

Martial art is becoming more popular in Indonesia, on of the oldest martial art in Indonesia is PencakSilat, and then more and more martial art introduced and developed rapidly, such as karate, kempo, and judo from Japan, muaythai from Thailand, taekwondo from Korea etc. taekwondo is a traditional martial art from South Korea. This martial art known for its beautiful motion which also known as *tae* (smash with kick), *kwon* (smash with punch) and *do* is an ability to discipline by art. It can be interpreted as a martial art using kick and punch. The growth of taekwondo is becoming global by entering all around the continents, from America, Europe, Africa, until Asia, Also Indonesia. The growth of taekwondo in Indonesia becomes better and better, starting from Indonesian taekwondo Athletes competing in multiple events, from Sea Games, Asian Games to Olympic.

To enhance the sport achievements or performances, the Athletes must have some physic and mental abilities that correspondences to a good psychology so they may train and compete with a high passion, fully responsible, and not disturbed by problems with in him or personal matter. In the process of reaching some achievement, it can be influenced by two factors, that is internal and external factors. The development of performance and excellence athletes whom are expected there are a lot of factors that included, such as physical fitness, intelligence quotient, and strong motivation from that athletes. Harsono (1988:100) states that there are four training aspects that is needed to be concerned and trained carefully by athletes, (1) physical training, (2) technics, (3) tactics and (4) mental training. From that factors, psychological factor can be directly impacted to the athletes.

Those factors can influence the achievement of the athlete, because to compete, athlete must prepare all possibilities well from mental and physical aspect. This as stated by Muchlas (2008:36) "the achievement is not only depending on technical skills and physic of the athlete, but also psychological states and mental health". Suranto (2005:24) also states especially in sports like soccer, badminton and also martial arts need a skill to make a fast and accurate thinking, and then move accurately to anticipate his opponent, because this condition is closely related with sport with that use it intellectual factor. Referring to Suranto (2005:27) an athlete who only concern on physical training and technic, but not giving a chance to develop his ability to think can affect in

undeveloped intelligence event. Intelligence in achievement has a big role. A high intelligence also has a big role in athlete achievement.

The athlete's Intelligence quotient can be used in problem solving and arranging strategy to get achievements, this is stated by Adisasmito (2007:15) "cognitive aspect is related with intelligence that the athletes have. Intelligence quotient is needed in problem solving, applying tactic and strategy during practice, and facing the competition", it means intelligence takes effect to the athlete. Athlete who has good intelligence can solve many problems happen in the field so it can be concluded that IQ takes effect to the athlete himself.

Besides IQ (Intelligence Quotient), the other aspect that takes effect from phycological factor is EQ (emotional Quotient). EQ (Emotional Quotient) is also an ability for self-motivation, emotion control and an impulse to keep the stress down in order to not kill thinking ability, being empathy and applying emotional quotient effectively. Based on Goleman, (2003:45), emotional quotient is related to someone's ability to evaluate, accept, and control his and other people emotion around him and expected to be able to control his emotion when there is a poor situation in the field and applying his ability.

The athlete who has good rate of Emotional Quotient is surely can control his emotional pattern with his intelligence, controlling emotion stability and showing it through his skills and self-awareness, self-control, social ability and motivation. Emotional quotient can be related to achievement because the athlete ability in emotion control and self-control, which impacts in decision-making during hard situation and sync it with a good coordination with himself. With that said, IQ (intelligence Quotient) and EQ (emotional Quotient) have a big impact in athlete's achievement. An athlete who doesn't have a good emotional quotient will have some obstacles in his achievements. Like Segal States (2002:27) that "the area of emotional quotient is a personal and interpersonal, emotional quotient is responsible in pride, self-awareness, social awareness, and ability to adapt." That description shows that an athlete who want to have a good achievement not only have to pay attention to technic and physic, but also pay attention to the correlation of physic, technic and psychology.

The athlete who has technical skill and good physical health, but not supported by good mental condition and physiology is preconcerted that he doesn't have good achievement, like Muchlas (2008:36) states that the achievement in sports in not only rely on skills and physical health that athlete has, but also rely on emotional and psychology state, further more Schmidt &Wrisberg (2010:10) "One quality of skill proficiency is movement certainty. To be "skilled" implies that a person is able to meet the performance goal, or "end result," with maximum certainty". It means that for the achievement the athlete is recommended to understand and apply many skills he has in order to achieve the achievement he wants.

Student sport training and coaching center is school for national sport nurseries that is used to find and coach the sports talent in young age especially school age (Minister for Youth and Sports Affairs, 2009:19). In order to realize competitive sports, it is necessary for nursering, coaching, training and also improving achievement continuously since the early age, so the desired achievement can be achieved. Through Student sport training and coaching center, they prepare junior athletes who have good physical and mental state and ready to replace and continue the fight of their senior athletes.

According to PPLP Aceh Taekwondo trainer SabeumFachrizalAmbia, when PPLP Aceh athletes compete in national events, they have excessive nervousness such as mental preparation when facing superior athletes, in line with that statement, writer can pull the red string that emotional quotient is closely related to mental/physic and play an important role for the achievement besides the intellectual quotient in taking action in a timely manner and problem solving and technical skill in alignment movement skills to kick, punch, and certainly in the right and correct movement.

With this background this research is aimed to acknowledge the relation between the variables of intellectual quotient, emotional quotient, and technical ability of PPLP Aceh in taekwondo with the achievements.

## **II. Intellectual Quotient**

Intelligence or Intelligence Quotient is an important role that determine an athlete in deciding what happens in a competition base on the rules. The ability and the rapid and correct thinking skills, then moves correctly to anticipate the way of the competition. Based on Goleman (2003:11-12), there are two kinds of intelligence, rational quotient and and emotional quotient. The optimization of those two things is the key in the sports achievement. IQ (Intelligence Quotient) and EQ (emotional Quotient) is the physiological factor that is in a person internal factor. IQ (Intelligence Quotient) and EQ (Emotional Quotient) is part of the input which takes a role for a person to win or lose the fight. Furthermore, Adisasmito (2007:15) "cognitive aspect is related with intelligence that the athletes have. Intelligence quotient is needed in problem solving, applying tactic and strategy during practice, and facing the competition", the understanding and the application for a decision he will do during the competition, preparing strategies and patterns in the competition must be well. Before the competition, athlete must prepare himself to analyze his opponent, knowing the opponent strong and weakness in order to arrange the strategy he will use in the game.

NO	INTELLIGENCE	MAIN ABILITY
1	Math logic	The awareness and ability to see logical patterns and numeric also the ability to think rational and logic.
2	Language	The awareness with sound, rhythm, words meaning and variation of language function.
3	Musical	The ability to produce and appreciate rhythm, note, color and music expression shapes.
4	Space	The ability to express visual shape accurately and transform that perception.
5	Movement	The ability to control movement and handling object skillfully.
6	Interpersonal	The ability to observe and response mood, temperament and motivate other people.
7	Interpersonal	The ability to understand feeling, strength and weakness and intelligence of himself.
8	Naturalist	The ability to understand in identifying and classifying the flora and fauna, love for nature, animal and plant.

Source: *multiple intelligence* 2013

### III. Emotional Quotient

Emotional quotient is an ability to express feeling, awareness and understanding of emotion and ability to control it. Goleman (2004:45) states “emotional quotient is ability to motivate himself and last facing frustration, controlling impulse and not overjoy, control the feeling and keep the stress level to not crippling the thinking ability”. Based on that quote, it can be concluded that emotional quotient is an ability to control feeling either happiness or inconvenience such as stress that happens to someone.

As disclosed by Bar-On (2005:4), in EQ (Emotional Quotient) has 5 scales or skills which are intrapersonal scale, interpersonal scale, adaptability scale, stress management scale, and general mood scale. Furthermore Goleman (2002:512), emotional quotient is an ability to manage our emotional life with intelligence; the appropriateness of emotional life with intelligence; the appropriateness of emotion and its expression through the ability of self-awareness, self-control, self-motivation, empathy and social skill. Goleman quotes Salovey (2005:58-59) puts self-intelligence on base definition about emotional quotient that widen and triggered that ability to be five base components, which are: understanding self-emotion, managing emotion, self-motivation, knowing other people emotion and building relationship.

### IV. Taekwondo Technical Skills

Sport achievement base has a competitive climatic feature which pursue every athlete to enhance their ability or skill, to achieve that goal an athlete must have physical ability and that skills, either individual or team. Inline with what Griwijoyo said (2012:17) “training sport achievement base is enhancing the body function well, either in base skill (physical ability) or technical ability, therefore technical skill is a very important skills that must be had by the athlete beside physical ability during the achievement.

Based on Husdrata (2004:10) there are four factors that become base of the athlete performance: fitness, skills, physic, and phycology. Therefore, technical skill is so important for the athlete that his achievements can be achieved to the maximum. In taekwondo, technical skills include basic kick, step, Hugo practice, sparing and target kick, Rahantokam and friends (2006:44).

### V. Research Method

This research uses Quantitative approach with correlational method. Based on Ali (2011:201) “in the research of social and habits, a descriptive study of correlational relation between two variable or more can be done using correlation study”. Correlation study mentioned is to answer the problem correlate to two variable or more. In this research, the problem that will be studied is whether there is a significant correlation between emotional quotient and technical ability with the achievement of PPLP Aceh athlete. In a research, it must have a research design, “research design is a plan or blueprint made by the researcher, as a step that will be done” (Arikunto, 2006:51). This research is focusing on the relation between intelligence quotient, emotional quotient, and technical skill with the achievement of PPLPD Aceh athlete.

The population in the statistic refers to a group of individuals with specific characteristic. Based on Sugiyono (2016:11) population is generalize field includes of object/subject who has specific quality and characteristic that specified by the researcher to be studied and drawn a conclusion. In this research, the population is all of the PPLP Aceh taekwondo Athlete which is 10 athletes consists of 6 females and 4 males.

The instrument of this research is to measure the intelligence Quotient using questionnaire, emotional quotient using questionnaire and technical skills using taekwondo movement skills, also searching the achievement score of PPLPD Aceh athlete in the recent years, and data processing by using SPSS for Windows.

The research is done of February by submitting the research license to the Aceh Minister for Youth and Sports Affairs in order to get the place and athlete as samples. Researcher does the meeting with athletes based on the schedule and researcher does the steps of the research.

### VI. Result

The data result obtained are consist of: (1) Intelligence Quotient data, (2) Emotional Quotient data, (3) Technical Skill data, (4) PPLP Aceh Taekwondo Athlete achievement data. To make data processing easier, then the data is tabulated into table of Intelligence Quotient variable ( $X_1$ ) and Emotional Quotient variable ( $X_2$ ) measured using questionnaire, technical skill variable ( $X_3$ ) measured using test and PPLP Aceh taekwondo achievement data ( $Y$ ) using the achievement search in recent years, in table 4.1

Table 4.1. Study result

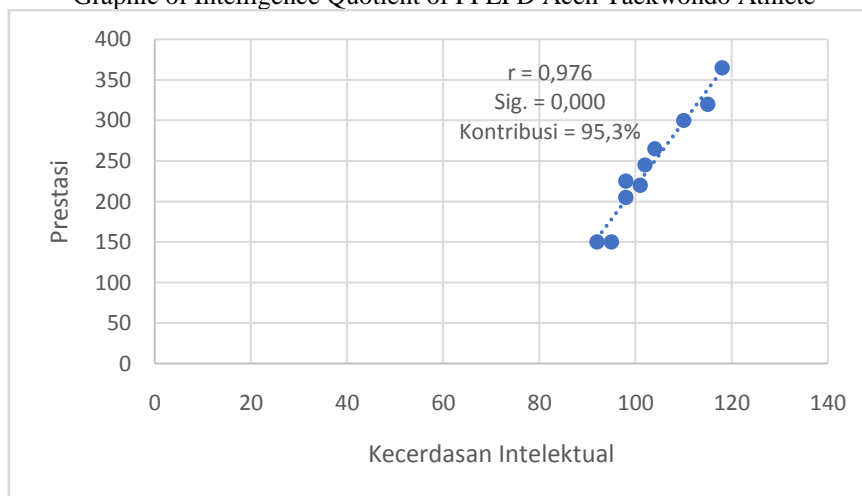
No	Name	$X_1$	$X_2$	$X_3$	Y
1	AgoengTrisna W	92	84	180	150
2	Fanny Maudina	104	101	198	265
3	Tiara Syaufina	110	110	201	300
4	Cindy Yudiarti	95	87	173	150
5	DhiyaaNajwan Agustina	98	93	182	205
6	NoviaMasyitah	102	99	197	245
7	Fernanda Nita Riyatna	101	97	195	220
8	Cut NauraNidhoha	118	115	210	365
9	RifaldiWiyanaDesky	115	112	215	320
10	Hafiz Rusdi	98	95	190	225

### VII. Intelligence Quotient

Intelligence has a correlation to achievement because intelligence is one of the phycology factors which correspondence to someone achievement, like described by Suranto (2005:24) “intelligence or intellectual is an important factor which often decide the victory in sport competition, especially in specific sports such as martial arts which is full body contact sport”. It means in martial art; it is required an ability to think fast during taking a correct decision to anticipate his opponent.

Ability to solve a problem during competition with strategy and tactic. Ability to accept instruction from the trainer and analyse the game. Furthermore Adisasmito (2007:15) reveals “cognitive aspect correlates to intellectual the athlete has. This intellectual is needed in problem solving, applying tactic and strategy during training and facing competition”. In this research the intelligence quotient contribution for PPLP Aceh taekwondo athlete is so strong at 95,3%, it proves that intelligence quotient is one of the internal factors must be had by the athlete, because it is an important factor in athlete achievement.

Graphic of Intelligence Quotient of PPLPD Aceh Taekwondo Athlete



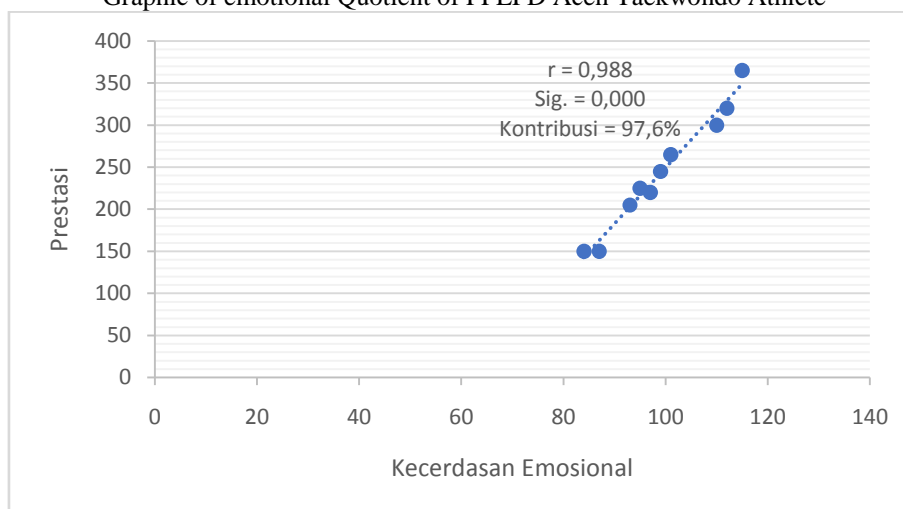
### VIII. Emotional Quotient

Emotional quotient has a correlation for the achievement because in order to achieve those achievement it does not only depend on gift, strength, speed and flexibility that was found on physis, but also the other factor outside the physis that is psychic which strongly related to the athlete mental on controlling and managing their emotion. In achievement sport that has strong relation with competitive competition, athlete will encounter many situations in the competition arena. Getting in the arena can impact the mental state of the athlete. If the

strong impact can supress and the athlete is not able to adapt, it will cause stress, anxiety, frustration etc. those may impact the performance the show and confidence of the athlete during the competition, and will impact the result or the achievement of the athlete. Therefore, athlete must have ability to manage the emotion, anxiety and stress that often experienced by the athlete. “the highest level of emotional quotient enables athlete to evaluate the situation effectively by looking the risk as an opportunity rather than treat and then make a better decision about the risk his encounter (Panno, 2016:23-31).

According to Goleman (2002:512) emotional quotient is someone ability to manage our emotional life with intelligence; the appropietness of emotion and its expression through skills of self-awareness, self-control, self- motivation, empathy and social skills. Based on the opinions explained by the experts before, it explains an important skill on developing basic mechanism in mental life, one of which is self-awareness, that needs self-management, then ability for self-motivation, then ability for self-motivation, empathy and social skill in the form of social interaction. In this research emotional quotient contribution for PPLP Aceh taekwondo athlete is at 97,6%. That proves that emotional quotient is an internal factor/phycology aspect must be had by the athlete, because it is an important factor and has a huge contribution with the athlete achievement.

Graphic of emotional Quotient of PPLPD Aceh Taekwondo Athlete



### IX. Technical Skill

Technical skill clearly has a strong relation with achievement. according to Husdrata (2004:10) stated that, there are four base factors that influence athlete; fitness, skill, physic, and psychological behavior. Therefore, technical skill is an important point must be had by an athlete in order to get maximum achievement, to achieve the taekwondo achievement an athlete must master kick, punch, block, and the other technic described by Goodman (in Admaja 2015:7) states:

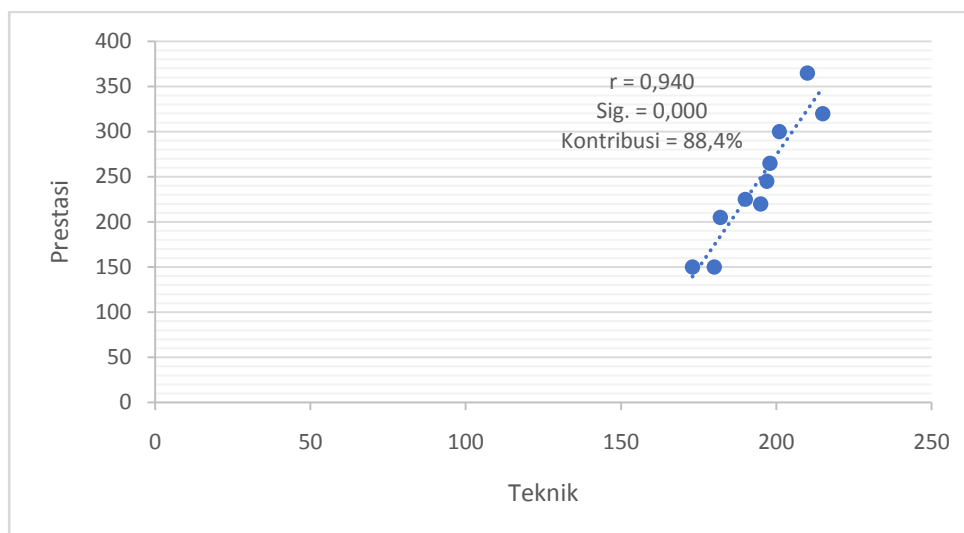
*“Taekowndo is derived from several martial arts, with the main influence being taekyonkorean kick fighting. Tae means” to kick” or “smash with the feet” Kwon means to intercept or “strike with the hand” and Do means “the way of the art.” Thus, the foundation of the art is the use of the hands and feet the overcome an attacker swiftly.”*

Goodman statement means that taekwondo is combination of several martial arts and the most influence is Tae Kyon. Tae mean smash with the feet, kwon means to strike with the hand, do means the way of art. If combine, taekwondo means the art is the use of the hands and feet the overcome an attacker swiftly.

Furthermore Schimidt&Wrisberg (2000:10) says “that quality of skill is the certainty of movement that suggests someone is able to fulfill the aim of its performance or the final result with maximum assurance”. Thus, the technical skill is no less important part that must be had by an athlete beside of physic and psychic/mental on the achievement.

Based on those theory, it explains that technical skill reflects someone ability during competition. Technical skill is also an internal factor for the athlete during his achievement. therefore, if the athlete has an excellent technical skill usually has excellent achievement. in order to the athlete to have good technical skill, he has master basic kick, step, hugo practice, sparing and another technic correctly and steadily. In this research the contribution of technical skill for PPLP Aceh taekwondo athletes is 88,4%. It proves that technical skill is an internal factor that must be had by the athlete because it has a huge contribution for the achievement.

Graphic of technical skill of PPLPD Aceh Taekwondo Athlete



## X. Conclusion

Based on data processing and data analysis, researcher can make some conclusions:

1. There is a significant relation between intelligence quotient and PPLPD Aceh taekwondo athlete achievement. Giving coefficient correlation score of 0,976 with the contribution of 95,3%. It means intelligence quotient is strongly related to achievement.
2. There is a significant relation between emotional quotient and PPLPD Aceh taekwondo athlete achievement. Giving coefficient correlation score of 0,988 with the contribution of 97,6%. It means emotional quotient is strongly related to achievement.
3. There is a significant relation between technical skill and PPLPD Aceh taekwondo athlete achievement. Giving coefficient correlation score of 0,940 with the contribution of 88,4%. It means technical skill is strongly related to achievement.

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