

Psychological Strengthening and Assistance through Goal Setting Strategy to Increase Badminton Athletes' Fighting Power in Competitions

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Article history

Received: 1 June 2025

Revised: 12 June 2025

Accepted: 22 June 2025

Keywords

Athlete motivation;

Goal setting;

Sports psychology;

Badminton

Abstract

This community service aims to increase the motivation and fighting spirit of badminton athletes through the implementation of goal setting strategies and intensive psychological assistance. The main focus is to equip young athletes with the ability to manage mental stress and set clear training goals so that they consistently train and are ready to face competitions with confidence. In addition, this service also contributes to athlete development at the community level by building a training ecosystem that supports comprehensive mental and emotional development, as well as increasing the capacity of coaches in implementing effective psychological approaches. The methods used include goal setting technique workshop training, group counseling sessions to share experiences, and routine assistance for three months. The implementation is carried out at local badminton clubs, involving athletes, coaches, and club administrators. Each stage begins with measuring the motivation and mental readiness of athletes using psychological instruments, followed by providing interactive materials and practices, and ending with an evaluation to ensure positive changes. It is hoped that the results of this service will create badminton athletes who are technically superior and mentally tough, able to compete better, and have a long-term positive impact on regional sports development. This service supports the development of human resources for badminton sports in a sustainable and comprehensive manner.

1. Introduction

In the world of competitive sports, an athlete's success does not only depend on technical ability and physical condition, but is also greatly influenced by mental strength. Mental readiness is very important to face the pressure and challenges that arise during the competition. Athletes with strong mentality can manage stress and maintain focus so that performance remains optimal. Therefore, the psychological aspect is a key factor in achieving maximum sporting achievement.

One of the main elements in mental readiness is fighting power. Fighting power reflects the athlete's ability to remain persistent and not give up easily in difficult situations. Athletes who have high fighting power will continue to strive to achieve their goals even though they face various obstacles and failures. This aspect also involves the ability to bounce back after defeat in order to remain competitive. Fighting power is not only about physical strength, but also a very important indicator of psychological resilience. Athletes who have strong mental resilience are able to overcome the pressure of very challenging matches. With good fighting power, athletes can maintain their best performance in various uncertain conditions. This distinguishes ordinary athletes from true champions in the world of sports.

PB Platinum is one of the active badminton clubs and has many talented young athletes. Although technically the athletes have good potential, mental development is a challenge that needs special attention. Many athletes in this club still have difficulty maintaining concentration and fighting spirit when facing competitive pressure. This can hinder their progress in achieving maximum performance.

Based on the results of observations and discussions with PB Platinum coaches, it was found that some athletes had difficulty maintaining focus, especially when the pressure of the match increased. This situation often leads to a decline in performance after defeat or when facing tough opponents. This condition shows that the mental strengthening of athletes has not been running optimally and requires special support. Therefore, psychological intervention is very important.

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doi: <https://doi.org/10.71131>

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Systematic and targeted psychological assistance intervention is needed to help athletes manage stress and emotions during competition,(Sánchez-Gil, 2025). This approach is expected to improve athletes' ability to maintain enthusiasm and motivation to train. Good mental development also supports the development of character and professional attitudes of athletes in sports. Thus, psychological intervention is an inseparable part of overall athlete development.

One effective method in mental strengthening is the goal setting strategy. This strategy helps athletes set specific, measurable, and realistic targets so that it is easier for them to focus on training, (Ciaccioni et al., 2024). Goal setting also motivates athletes to evaluate progress and adjust efforts so that goals can be achieved. This process not only improves technical and physical aspects, but also strengthens discipline and self-reflection.

This community service activity is designed to provide psychological assistance using a goal setting strategy for PB Platinum athletes. The goal is to help athletes formulate clear training and competition goals, increase self-confidence, and strengthen mental resilience when facing the pressure of the match. This program also involves coaches so that they can continuously accompany athletes in the mental aspect. This approach is expected to strengthen the mental foundation that supports the athlete's overall achievement,(Wrzus et al., 2024).

Through structured mental strengthening, achievement coaching at PB Platinum can run more comprehensively and integrated. Technical, physical, and psychological aspects can be developed simultaneously so that athletes are able to perform optimally. This article presents the community service process from planning, implementation, to evaluating the impact on the mental readiness and fighting spirit of athletes. Thus, it is hoped that the coaching of PB Platinum athletes will be more effective and sustainable.

Grit is a crucial component in athletic performance, especially in competitive sports such as badminton. This trait reflects perseverance and an unwavering spirit in facing repeated challenges. In the sports context, grit not only drives motivation but also serves as the foundation of mental resilience when athletes encounter competition pressure. Athletes with high grit tend to maintain consistency in training, persist despite losses, and sustain focus on long-term goals. This is supported by recent studies indicating a positive correlation between grit and both performance and satisfaction in sports,(Noonan-Holohan et al., 2024).

Goal setting has been proven as an effective psychological approach to enhance athletic performance. Setting specific, measurable, and realistic goals provides clear direction for training and competition. Moreover, this process encourages athletes to take greater responsibility in regularly evaluating their progress. In practice, athletes who actively participate in defining their own goals tend to adhere better to training schedules and improve weaker aspects, (Pruszczak & Stolarski, 2025). This strategy also produces psychological benefits, such as increased self-control and confidence in one's abilities, (Bescoby et al., 2025).

The application of goal setting in sports impacts not only technical aspects but also strengthens athletes' mental and emotional frameworks. By formulating both short-term and long-term goals, athletes learn to value the process rather than just the outcome. This understanding is vital since every phase of training and competition presents challenges that can trigger stress and frustration,(Haykal Alhafis et al., 2024). Effective goal setting fosters a realistic mindset, helping athletes avoid giving up easily and preparing them to accept failure as part of the learning journey, (Pradana & Kusuma, 2025). This is especially important in precision-demanding and endurance-based sports like badminton.

Psychological mentoring in sports is an approach that helps athletes gain deeper awareness of their emotional and mental states. The role of the mentor extends beyond motivation to facilitating emotional reflection and regulation, (Utamayasa et al., 2025), (Triawati et al., 2024). Young athletes, in particular, require guidance in managing fear, anxiety, and pressure leading up to competitions. Consistent mentoring builds a safe and supportive environment, enabling athletes to perform with greater confidence and calmness. This highlights the indispensable role of psychological support in athlete development programs, (Syobri et al., 2025).

Recent research reveals that integrating goal setting strategies with psychological mentoring significantly enhances athletes' grit, (Yang et al., 2023a), (Pratama et al., 2024). When athletes are provided not only with targets but also emotional support in achieving them, they become better prepared to face both internal and external challenges. This combination creates a balance between performance demands and mental well-being. It has proven effective in maintaining long-term motivation, especially during intensive training phases or periods of decline, (Manzano-Sánchez et al., 2024a).

In mental strengthening practices, the use of tools such as training journals, achievement charts, and daily reflections helps athletes concretely visualize their progress. These techniques encourage discipline and provide psychological satisfaction as athletes recognize their growth. Visualizing achieved

goals boosts feelings of competence and fuels enthusiasm to reach subsequent targets, (Cregan et al., 2025a). Over time, this contributes to building strong self-confidence and enhanced mental endurance.

The importance of mental resilience in competition is further emphasized by the fact that psychological pressure is a leading cause of athletic failure. In sports like badminton, where quick reaction times and strategic decisions are crucial, emotional stability becomes key. Goal setting and psychological mentoring aid athletes in maintaining calm decision-making and reduce the occurrence of detrimental negative emotions. Mental preparedness enables athletes to sustain focus throughout matches, even when facing superior opponents or unfavorable situations, (Manzano-Sánchez et al., 2024b).

With the increasing complexity of demands in elite sports, approaches to strengthening grit through psychological strategies become increasingly relevant. These methods not only target short-term results but also shape athletes into psychologically tough and behaviorally disciplined individuals. In the context of community service, applying such strategies offers practical solutions for nurturing young athletes unaccustomed to competitive pressure. This kind of mental reinforcement is especially needed in building a long-term, performance-oriented regional athlete development ecosystem.

The primary objective of this community service is to enhance the grit and motivation of badminton athletes through the effective implementation of goal setting strategies combined with psychological mentoring. By equipping athletes—especially beginners and young players—with skills to manage mental pressure and establish clear goals, it is expected that they will demonstrate greater consistency in training and be better prepared to face competitive challenges. Strengthening this psychological aspect serves as a crucial foundation for athletes to avoid giving up easily after setbacks and to maintain focus on achieving long-term targets.

Additionally, this community service aims to make a tangible contribution to athlete development at the community or regional level by fostering a training ecosystem that supports mental and emotional growth. Through systematic mentoring and training, coaches and trainers are also expected to adopt appropriate psychological approaches in their athlete development efforts. This is anticipated to improve the overall quality of athlete training programs, producing athletes who excel not only technically but are also mentally resilient in coping with competition pressures and the dynamic nature of high-performance sports.

2. Method

This community service activity was conducted through a participatory and educational approach that combined training sessions, mentoring, and reflective discussions with athletes from PB Platinum. The target group consisted of 15 athletes in the adolescent and early adult age categories who were preparing to compete in regional and national tournaments. The program took place over three weeks in May 2025, with meetings held offline at the PB Platinum training facility.

The activity began with identifying the athletes' psychological needs through initial observations and informal interviews with coaches. This data was used to develop a goal-setting training module tailored to the specific context and challenges faced by PB Platinum athletes. The module covered the understanding of goal-setting concepts, techniques for formulating short-term and long-term goals, as well as visualization and positive affirmation exercises to strengthen internal motivation.

Training sessions were delivered in the form of mini-classes lasting 60 to 90 minutes each, conducted three times during the program. These sessions included brief theoretical explanations followed by practical exercises such as creating personal goal charts, mapping objectives, and reflective practices. Individual mentoring was also provided to assist athletes in setting specific goals and to offer feedback on their progress.

Evaluation instruments consisted of perception questionnaires and athlete motivation scales administered before and after the program. Additionally, brief interviews with coaches were conducted upon completion of the entire activity series to assess behavioral or mental attitude changes in athletes during the mentoring period.

The implementation approach was designed to foster athletes' psychological independence and provide hands-on experience in using goal-setting strategies as part of competition preparation. Coaches were actively involved as partners to ensure the mentoring process could continue sustainably after the community service activity concluded.

3. Result and Discussion

The community service program focusing on goal-setting strategies to strengthen the grit of PB Platinum athletes yielded positive and promising results. Based on pre- and post-program assessments, there was a significant increase in athletes' perception of the importance of setting clear, specific, and

measurable goals in both training and competition. Before the training, only 40% of athletes reported having specific short- and long-term goals. After the program, this figure rose to 87%, demonstrating the effectiveness of the implemented approach.

During the practical sessions on writing personal goal charts, most athletes were able to identify targets relevant to their needs, such as improving reflex speed, shot accuracy, and emotional control during matches, (Yang et al., 2023b). They also began to formulate concrete weekly strategies to approach their goals, such as increasing the duration of drive shot practice or engaging in relaxation exercises before training.



Figure 1. Fighting power assistance by psychological experts

Individual mentoring showed that some athletes who had previously seemed less motivated became more proactive in organizing additional training schedules and tracking their daily progress, (Cregan et al., 2025b). For example, one athlete started maintaining a training journal containing daily reflections on progress and challenges faced. This serves as an indicator of successful internalization of goal-setting strategies as part of mental strengthening.

Furthermore, coaches reported that after the training, athletes demonstrated increased enthusiasm and greater focus during sessions. They also observed that some athletes began openly discussing their goals and encouraging one another, indicating a positive social effect from implementing goal-setting strategies within the training group, (Priyanti et al., 2024).

However, some challenges were identified, such as a lack of habit in self-reflection and difficulty in setting realistic goals among some younger athletes, (Wahyono et al., 2023), (Harmono et al., 2022). Therefore, it is recommended that future implementation includes ongoing monthly follow-up sessions to reinforce these strategies so that they become deeply ingrained rather than temporary.

Overall, the goal-setting approach proved effective in enhancing self-awareness, motivation, and grit in athletes preparing for competition. Implementing this method represents a strategic step in mental strengthening for young athletes, particularly within clubs aiming for long-term performance goals.

The significant increase in athletes' understanding of goal-setting underscores the critical role that psychological skills training plays in athletic development. By fostering clear and measurable objectives, athletes can better channel their efforts and maintain motivation over extended periods, which is essential in a sport like badminton where progress can be incremental and setbacks frequent. This enhanced clarity in goal orientation not only improves individual performance but also builds a culture of purposeful training within the club environment.

The use of personal goal charts emerged as a powerful tool in helping athletes concretize abstract ambitions into actionable steps. This practice aligns with current sport psychology research indicating that visualizing goals and systematically tracking progress can increase athletes' commitment and accountability, (Yang et al., 2023a). The engagement of athletes in actively formulating weekly strategies reflects a transition from passive participation to empowered self-regulation, a critical shift for sustained athletic growth.

Individual mentoring played a pivotal role in this program's success, illustrating the importance of personalized feedback and support. The case of athletes maintaining training journals highlights how reflective practices can deepen self-awareness and resilience, enabling athletes to learn from setbacks and

adjust their approach proactively. Such practices contribute to the development of mental toughness, which is increasingly recognized as a determinant of competitive success, (Manzano-Sánchez et al., 2024a).

The social dynamics within the group also evolved positively. The coaches' observations of increased interaction and mutual encouragement suggest that goal-setting interventions can enhance team cohesion and social support networks. This communal reinforcement helps to buffer against stress and burnout, fostering a motivating environment where athletes hold each other accountable and celebrate progress together, (Cregan et al., 2025c).

Nevertheless, the challenges faced, particularly among younger athletes, indicate that psychological skills development is a gradual process requiring sustained effort. The difficulty in forming realistic goals and habits of self-reflection points to developmental and experiential differences that must be accounted for in program design. Tailoring interventions to developmental stages and integrating skill-building exercises that enhance self-assessment and realistic planning are crucial for overcoming these barriers.

Future iterations of this program would benefit from integrating complementary psychological techniques such as visualization, stress management, and mindfulness training. These strategies can provide athletes with a broader toolkit to manage performance anxiety and enhance focus, further strengthening their mental resilience. Combining these approaches with goal-setting can create a comprehensive mental skills program that addresses multiple facets of athletic preparation.

The involvement of coaches as active partners in the program amplifies its sustainability. Training coaches to adopt psychological strategies ensures that mental skills development continues beyond the formal intervention period, embedding these practices into everyday coaching routines. This collaborative model promotes a supportive ecosystem that nurtures both technical and psychological growth, essential for producing well-rounded athletes.

Moreover, the program's success at a community club level highlights the accessibility and scalability of psychological skills training. It demonstrates that even grassroots clubs with limited resources can implement effective mental training programs, thereby contributing to the broader development of sport at regional and national levels. Such initiatives help bridge the gap between elite and community sport by equipping young athletes with foundational skills that support long-term athletic engagement.

In conclusion, this community service program not only achieved measurable improvements in athletes' goal-setting abilities and mental toughness but also laid the groundwork for ongoing psychological development within the club. Its positive social impact, individual empowerment, and coach engagement represent key factors that can inspire replication in similar settings. Continued investment in mental skills education, supported by collaboration between academic institutions and sports organizations, will be essential for cultivating resilient athletes capable of meeting the demands of competitive sport.

4. Conclusion

This community service program successfully implemented goal-setting strategies as an effective psychological approach to enhance the grit and mental readiness of PB Platinum athletes in facing competitions. This approach helped athletes establish clear and measurable goals, thereby increasing motivation, discipline, and active participation during training. The involvement of coaches and support from fellow club members were crucial factors in strengthening the program's success. The experience demonstrated that mental coaching through goal setting is not only relevant for high-performance athletes but also highly beneficial for young athletes and grassroots clubs. This simple yet systematic program can serve as a sustainable psychological training model that is easily adaptable across various sports communities.

For future development, it is recommended to strengthen individual mentoring sessions and incorporate additional psychological techniques such as visualization and stress management. Strong collaboration between academics, coaches, and the sports community is essential to foster holistic athlete development, addressing not only physical but also mental aspects.

Author Contributions

Angga Indra Kusuma: Conceptualization, Methodology, Writing – Original Draft Preparation. **Raditya Pratama:** Data Curation, Investigation. **Ramadhany Hananto Puriana:** Data Analysis, Validation. **Muhammad Wahyono:** Software, Visualization. **Bayu Akbar Harmono:** Supervision, Writing – Review & Editing. **Ismawandi Bripandika Putra:** Project Administration, Funding Acquisition, Final Review.

Funding

Funding for this community service activity was provided by LPPM Universitas PGRI Adi Buana Surabaya, Surabaya, Indonesia.

Declaration of Conflicting Interests

No conflict interest.

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