

BUKTI KORESPONDENSI
ARTIKEL JURNAL INTERNASIONAL

Judul Artikel : Exploring the Risk-Taking Behavior of Student Athletes While Attending Education on Campus
Jurnal : International Journal of Current Educational Research, Volume 1(2), 113-120
Penulis : Miftakhul Jannah, Nurchayati Nurchayati, Diana Rahmasari, Damajanti Kusuma Dewi, Rachman Widohardhono

No.	Perihal	Tanggal
1.	Bukti konfirmasi submit artikel dan artikel yang disubmit	28 Nov 2022
2.	Bukti konfirmasi decision : revision required dan Catatan Reviewer	12 Des 2022
3.	Bukti Revisi	14 Des 2022
4.	Bukti konfirmasi artikel accepted	20 Des 2022
5.	Bukti konfirmasi sent to production	30 Des 2022
6.	Artikel terpublikasi	31 Des 2022

**1. Bukti Konfirmasi Submit dan Artikel
yang disubmit
(28 November 2022)**



Miftakhul Jannah . <miftakhuljannah@unesa.ac.id>

[IJOCER] Submission Acknowledgement

Dr. Binar Kurnia Prahani <noreply@iel-education.org>
Kepada: Miftakhul Jannah <miftakhuljannah@unesa.ac.id>

28 November 2022 pukul 16.37

Miftakhul Jannah:

Thank you for submitting the manuscript, "Exploring Risk Taking Behavior Among Student Athletes" to International Journal of Current Educational Research. With the online journal management system that we are using, you will be able to track its progress through the editorial process by logging in to the journal web site:

Submission URL: <https://www.journal.iel-education.org/index.php/ijocer/authorDashboard/submission/187>
Username: miftajannah

If you have any questions, please contact me. Thank you for considering this journal as a venue for your work.

[Kutipan teks disembunyikan]

Exploring Risk Taking Behavior Among Student Athletes

Miftakhul Jannah¹, Nurchayati², Diana Rahmasari³, Damajanti Kusuma Dewi⁴, Rachman Widohardhono⁵

¹²³⁴⁵ State University Of Surabaya, Surabaya, Indonesia



DOI : <https://doi.org/10.46245/ijocer>

Sections Info

Article history:

Submitted: November 28, 2022

Final Revised: November, 2022

Accepted: , 2022

Published Online: 2022

Keywords:

Athlete

Risk Taking Behavior

Student



ABSTRACT

Every student is required to have achievements as an academic community. This also applies to student athletes who are very closely related to athlete achievement. This achievement is related to the athlete's physical ability and skill in performing techniques, but the high level of physical activity carried out requires the athlete's involvement in taking risks both during training and during matches. This study aims to determine the profile of risk taking behavior in students at the State University of Surabaya. A total of 230 student athletes became the research subjects, with an age range of 19-24 years, with 35 people in the category of accuracy sports, 57 people in martial arts, 96 people in games, and 42 people in competitions. The instrument used is risk taking behavior for sport. The data analysis technique used descriptive statistics. The data analysis tool is carried out with the application of Jeffreys's Amazing Statistics Program (JASP) 0.14.1.0 version. The results of data analysis showed that the risk taking behavior of the majority of the subjects was at a good level of 157 people or 86.3 percent. The dominant risk-taking behavior was at a high level of 73 people or 31.73 percent at a moderate level.

INTRODUCTION

Students are one of the academic community that relies on the Tridharma of Higher Education, namely education, research, and community service. Students are required not only to be active in lectures but in other activities such as organizational activities and research in the form of scientific works as a means of self-development and the potential of a student. The potential of a student is not limited to the academic field, but also in other fields such as sports. Not a few of college students choose to become athletes in addition to their duties as students. In this study, the emphasis is on sports actors who act as student athletes.

Student athletes are defined as individuals who are currently studying at a university and at the same time the individual has a profession as an athlete (Hidayati & Krismayani, 2017; Wijaya & Jannah, 2021). Student athletes have the task of undergoing a process in the academic field and undergoing a process of training and competition. Students who are also athletes certainly have more pressure and problems, such as being constrained in participating in the lecture process due to training for the sports branch championships they are participating in (Wijaya & Jannah, 2021).

Students who work as athletes are often involved in various physical activities according to their fields. Physical activity for student athletes has many benefits and one of them is in increasing achievement. Optimal sports achievement can be achieved by using physical, technical, and mental training approaches (Trianingrum & Jatmiko, 2022). On the other hand, physical activity is inseparable from various risks. The problem of risk-taking is important for student athletes, because mistakes in the risk-taking process will have a significant impact in their next life.

Student athletes are categorized in the age range of 18-25 years which is the stage of entering early adulthood. According to Yusuf (2015) at this stage the individual has responsibilities in his development period, including having responsibility for his life (Nesiati & Hamdan, 2019). The demands faced by student athletes sometimes

determine choices that contain risks for themselves. Student athletes at this stage are closely associated with a time when they are more likely to engage in risky behavior (Cavalca et al., 2013; Steinberg, 2007).

Risk taking behavior is a form of behavior that is carried out by individuals intentionally based on considerations and is carried out consciously that the behavior carried out has a risk (Woodman et al., 2013). Another opinion states that risk taking behavior is a person's tendency to take risky decisions against him (Zinn, 2019).

Yates (1994) explains that the aspects of risk taking behavior consist of (a) risk perception, namely all forms of information possessed by individuals are used as a reference to understand and search for various possibilities for the actions to be taken. (b) perceived benefits, namely the individual evaluates the action to be taken regarding the benefits to be obtained and whether it is in accordance with his goals and expectations or not. (c) Consequences, namely the courage of an individual in accepting the consequences or risks for each action to be taken.

Other aspects of risk taking behavior according to Woodman et al. (2013), namely, (1) deliberate risk taking is a risk-taking behavior carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers that will be experienced. (2) precautionary behaviors which are precautionary behaviors performed by individuals when performing challenging activities and individual attachment to preventive behavior before engaging in risky activities.

When an individual makes a decision to take a risk, he or she creates a thought process related to the possible outcomes of the behavior. Adolescents and adults also use the same way in the decision-making process, but they have significant differences in risk taking behavior depending on factors such as experience, prejudice, judgment, social pressure (Agilonu et al., 2017).

In the risk-taking process, not everything is negative or ineffective (Rachmahana, 2002). The ability to take risks is very important for individuals, especially with regard to rapidly changing situations and conditions. This change in situations and conditions is caused by an individual's erratic mood.

Emotion regulation is an important part used by student athletes in risk taking behavior. Dalam proses pengambilan risiko tidak semuanya berarti negatif atau tidak efektif (Rachmahana, 2002). Kemampuan pengambilan risiko sangat penting dimiliki individu, terutama berkaitan dengan perubahan situasi dan kondisi yang terjadi secara cepat. Perubahan situasi dan kondisi ini disebabkan adanya suasana hati individu yang tidak menentu.

Emotion regulation is an important part used by student athletes in risk taking behavior related to mood. Good regulatory management can result in high risk taking behavior. Athletes who are able to overcome various disturbances, demands and various kinds of difficulties will certainly have better achievement and courage in taking risks than those who are not able to overcome them.

Based on the explanation above, it can be seen that the ability to take risks is very important for student athletes, especially with regard to rapidly changing situations and conditions. Each student athlete has different conditions, so it will also be different how to take risks. Risk taking does not always have a negative or ineffective connotation, it depends on how individuals respond to changing situations and conditions that occur. Therefore, raising risk taking behavior is important as research so

that it can be used as a source of information for student athletes in understanding changes in situations and conditions felt by students.

This research can also be used as an understanding by students of the importance of risk-taking abilities, equipped with the ability to adapt to changing conditions and situations. This relates to the ability of student athletes to process emotions, and to maintain a balance of responsibilities as students and athletes in lectures.

RESEARCH METHOD

General Background

The type of research used by the researcher is a type of quantitative research using descriptive quantitative methods. Quantitative research is research that uses measurement aspects in an objective way with social phenomena (Jannah, 2018).

Before conducting the research, the researcher carried out the preparatory stage, including conducting a preliminary study to identify problems based on the researcher's track record, checking in the field, searching the literature. Then, compile research proposals and schedules, compile research instruments, and the final test of the instrument.

Sample / Participants / Group

The subjects in this study were 230 student athletes (male = 156 and female = 74), with an age range of 19-24 years, with 35 people in the category of sports with accuracy, 57 in martial arts, 96 in games, and 42 in competitions type of sport.

Instrument and Procedures

The instrument used in this study is the taking behavior scale for sport in the form of a scale compiled by the researcher based on the theory of risk taking behavior for sport which was compiled based on Woodman et al. (2013) which consists of two aspects, namely deliberate risk taking and precautionary behaviors with 7 items.

Data Analysis

The data analysis technique used descriptive statistics to analyze the data by describing the state of the data collected. The data analysis tool is carried out with the application of Jeffreys's Amazing Statistics Program (JASP) 0.14.1.0 version.

RESULTS AND DISCUSSION

A total of 230 student athletes were involved in this study. The descriptions of the research subjects are as follows:

Table 1. Tables Demografis

Aspect	Characteristic	N
Sexe	Male	156
	Female	74
Age	19-24 years old	230

Type of sport	Acuration	35
	Combat	57
	Games	96
	Competition	42

Analysis of research data shows the profile of risk taking behavior as below

Table 2. Level of risk taking behavior

Variable	Score	Categorization	Frequency
<i>Risk taking behavior (Y)</i>	7–13	Low	0
	14–20	Moderate	73
	21–28	High	157

In the table above, it can be seen that there were 157 (68.3%) student athletes who scored the highest risk taking behavior with a score of 21–28. Meanwhile, as many as 73 (31.7%) student athletes were at a moderate level. Based on the results obtained, it can be concluded that each respondent in this study is in the category of high risk taking behavior.

Student athletes are able to manage good regulations so that they can produce high risk taking behavior. In this case, athletes are able to overcome various disorders, demands and difficulties that make achievement and courage in taking risks better than those who are not able to overcome them. According to Ratnasari and Suleeman (2017), the contribution of emotion regulation to risk-taking behavior in this research is due to several factors, including the age of athletes ranging from 19 to 24 years, who enter early adulthood making them more mature in managing their emotions. Under these conditions, students will have the skills to control themselves, be tolerant, and be able to express their emotions in a constructive and directed manner (Adila & Kurniawan, 2020). This is reinforced by the opinion of Papalia, Old, and Feldman (2008), where early adulthood has special developmental characteristics, namely the development of cognitive abilities and moral judgments that are more directed and complex, as well as traits and personality styles that tend to be stable.

Another factor that influences risk taking behavior is the education factor. It can be seen that the athletes in this research are students who are currently studying in Higher Education. Educated individuals are believed to be able to regulate their emotions very well because an educated person is accustomed to being faced with situations during the educational process. This is reinforced by the opinion of Kumala and Darmawanti (2022) where students who have multiple roles have strategies in regulating emotions well. Students with multiple roles are defined as individuals who act as students, are members of an organization, and are working part-time. Students perform an antecedent focused strategy (cognitive reappraisal) which is considered effective in emotion regulation, where before expressing a response, individuals change their mindset to become more positive about a condition that creates emotions.

According to Ardiningrum and Jannah (2022) someone with the courage to take risks in various situations and conditions will have a tendency to accept every consequence

that exists for the behavior that has been done. Therefore, to bring up high risk taking behavior in students, good emotional regulation skills are needed. Emotion regulation is not only carried out when a person experiences negative emotions, but can recognize their emotions both positively and negatively as well.

Through the mechanism of self-recognition, including emotions and their management, it will bring up an attitude to be more prepared in risk-taking behavior. This is in line with the opinion (Crust & Keegan, 2010) that attitude affects risk taking.

In addition, research in sports has identified self-efficacy as a key mediator variable that can influence risk taking behavior (Llewellyn & Sanchez, 2008). Consistent with previous theory (i.e., Bandura, 1997) rock climbers were found to take more risks when they perceive themselves as capable of managing and coping with certain risks, and able to meet certain challenges (Llewellyn & Sanchez, 2008). These results are also in line with the research of Kontos (2004) which states that athletes who have high self-efficacy tend to be less afraid of failure, are more likely to set challenging goals, and take calculated risks compared to reckless risks. Llewellyn and Sanchez (2008, p. 24) conclude that "to challenge themselves, some rock climbers may set difficult goals and take calculated additional risks when they feel confident in their ability to manage those risks."

An explanation of the contribution of emotion regulation to risk-taking behavior in a neuroscience manner is obtained from research (Morawetz et al., 2020). The impact of emotion regulation on risk taking behavior through emotional responses, cognitive activation mechanisms and control strategies. In experimental studies, emotion regulation was initially followed by less risky decisions, which was further reflected in increased activation in brain regions in the dorsolateral and ventrolateral prefrontal cortex and cingulate cortex. These findings indicate that changing incidental emotions using a reassessment strategy has an impact on risk taking behavior (Morawetz et al., 2020).

CONCLUSIONS

Based on the research that has been done, it can be concluded that 157 (68.3%) high taking behavior and 73 (31.7) student athletes in this study were in the moderate risk category.

For further researchers, further research can distinguish based on sports branch groups. Given the different motion tasks, the situations faced are different, it is possible that there are differences in aspects of emotion regulation and risk taking behavior of student athletes.

REFERENCES

- Adila, D. R., & Kurniawan, A. (2020). Proses Kematangan Emosi Pada Individu Dewasa Awal yang Dibesarkan dengan Pola Asuh Orang Tua Permisif. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 5(1), 21. <https://doi.org/10.20473/jpkm.v5i12020.21-34>
- Agilonu, A., Bastug, G., Mutlu, T. O., & Pala, A. (2017). Examining Risk-Taking Behavior and Sensation Seeking Requirement in Extreme Athletes. *Journal of Education and Learning*, 6(1), 330. <https://doi.org/10.5539/jel.v6n1p330>
- Ardiningrum, I., & Jannah, M. (2022). Hubungan Antara Mental Toughness dengan Risk Taking Behavior Pada pendaki Gunung. *Medikora*, 21(1), 50–60.

- Botdorf, M., Rosenbaum, G. M., Patrianakos, J., Steinberg, L., & Chein, J. M. (2017). Adolescent risk-taking is predicted by individual differences in cognitive control over emotional, but not non-emotional, response conflict. *Cognition and Emotion*, 31(5), 972–979. <https://doi.org/10.1080/02699931.2016.1168285>
- Cavalca, E., Kong, G., Liss, T., Reynolds, E. K., Schepis, T. S., Lejuez, C. W., & Krishnan-Sarin, S. (2013). A preliminary experimental investigation of peer influence on risk-taking among adolescent smokers and non-smokers. *Drug and Alcohol Dependence*, 129(1–2), 163–166. <https://doi.org/10.1016/j.drugalcdep.2012.09.020>
- Ciranka, S., & van den Bos, W. (2021). Adolescent risk-taking in the context of exploration and social influence. *Developmental Review*, 61(October 2020), 100979. <https://doi.org/10.1016/j.dr.2021.100979>
- Crust, L., & Keegan, R. (2010). Mental toughness and attitudes to risk-taking. *Personality and Individual Differences*, 49(3), 164–168. <https://doi.org/https://doi.org/10.1016/j.paid.2010.03.026>
- Gross, J. J., & Thompson, R. A. (2007). Emotion regulation: conceptual foundation. *Handbook of Emotion Regulation*. Dalam J.J. Gross (ed). *Handbook of Emotion Regulation*. Guildford Press.
- Gullone, E., & Moore, S. (2000). Adolescent risk-taking and the five-factor model of personality. *Journal of Adolescence*, 23(4), 393–407. <https://doi.org/10.1006/jado.2000.0327>
- Hidayati, D. A., & Krismayani, I. (2017). Literasi Informasi Mahasiswa Atlet Fakultas Ilmu Keolahragaan Universitas Negeri Semarang. *Jurnal Ilmu Perpustakaan*, 6(2), 111–120.
- Jannah, M. (2018). *Metodologi penelitian kuantitatif untuk psikologi*. Unesa University Press.
- Jannah, M, & Dewi, DK (2020). *Pengembangan Model Latihan Mental Untuk Regulasi Emosi Pada Atlet Anggar*. *Perkumpulan Rumah Cemerlang Indonesia*.
- Kumala, K. H., & Darmawanti, I. (2022). Strategi Regulasi Emosi pada Mahasiswa dengan Banyak Peran. *Jurnal Penelitian Psikologi*, 9(3), 19–29.
- Kotor, JJ (2013). *Mengkonseptualisasikan kerja emosional: Sebuah perspektif regulasi emosi*. Routledge. <https://psycnet.apa.org/record/2012-25945-014>
- Kotor, JJ (2014). *Buku Pegangan Regulasi Emosi*. Dalam *Regulasi Emosi: Landasan Konseptual*. Pers Guildford.
- Komarudin. (2015). *Psikologi Olahraga*. PT.Indeks.
- Low, B. K. L., Man, S. S., Chan, A. H. S., & Alabdulkarim, S. (2019). Construction worker risk-taking behavior model with individual and organizational factors. *International journal of environmental research and public health*, 16(8), 1335. <https://www.mdpi.com/1660-4601/16/8/1335>
- Morawetz, C., Mohr, P. N. C., Heekeren, H. R., & Bode, S. (2020). The effect of emotion regulation on risk-taking and decision-related activity in prefrontal cortex. *Social Cognitive and Affective Neuroscience*, 14(10), 1109–1118. <https://doi.org/10.1093/scan/nsz078>

- Nesiati, A. F., & Hamdan, S. R. (2019). Gambaran risk-taking behavior pada mahasiswa di Kota Bandung. *Prosiding Psikologi*, 5(2).
- Nurcahyo, F. A., & Prasetya, J. (2013). Risk Behavior di Kalangan Remaja.
- Papalia, DE, Lama, SW, & Feldman, RD (2008). Psikologi perkembangan (Edisi kesembilan). Jakarta: Jakarta Putra Grafika.
- Permadani, FD, & Jannah, M. (2022). Hubungan Antara Pencarian Sensasi dan Perilaku Mengambil Risiko pada Pendaki Gunung. *Juara: Jurnal Olahraga*.
<https://doi.org/10.33222/juara.v7i2.1661>
- Porcelli, A. J., & Delgado, M. R. (2017). Stress and decision making: effects on valuation, learning, and risk-taking. *Current Opinion in Behavioral Sciences*, 14, 33–39.
<https://doi.org/10.1016/j.cobeha.2016.11.015>
- Purwoko, D., & Sukamto, M. E. (2013). Sensation Seeking dan Risk Taking Behavior Pada Remaja Akhir Di Universitas Surabaya. *Jurnal Ilmiah Sosial Dan Humaniora*, 7(1), 64–74.
- Rachmahana, R. S. (2002). Dorongan mencari sensasi dan perilaku pengambilan pengambilan resiko pada mahasiswa. *Psikologika*, VII, 53–69.
- Rahman, A., & Khoirunnisa, R. N. (2019). Hubungan antara regulasi emosi dengan pengambilan keputusan karir pada siswa kelas XI SMA Negeri 22 Surabaya. *Character : Jurnal Penelitian Psikologi*, 06(01), 1–6.
- Robles, AM, Leal, RG, Cobo, MJG, Cabello, R., & Berrocal, PF (2019). Kemampuan Regulasi Emosi Memprediksi Perbedaan Antara Persepsi Risiko dan Perilaku Pengambilan Risiko. *riuma.uma.es*. <https://riuma.uma.es/xmlui/handle/10630/18859>
- Ratnasari, S., & Suleeman, J. (2017). Perbedaan Regulasi Emosi Perempuan dan Laki-Laki di Perguruan Tinggi. *Jurnal Psikologi Sosial*, 15(1), 35–46.
<https://doi.org/10.7454/jps.2017.4>
- Romer, D., Reyna, V. F., & Satterthwaite, T. D. (2017). Beyond stereotypes of adolescent risk taking: Placing the adolescent brain in developmental context. *Developmental Cognitive Neuroscience*, 27(July), 19–34. <https://doi.org/10.1016/j.dcn.2017.07.007>
- Safitri, A., & Jannah, M. (2020). Hubungan antara Regulasi Emosi dengan Kecemasan Olahraga pada Atlet Judo. *Character : Jurnal Penelitian Psikologi*, 7(3), 51–58.
- Steinberg, L. (2007). Risk taking in adolescence: New perspectives from brain and behavioral science. *Current Directions in Psychological Science*, 16(2), 55–59.
<https://doi.org/10.1111/j.1467-8721.2007.00475.x>
- Trianingrum, D. P., & Jatmiko, T. (2022). Profil kondisi fisik atlet Judo Puslatkab Tuban. *Jurnal Prestasi Olahraga*.
- Trimpop, R. M. (1994). *The Psychology of Risk Taking Behavior*. Elsevier Science B. V.

- Weber, E. U., Blais, A.-R., & Betz, N. E. (2002). A Domain-specific Risk-attitude Scale: Measuring Risk Perceptions and Risk Behaviors. *Journal of Behavioral Decision Making*, 263–290. <https://doi.org/10.1002/bdm.414>
- Wafiroh, AN, Purnamasari, AD, & Lestari, RDWD (2022). Hubungan Emosi dan Motivasi Terhadap Prestasi Olahraga Beladiri. *Jurnal Aktivitas Fisik (PAJU)*, 3(2), 169–179. <https://doi.org/https://doi.org/10.20884/1.paju.2022.3.2.5556> Abstrak
- Wijaya, J. A. D. P. S., & Jannah, M. (2021). Perbedaan Strategi Regulasi Emosi Pada Mahasiswa Atlet Dan Non Atlet. *Character: Jurnal Penelitian Psikologi*, 8(8), 83–89.
- Woodman, Barlow, M. D., Bandura, C., Hill, M. L., Kupciw, D., & Macgregor, A. (2013). Not all risks are equal: The risk taking inventory for high-risk sports. *Journal of Sport and Exercise Psychology*, 479–492.
- Yates, F. J. (1994). *Risk Taking Behavior*. John Willey and Sons, Inc.
- Zinn, J. O. (2019). The meaning of risk-taking–key concepts and dimensions. *Journal of Risk Research*, 22(1), 1–15. <https://doi.org/10.1080/13669877.2017.1351465>

***Miftakhul Jannah(Corresponding Author)**

***Miftakhul Jannah (Corresponding Author)**

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: miftakhuljannah@unesa.ac.id

Nurchayati Nurchayati

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: nurchayati@unesa.ac.id

Diana Rahmasari

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: dianarahmasari@unesa.ac.id

Damajanti Kusuma Dewi

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: damajantikusuma@unesa.ac.id

Rachman Widohardhono

Department of Vocational, Universitas Negeri Surabaya,
Kampus Unesa Ketintang, Surabaya, East Java, 60231, Indonesia
Email: rachmanwidohardhono@unesa.ac.id

**2. Bukti Konfirmasi Decision Revision
Required dan Catatan Reviewer
(12 Desember 2022)**



Miftakhul Jannah . <miftakhuljannah@unesa.ac.id>

[IJOCER] Editor Decision

Budiyono Saputro <noreply@iel-education.org>

12 Desember 2022 pukul 05.25

Kepada: Miftakhul Jannah <miftakhuljannah@unesa.ac.id>, Nurchayati Nurchayati <nurchayati@unesa.ac.id>, Diana Rahmasari <dianarahmasari@unesa.ac.id>, Damajanti Kusuma Dewi <damajantikusuma@unesa.ac.id>

Miftakhul Jannah, Nurchayati Nurchayati, Diana Rahmasari, Damajanti Kusuma Dewi:

We are pleased to inform you that the reviewer has uploaded the review results of your article.

Please check your OJS account for the newest review results.

We are looking forward to your revision not later than December 14, 2022.

Thank you.

Best regards,

[International Journal of Current Educational Research](#)

Best Regards,

Editor-in-chief

[Dr. Binar Kurnia Prahani](#), State University of Surabaya, Indonesia

Executive Editor

[Dr. Safaruddin](#), Muhammadiyah Islamic Institute of Sinjai, Indonesia

2 lampiran



A-187-Article Text-1058-1-4-20221202 1.doc

233K



B-187-Article Text-1058-1-4-20221202 2.doc

233K

Exploring Risk Taking Behavior Among Student Athletes

Commented [U1]: Add the education to relevant with scope journal



DOI : <https://doi.org/10.46245/ijocer>

Sections Info

Article history:

Submitted: November 28, 2022

Final Revised: November, 2022

Accepted: , 2022

Published Online: 2022

Keywords:

Athlet Mahasiswa

Risk Taking Behavior



ABSTRACT

Every student is required to have achievements as an academic community. This also applies to student athletes who are very closely related to athlete achievement. This achievement is related to the athlete's physical ability and skill in performing techniques, but the high level of physical activity carried out requires the athlete's involvement in taking risks both during training and during matches. This study aims to determine the profile of risk taking behavior in students at the State University of Surabaya. A total of 230 student athletes became the research subjects, with an age range of 19-24 years, with 35 people in the category of accuracy sports, 57 people in martial arts, 96 people in games, and 42 people in competitions. The instrument used is risk taking behavior. The data analysis technique used descriptive statistics. The data analysis tool is carried out with the application of Jeffreys's Amazing Statistics Program (JASP) 0.14.1.0 version. The results of data analysis showed that the risk taking behavior of the majority of the subjects was at a good level of 157 people or 86.3 percent. The dominant risk-taking behavior was at a high level of 73 people or 31.73 percent at a moderate level.

Commented [U3]: ???????????

Commented [U2]: Add implication

INTRODUCTION

Students are one of the academic community that relies on the Tridharma of Higher Education, namely education, research, and community service. Students are required not only to be active in lectures but in other activities such as organizational activities and research in the form of scientific works as a means of self-development and the potential of a student. The potential of a student is not limited to the academic field, but also in other fields such as sports. Not a few of college students choose to become athletes in addition to their duties as students. In this study, the emphasis is on sports actors who act as student athletes.

Student athletes are defined as individuals who are currently studying at a university and at the same time the individual has a profession as an athlete (Hidayati & Krismayani, 2017; Wijaya & Jannah, 2021). Student athletes have the task of undergoing a process in the academic field and undergoing a process of training and competition. Students who are also athletes certainly have more pressure and problems, such as being constrained in participating in the lecture process due to training for the sports branch championships they are participating in (Wijaya & Jannah, 2021).

Students who work as athletes are often involved in various physical activities according to their fields. Physical activity for student athletes has many benefits and one of them is in increasing achievement. Optimal sports achievement can be achieved by using physical, technical, and mental training approaches (Trianingrum & Jatmiko, 2022). On the other hand, physical activity is inseparable from various risks. The problem of risk-taking is important for student athletes, because mistakes in the risk-taking process will have a significant impact in their next life.

Student athletes are categorized in the age range of 18-25 years which is the stage of entering early adulthood. According to Yusuf (2015) at this stage the individual has responsibilities in his development period, including having responsibility for his life (Nesiati & Hamdan, 2019). The demands faced by student athletes sometimes determine choices that contain risks for themselves. Student athletes at this stage are

This research can also be used as an understanding by students of the importance of risk-taking abilities, equipped with the ability to adapt to changing conditions and situations. This relates to the ability of student athletes to process emotions, and to maintain a balance of responsibilities as students and athletes in lectures.

Commented [U6]: Add research objective

RESEARCH METHOD

General Background

The type of research used by the researcher is a type of quantitative research using descriptive quantitative methods. Quantitative research is research that uses measurement aspects in an objective way with social phenomena (Jannah, 2018).

Before conducting the research, the researcher carried out the preparatory stage, including conducting a preliminary study to identify problems based on the researcher's track record, checking in the field, searching the literature. Then, compile research proposals and schedules, compile research instruments, and the final test of the instrument.

Sample / Participants / Group

The subjects in this study were 230 student athletes (male = 156 and female = 74), with an age range of 19-24 years, with 35 people in the category of sports with accuracy, 57 in martial arts, 96 in games, and 42 in competitions type of sport.

Instrument and Procedures

The instrument used in this study is the taking behavior scale for sport in the form of a scale compiled by the researcher based on the theory of risk taking behavior for sport which was compiled based on Woodman et al. (2013) which consists of two aspects, namely deliberate risk taking and precautionary behaviors with 7 items.

Data Analysis

The data analysis technique used descriptive statistics to analyze the data by describing the state of the data collected. The data analysis tool is carried out with the application of Jeffrey's Amazing Statistics Program (JASP) 0.14.1.0 version.

Commented [U7]: Need more detailed. Add the flowchart of research procedure. Explain it!

RESULTS AND DISCUSSION

A total of 230 student athletes were involved in this study. The descriptions of the research subjects are as follows:

Table 1. Tables Demografis

Aspect	Characteristic	N
Sexe	Male	156
	Female	74
Age	19-24 years old	230
Type of sport	Acuration	35
	Combat	57
	Games	96
	Competition	42

Analysis of research data shows the profile of risk taking behavior as below

Table 2. Level of risk taking behavior

Variable	Score	Categorization	Frequency
<i>Risk taking behavior (Y)</i>	7–13	Low	0
	14–20	Moderate	73
	21–28	High	157

In the table above, it can be seen that there were 157 (68.3%) student athletes who scored the highest risk taking behavior with a score of 21–28. Meanwhile, as many as 73 (31.7%) student athletes were at a moderate level. Based on the results obtained, it can be concluded that each respondent in this study is in the category of high risk taking behavior.

Student athletes are able to manage good regulations so that they can produce high risk taking behavior. In this case, athletes are able to overcome various disorders, demands and difficulties that make achievement and courage in taking risks better than those who are not able to overcome them. According to Ratnasari and Suleman (2017), the contribution of emotion regulation to risk-taking behavior in this research is due to several factors, including the age of athletes ranging from 19 to 24 years, who enter early adulthood making them more mature in managing their emotions. Under these conditions, students will have the skills to control themselves, be tolerant, and be able to express their emotions in a constructive and directed manner (Adila & Kurniawan, 2020). This is reinforced by the opinion of Papalia, Old, and Feldman (2008), where early adulthood has special developmental characteristics, namely the development of cognitive abilities and moral judgments that are more directed and complex, as well as traits and personality styles that tend to be stable.

Another factor that influences risk taking behavior is the education factor. It can be seen that the athletes in this research are students who are currently studying in Higher Education. Educated individuals are believed to be able to regulate their emotions very well because an educated person is accustomed to being faced with situations during the educational process. This is reinforced by the opinion of Kumala and Darmawanti (2022) where students who have multiple roles have strategies in regulating emotions well. Students with multiple roles are defined as individuals who act as students, are members of an organization, and are working part-time. Students perform an antecedent focused strategy (cognitive reappraisal) which is considered effective in emotion regulation, where before expressing a response, individuals change their mindset to become more positive about a condition that creates emotions.

According to Ardiningrum and Jannah (2022) someone with the courage to take risks in various situations and conditions will have a tendency to accept every consequence that exists for the behavior that has been done. Therefore, to bring up high risk taking behavior in students, good emotional regulation skills are needed. Emotion regulation is not only carried out when a person experiences negative emotions, but can recognize their emotions both positively and negatively as well.

Commented [U8]: Lack discussion, need more detail and support based on empirical (references in 2014-2022)

Commented [U9]: Lack discussion, need more detail and support based on empirical (references in 2014-2022)

Through the mechanism of self-recognition, including emotions and their management, it will bring up an attitude to be more prepared in risk-taking behavior. This is in line with the opinion (Crust & Keegan, 2010) that attitude affects risk taking.

In addition, research in sports has identified self-efficacy as a key mediator variable that can influence risk taking behavior (Llewellyn & Sanchez, 2008). Consistent with previous theory (i.e., Bandura, 1997) rock climbers were found to take more risks when they perceive themselves as capable of managing and coping with certain risks, and able to meet certain challenges (Llewellyn & Sanchez, 2008). These results are also in line with the research of Kontos (2004) which states that athletes who have high self-efficacy tend to be less afraid of failure, are more likely to set challenging goals, and take calculated risks compared to reckless risks. Llewellyn and Sanchez (2008, p. 24) conclude that "to challenge themselves, some rock climbers may set difficult goals and take calculated additional risks when they feel confident in their ability to manage those risks."

An explanation of the contribution of emotion regulation to risk-taking behavior in a neuroscience manner is obtained from research (Morawetz et al., 2020). The impact of emotion regulation on risk taking behavior through emotional responses, cognitive activation mechanisms and control strategies. In experimental studies, emotion regulation was initially followed by less risky decisions, which was further reflected in increased activation in brain regions in the dorsolateral and ventrolateral prefrontal cortex and cingulate cortex. These findings indicate that changing incidental emotions using a reassessment strategy has an impact on risk taking behavior (Morawetz et al., 2020).

CONCLUSIONS

Based on the research that has been done, it can be concluded that 157 (68.3%) high taking behavior and 73 (31.7) student athletes in this study were in the moderate risk category.

For further researchers, further research can distinguish based on sports branch groups. Given the different motion tasks, the situations faced are different, it is possible that there are differences in aspects of emotion regulation and risk taking behavior of student athletes.

REFERENCES

- Adila, D. R., & Kurniawan, A. (2020). Proses Kematangan Emosi Pada Individu Dewasa Awal yang Dibesarkan dengan Pola Asuh Orang Tua Permisif. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 5(1), 21. <https://doi.org/10.20473/jpkm.v5i12020.21-34>
- Agilonu, A., Bastug, G., Mutlu, T. O., & Pala, A. (2017). Examining Risk-Taking Behavior and Sensation Seeking Requirement in Extreme Athletes. *Journal of Education and Learning*, 6(1), 330. <https://doi.org/10.5539/jel.v6n1p330>
- Ardiningrum, I., & Jannah, M. (2022). Hubungan Antara Mental Toughness dengan Risk Taking Behavior Pada pendaki Gunung. *Medikora*, 21(1), 50-60.
- Botdorf, M., Rosenbaum, G. M., Patrianakos, J., Steinberg, L., & Chein, J. M. (2017). Adolescent risk-taking is predicted by individual differences in cognitive control over emotional, but not non-emotional, response conflict. *Cognition and Emotion*, 31(5), 972-979. <https://doi.org/10.1080/02699931.2016.1168285>

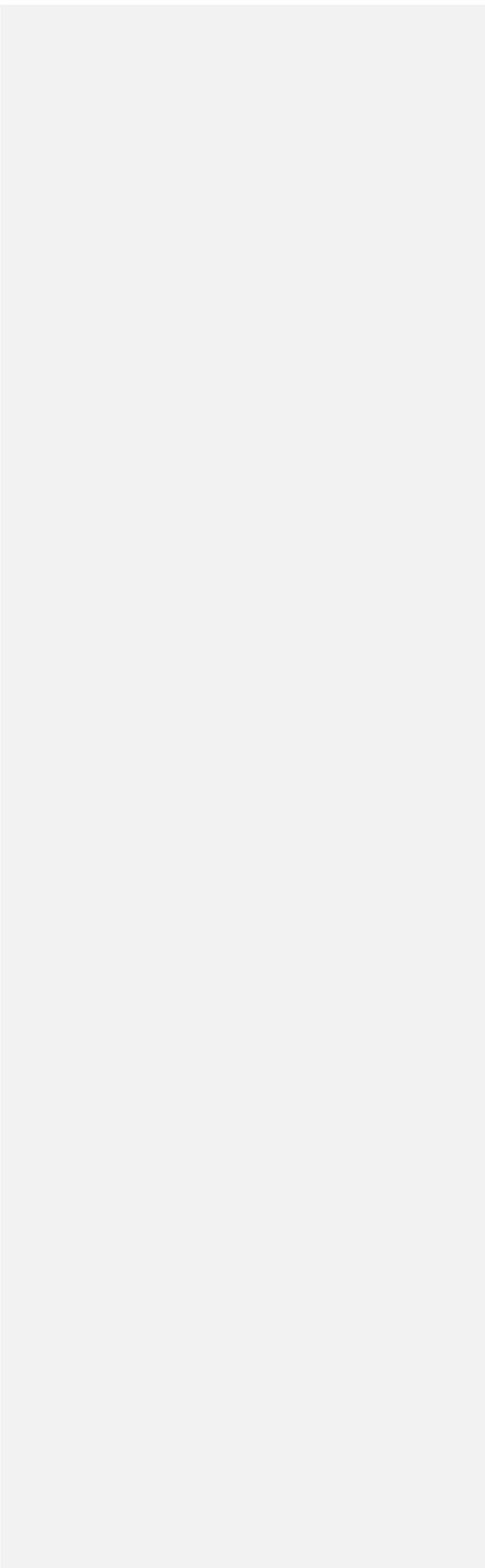
Commented [U10]: Lack conclusion

Add implication and limitation

- Cavalca, E., Kong, G., Liss, T., Reynolds, E. K., Schepis, T. S., Lejuez, C. W., & Krishnan-Sarin, S. (2013). A preliminary experimental investigation of peer influence on risk-taking among adolescent smokers and non-smokers. *Drug and Alcohol Dependence*, 129(1-2), 163-166. <https://doi.org/10.1016/j.drugalcdep.2012.09.020>
- Ciranka, S., & van den Bos, W. (2021). Adolescent risk-taking in the context of exploration and social influence. *Developmental Review*, 61(October 2020), 100979. <https://doi.org/10.1016/j.dr.2021.100979>
- Crust, L., & Keegan, R. (2010). Mental toughness and attitudes to risk-taking. *Personality and Individual Differences*, 49(3), 164-168. <https://doi.org/https://doi.org/10.1016/j.paid.2010.03.026>
- Gross, J. J., & Thompson, R. A. (2007). Emotion regulation: conceptual foundation. *Handbook of Emotion Regulation*. Dalam J.J. Gross (ed). *Handbook of Emotion Regulation*. Guildford Press.
- Gullone, E., & Moore, S. (2000). Adolescent risk-taking and the five-factor model of personality. *Journal of Adolescence*, 23(4), 393-407. <https://doi.org/10.1006/jado.2000.0327>
- Hidayati, D. A., & Krismayani, I. (2017). Literasi Informasi Mahasiswa Atlet Fakultas Ilmu Keolahragaan Universitas Negeri Semarang. *Jurnal Ilmu Perpustakaan*, 6(2), 111-120.
- Jannah, M. (2018). *Metodologi penelitian kuantitatif untuk psikologi*. Unesa University Press.
- Jannah, M., & Dewi, DK (2020). *Pengembangan Model Latihan Mental Untuk Regulasi Emosi Pada Atlet Anggar*. Perkumpulan Rumah Cemerlang Indonesia.
- Kumala, K. H., & Darmawanti, I. (2022). Strategi Regulasi Emosi pada Mahasiswa dengan Banyak Peran. *Jurnal Penelitian Psikologi*, 9(3), 19-29.
- Kotor, JJ (2013). *Mengkonseptualisasikan kerja emosional: Sebuah perspektif regulasi emosi*. Routledge. <https://psycnet.apa.org/record/2012-25945-014>
- Kotor, JJ (2014). *Buku Pegangan Regulasi Emosi*. Dalam *Regulasi Emosi: Landasan Konseptual*. Pers Guildford.
- Komarudin. (2015). *Psikologi Olahraga*. PT.Indeks.
- Low, B. K. L., Man, S. S., Chan, A. H. S., & Alabdulkarim, S. (2019). Construction worker risk-taking behavior model with individual and organizational factors. *International journal of environmental research and public health*, 16(8), 1335. <https://www.mdpi.com/1660-4601/16/8/1335>
- Morawetz, C., Mohr, P. N. C., Heekeren, H. R., & Bode, S. (2020). The effect of emotion regulation on risk-taking and decision-related activity in prefrontal cortex. *Social Cognitive and Affective Neuroscience*, 14(10), 1109-1118. <https://doi.org/10.1093/scan/nsz078>
- Nesiati, A. F., & Hamdan, S. R. (2019). Gambaran risk-taking behavior pada mahasiswa di Kota Bandung. *Prosiding Psikologi*, 5(2).
- Nurchahyo, F. A., & Prasetya, J. (2013). *Risk Behavior di Kalangan Remaja*.

- Papalia, DE, Lama, SW, & Feldman, RD (2008). Psikologi perkembangan (Edisi kesembilan). Jakarta: Jakarta Putra Grafika.
- Permadani, FD, & Jannah, M. (2022). Hubungan Antara Pencarian Sensasi dan Perilaku Mengambil Risiko pada Pendaki Gunung. Juara: Jurnal Olahraga. <https://doi.org/10.33222/juara.v7i2.1661>
- Porcelli, A. J., & Delgado, M. R. (2017). Stress and decision making: effects on valuation, learning, and risk-taking. *Current Opinion in Behavioral Sciences*, 14, 33–39. <https://doi.org/10.1016/j.cobeha.2016.11.015>
- Purwoko, D., & Sukamto, M. E. (2013). Sensation Seeking dan Risk Taking Behavior Pada Remaja Akhir Di Universitas Surabaya. *Jurnal Ilmiah Sosial Dan Humaniora*, 7(1), 64–74.
- Rachmahana, R. S. (2002). Dorongan mencari sensasi dan perilaku pengambilan pengambilan resiko pada mahasiswa. *Psikologika*, VII, 53–69.
- Rahman, A., & Khoirunnisa, R. N. (2019). Hubungan antara regulasi emosi dengan pengambilan keputusan karir pada siswa kelas XI SMA Negeri 22 Surabaya. *Character : Jurnal Penelitian Psikologi*, 06(01), 1–6.
- Robles, AM, Leal, RG, Cobo, MJG, Cabello, R., & Berrocal, PF (2019). Kemampuan Regulasi Emosi Memprediksi Perbedaan Antara Persepsi Risiko dan Perilaku Pengambilan Risiko. *riuma.uma.es*. <https://riuma.uma.es/xmlui/handle/10630/18859>
- Ratnasari, S., & Suleeman, J. (2017). Perbedaan Regulasi Emosi Perempuan dan Laki-Laki di Perguruan Tinggi. *Jurnal Psikologi Sosial*, 15(1), 35–46. <https://doi.org/10.7454/jps.2017.4>
- Romer, D., Reyna, V. F., & Satterthwaite, T. D. (2017). Beyond stereotypes of adolescent risk taking: Placing the adolescent brain in developmental context. *Developmental Cognitive Neuroscience*, 27(July), 19–34. <https://doi.org/10.1016/j.dcn.2017.07.007>
- Safitri, A., & Jannah, M. (2020). Hubungan antara Regulasi Emosi dengan Kecemasan Olahraga pada Atlet Judo. *Character : Jurnal Penelitian Psikologi* *Jurnal Penelitian Psikologi*, 7(3), 51–58.
- Steinberg, L. (2007). Risk taking in adolescence: New perspectives from brain and behavioral science. *Current Directions in Psychological Science*, 16(2), 55–59. <https://doi.org/10.1111/j.1467-8721.2007.00475.x>
- Trianingrum, D. P., & Jatmiko, T. (2022). Profil kondisi fisik atlet Judo Puslatkab Tuban. *Jurnal Prestasi Olahraga*.
- Trimpop, R. M. (1994). *The Psychology of Risk Taking Behavior*. Elsevier Science B. V.
- Weber, E. U., Blais, A.-R., & Betz, N. E. (2002). A Domain-specific Risk-attitude Scale: Measuring Risk Perceptions and Risk Behaviors. *Journal of Behavioral Decision Making*, 263–290. <https://doi.org/10.1002/bdm.414>

Exploring Risk Taking Behavior Among Student Athletes



Exploring Risk Taking Behavior Among Student Athletes

Commented [U1]: Nice idea, but need proofread and mayor revision



DOI : <https://doi.org/10.46245/ijocer>

Sections Info

Article history:

Submitted: November 28, 2022
Final Revised: November, 2022
Accepted: , 2022
Published Online: 2022

Keywords:

Athlet Mahasiswa
Risk Taking Behavior



ABSTRACT

Every student is required to have achievements as an academic community. This also applies to student athletes who are very closely related to athlete achievement. This achievement is related to the athlete's physical ability and skill in performing techniques, but the high level of physical activity carried out requires the athlete's involvement in taking risks both during training and during matches. This study aims to determine the profile of risk taking behavior in students at the State University of Surabaya. A total of 230 student athletes became the research subjects, with an age range of 19-24 years, with 35 people in the category of accuracy sports, 57 people in martial arts, 96 people in games, and 42 people in competitions. The instrument used is risk taking behavior. The data analysis technique used descriptive statistics. The data analysis tool is carried out with the application of Jeffreys's Amazing Statistics Program (JASP) 0.14.1.0 version. The results of data analysis showed that the risk taking behavior of the majority of the subjects was at a good level of 157 people or 86.3 percent. The dominant risk-taking behavior was at a high level of 73 people or 31.73 percent at a moderate level.

Commented [U2]:

Commented [U3R2]:

Commented [U4R2]: See IJOCER standard

INTRODUCTION

Students are one of the academic community that relies on the Tridharma of Higher Education, namely education, research, and community service. Students are required not only to be active in lectures but in other activities such as organizational activities and research in the form of scientific works as a means of self-development and the potential of a student. The potential of a student is not limited to the academic field, but also in other fields such as sports. Not a few of college students choose to become athletes in addition to their duties as students. In this study, the emphasis is on sports actors who act as student athletes.

Student athletes are defined as individuals who are currently studying at a university and at the same time the individual has a profession as an athlete (Hidayati & Krismayani, 2017; Wijaya & Jannah, 2021). Student athletes have the task of undergoing a process in the academic field and undergoing a process of training and competition. Students who are also athletes certainly have more pressure and problems, such as being constrained in participating in the lecture process due to training for the sports branch championships they are participating in (Wijaya & Jannah, 2021).

Students who work as athletes are often involved in various physical activities according to their fields. Physical activity for student athletes has many benefits and one of them is in increasing achievement. Optimal sports achievement can be achieved by using physical, technical, and mental training approaches (Trianingrum & Jatmiko, 2022). On the other hand, physical activity is inseparable from various risks. The problem of risk-taking is important for student athletes, because mistakes in the risk-taking process will have a significant impact in their next life.

Student athletes are categorized in the age range of 18-25 years which is the stage of entering early adulthood. According to Yusuf (2015) at this stage the individual has responsibilities in his development period, including having responsibility for his life (Nesiati & Hamdan, 2019). The demands faced by student athletes sometimes determine choices that contain risks for themselves. Student athletes at this stage are

Commented [U5]: Add references of article journal (2014-2022)

closely associated with a time when they are more likely to engage in risky behavior (Cavalca et al., 2013; Steinberg, 2007).

Risk taking behavior is a form of behavior that is carried out by individuals intentionally based on considerations and is carried out consciously that the behavior carried out has a risk (Woodman et al., 2013). Another opinion states that risk taking behavior is a person's tendency to take risky decisions against him (Zinn, 2019).

Yates (1994) explains that the aspects of risk taking behavior consist of (a) risk perception, namely all forms of information possessed by individuals are used as a reference to understand and search for various possibilities for the actions to be taken. (b) perceived benefits, namely the individual evaluates the action to be taken regarding the benefits to be obtained and whether it is in accordance with his goals and expectations or not. (c) Consequences, namely the courage of an individual in accepting the consequences or risks for each action to be taken.

Other aspects of risk taking behavior according to Woodman et al. (2013), namely, (1) deliberate risk taking is a risk-taking behavior carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers that will be experienced. (2) precautionary behaviors which are precautionary behaviors performed by individuals when performing challenging activities and individual attachment to preventive behavior before engaging in risky activities.

When an individual makes a decision to take a risk, he or she creates a thought process related to the possible outcomes of the behavior. Adolescents and adults also use the same way in the decision-making process, but they have significant differences in risk taking behavior depending on factors such as experience, prejudice, judgment, social pressure (Agilonu et al., 2017).

In the risk-taking process, not everything is negative or ineffective (Rachmahana, 2002). The ability to take risks is very important for individuals, especially with regard to rapidly changing situations and conditions. This change in situations and conditions is caused by an individual's erratic mood.

Emotion regulation is an important part used by student athletes in risk taking behavior. Dalam proses pengambilan risiko tidak semuanya berarti negatif atau tidak efektif (Rachmahana, 2002). Kemampuan pengambilan risiko sangat penting dimiliki individu, terutama berkaitan dengan perubahan situasi dan kondisi yang terjadi secara cepat. Perubahan situasi dan kondisi ini disebabkan adanya suasana hati individu yang tidak menentu.

Emotion regulation is an important part used by student athletes in risk taking behavior related to mood. Good regulatory management can result in high risk taking behavior. Athletes who are able to overcome various disturbances, demands and various kinds of difficulties will certainly have better achievement and courage in taking risks than those who are not able to overcome them.

Based on the explanation above, it can be seen that the ability to take risks is very important for student athletes, especially with regard to rapidly changing situations and conditions. Each student athlete has different conditions, so it will also be different how to take risks. Risk taking does not always have a negative or ineffective connotation, it depends on how individuals respond to changing situations and conditions that occur. Therefore, raising risk taking behavior is important as research so that it can be used as a source of information for student athletes in understanding changes in situations and conditions felt by students.

Commented [U6]: Delete it

This research can also be used as an understanding by students of the importance of risk-taking abilities, equipped with the ability to adapt to changing conditions and situations. This relates to the ability of student athletes to process emotions, and to maintain a balance of responsibilities as students and athletes in lectures.

RESEARCH METHOD

General Background

The type of research used by the researcher is a type of quantitative research using descriptive quantitative methods. Quantitative research is research that uses measurement aspects in an objective way with social phenomena (Jannah, 2018).

Before conducting the research, the researcher carried out the preparatory stage, including conducting a preliminary study to identify problems based on the researcher's track record, checking in the field, searching the literature. Then, compile research proposals and schedules, compile research instruments, and the final test of the instrument.

Sample / Participants / Group

The subjects in this study were 230 student athletes (male = 156 and female = 74), with an age range of 19-24 years, with 35 people in the category of sports with accuracy, 57 in martial arts, 96 in games, and 42 in competitions type of sport.

Instrument and Procedures

The instrument used in this study is the taking behavior scale for sport in the form of a scale compiled by the researcher based on the theory of risk taking behavior for sport which was compiled based on Woodman et al. (2013) which consists of two aspects, namely deliberate risk taking and precautionary behaviors with 7 items.

Data Analysis

The data analysis technique used descriptive statistics to analyze the data by describing the state of the data collected. The data analysis tool is carried out with the application of Jeffrey's Amazing Statistics Program (JASP) 0.14.1.0 version.

RESULTS AND DISCUSSION

A total of 230 student athletes were involved in this study. The descriptions of the research subjects are as follows:

Table 1. Tables Demografis

Aspect	Characteristic	N
Sexe	Male	156
	Female	74
Age	19-24 years old	230
Type of sport	Acuration	35
	Combat	57
	Games	96
	Competition	42

Commented [U7]: Unclear, add research procedure in flowchart and more detailed

Commented [U8]: Lack results and discussion
Need more detailed and clear

Analysis of research data shows the profile of risk taking behavior as below

Table 2. Level of risk taking behavior

Variable	Score	Categorization	Frequency
<i>Risk taking behavior (Y)</i>	7–13	Low	0
	14–20	Moderate	73
	21–28	High	157

In the table above, it can be seen that there were 157 (68.3%) student athletes who scored the highest risk taking behavior with a score of 21–28. Meanwhile, as many as 73 (31.7%) student athletes were at a moderate level. Based on the results obtained, it can be concluded that each respondent in this study is in the category of high risk taking behavior.

Student athletes are able to manage good regulations so that they can produce high risk taking behavior. In this case, athletes are able to overcome various disorders, demands and difficulties that make achievement and courage in taking risks better than those who are not able to overcome them. According to Ratnasari and Suleman (2017), the contribution of emotion regulation to risk-taking behavior in this research is due to several factors, including the age of athletes ranging from 19 to 24 years, who enter early adulthood making them more mature in managing their emotions. Under these conditions, students will have the skills to control themselves, be tolerant, and be able to express their emotions in a constructive and directed manner (Adila & Kurniawan, 2020). This is reinforced by the opinion of Papalia, Old, and Feldman (2008), where early adulthood has special developmental characteristics, namely the development of cognitive abilities and moral judgments that are more directed and complex, as well as traits and personality styles that tend to be stable.

Another factor that influences risk taking behavior is the education factor. It can be seen that the athletes in this research are students who are currently studying in Higher Education. Educated individuals are believed to be able to regulate their emotions very well because an educated person is accustomed to being faced with situations during the educational process. This is reinforced by the opinion of Kumala and Darmawanti (2022) where students who have multiple roles have strategies in regulating emotions well. Students with multiple roles are defined as individuals who act as students, are members of an organization, and are working part-time. Students perform an antecedent focused strategy (cognitive reappraisal) which is considered effective in emotion regulation, where before expressing a response, individuals change their mindset to become more positive about a condition that creates emotions.

According to Ardiningrum and Jannah (2022) someone with the courage to take risks in various situations and conditions will have a tendency to accept every consequence that exists for the behavior that has been done. Therefore, to bring up high risk taking behavior in students, good emotional regulation skills are needed. Emotion regulation is not only carried out when a person experiences negative emotions, but can recognize their emotions both positively and negatively as well.

Through the mechanism of self-recognition, including emotions and their management, it will bring up an attitude to be more prepared in risk-taking behavior. This is in line with the opinion (Crust & Keegan, 2010) that attitude affects risk taking.

In addition, research in sports has identified self-efficacy as a key mediator variable that can influence risk taking behavior (Llewellyn & Sanchez, 2008). Consistent with previous theory (i.e., Bandura, 1997) rock climbers were found to take more risks when they perceive themselves as capable of managing and coping with certain risks, and able to meet certain challenges (Llewellyn & Sanchez, 2008). These results are also in line with the research of Kontos (2004) which states that athletes who have high self-efficacy tend to be less afraid of failure, are more likely to set challenging goals, and take calculated risks compared to reckless risks. Llewellyn and Sanchez (2008, p. 24) conclude that "to challenge themselves, some rock climbers may set difficult goals and take calculated additional risks when they feel confident in their ability to manage those risks."

An explanation of the contribution of emotion regulation to risk-taking behavior in a neuroscience manner is obtained from research (Morawetz et al., 2020). The impact of emotion regulation on risk taking behavior through emotional responses, cognitive activation mechanisms and control strategies. In experimental studies, emotion regulation was initially followed by less risky decisions, which was further reflected in increased activation in brain regions in the dorsolateral and ventrolateral prefrontal cortex and cingulate cortex. These findings indicate that changing incidental emotions using a reassessment strategy has an impact on risk taking behavior (Morawetz et al., 2020).

CONCLUSIONS

Based on the research that has been done, it can be concluded that 157 (68.3%) high taking behavior and 73 (31.7) student athletes in this study were in the moderate risk category.

For further researchers, further research can distinguish based on sports branch groups. Given the different motion tasks, the situations faced are different, it is possible that there are differences in aspects of emotion regulation and risk taking behavior of student athletes.

REFERENCES

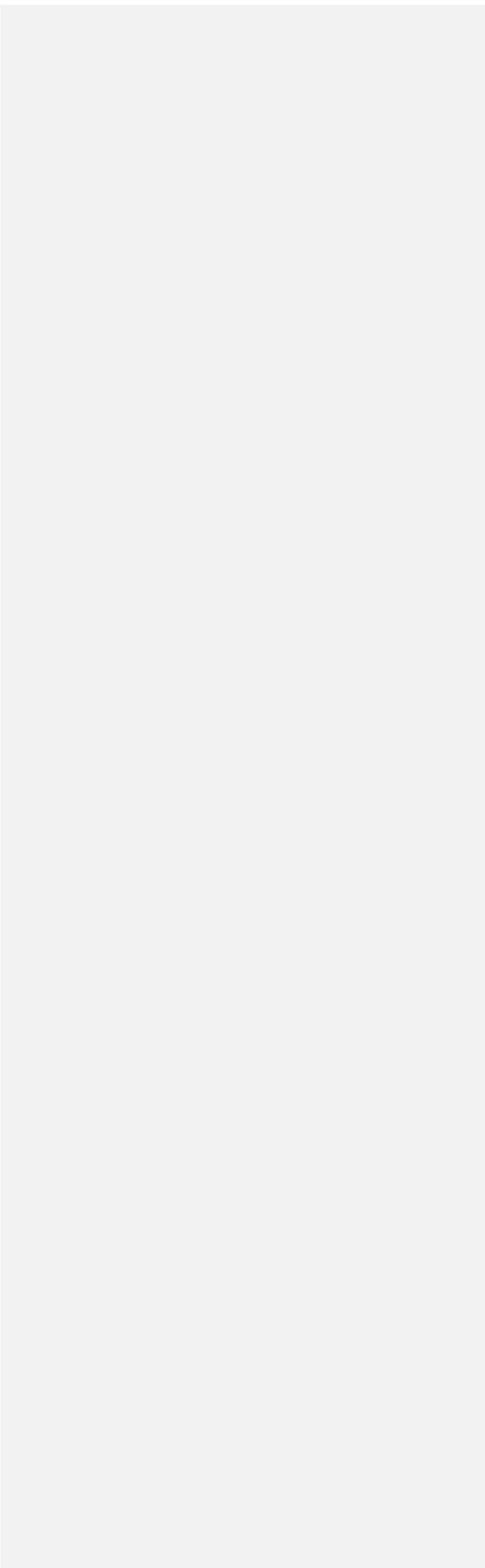
- Adila, D. R., & Kurniawan, A. (2020). Proses Kematangan Emosi Pada Individu Dewasa Awal yang Dibesarkan dengan Pola Asuh Orang Tua Permisif. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 5(1), 21. <https://doi.org/10.20473/jpkm.v5i12020.21-34>
- Agilonu, A., Bastug, G., Mutlu, T. O., & Pala, A. (2017). Examining Risk-Taking Behavior and Sensation Seeking Requirement in Extreme Athletes. *Journal of Education and Learning*, 6(1), 330. <https://doi.org/10.5539/jel.v6n1p330>
- Ardiningrum, I., & Jannah, M. (2022). Hubungan Antara Mental Toughness dengan Risk Taking Behavior Pada pendaki Gunung. *Medikora*, 21(1), 50-60.
- Botdorf, M., Rosenbaum, G. M., Patrianakos, J., Steinberg, L., & Chein, J. M. (2017). Adolescent risk-taking is predicted by individual differences in cognitive control over emotional, but not non-emotional, response conflict. *Cognition and Emotion*, 31(5), 972-979. <https://doi.org/10.1080/02699931.2016.1168285>

Commented [U9]: Add fundamental finding and implication

- Cavalca, E., Kong, G., Liss, T., Reynolds, E. K., Schepis, T. S., Lejuez, C. W., & Krishnan-Sarin, S. (2013). A preliminary experimental investigation of peer influence on risk-taking among adolescent smokers and non-smokers. *Drug and Alcohol Dependence*, 129(1-2), 163-166. <https://doi.org/10.1016/j.drugalcdep.2012.09.020>
- Ciranka, S., & van den Bos, W. (2021). Adolescent risk-taking in the context of exploration and social influence. *Developmental Review*, 61(October 2020), 100979. <https://doi.org/10.1016/j.dr.2021.100979>
- Crust, L., & Keegan, R. (2010). Mental toughness and attitudes to risk-taking. *Personality and Individual Differences*, 49(3), 164-168. <https://doi.org/https://doi.org/10.1016/j.paid.2010.03.026>
- Gross, J. J., & Thompson, R. A. (2007). Emotion regulation: conceptual foundation. *Handbook of Emotion Regulation*. Dalam J.J. Gross (ed). *Handbook of Emotion Regulation*. Guildford Press.
- Gullone, E., & Moore, S. (2000). Adolescent risk-taking and the five-factor model of personality. *Journal of Adolescence*, 23(4), 393-407. <https://doi.org/10.1006/jado.2000.0327>
- Hidayati, D. A., & Krismayani, I. (2017). Literasi Informasi Mahasiswa Atlet Fakultas Ilmu Keolahragaan Universitas Negeri Semarang. *Jurnal Ilmu Perpustakaan*, 6(2), 111-120.
- Jannah, M. (2018). *Metodologi penelitian kuantitatif untuk psikologi*. Unesa University Press.
- Jannah, M., & Dewi, DK (2020). *Pengembangan Model Latihan Mental Untuk Regulasi Emosi Pada Atlet Anggar*. Perkumpulan Rumah Cemerlang Indonesia.
- Kumala, K. H., & Darmawanti, I. (2022). Strategi Regulasi Emosi pada Mahasiswa dengan Banyak Peran. *Jurnal Penelitian Psikologi*, 9(3), 19-29.
- Kotor, JJ (2013). *Mengkonseptualisasikan kerja emosional: Sebuah perspektif regulasi emosi*. Routledge. <https://psycnet.apa.org/record/2012-25945-014>
- Kotor, JJ (2014). *Buku Pegangan Regulasi Emosi*. Dalam *Regulasi Emosi: Landasan Konseptual*. Pers Guildford.
- Komarudin. (2015). *Psikologi Olahraga*. PT.Indeks.
- Low, B. K. L., Man, S. S., Chan, A. H. S., & Alabdulkarim, S. (2019). Construction worker risk-taking behavior model with individual and organizational factors. *International journal of environmental research and public health*, 16(8), 1335. <https://www.mdpi.com/1660-4601/16/8/1335>
- Morawetz, C., Mohr, P. N. C., Heekeren, H. R., & Bode, S. (2020). The effect of emotion regulation on risk-taking and decision-related activity in prefrontal cortex. *Social Cognitive and Affective Neuroscience*, 14(10), 1109-1118. <https://doi.org/10.1093/scan/nsz078>
- Nesiati, A. F., & Hamdan, S. R. (2019). Gambaran risk-taking behavior pada mahasiswa di Kota Bandung. *Prosiding Psikologi*, 5(2).
- Nurchahyo, F. A., & Prasetya, J. (2013). *Risk Behavior di Kalangan Remaja*.

- Papalia, DE, Lama, SW, & Feldman, RD (2008). Psikologi perkembangan (Edisi kesembilan). Jakarta: Jakarta Putra Grafika.
- Permadani, FD, & Jannah, M. (2022). Hubungan Antara Pencarian Sensasi dan Perilaku Mengambil Risiko pada Pendaki Gunung. Juara: Jurnal Olahraga. <https://doi.org/10.33222/juara.v7i2.1661>
- Porcelli, A. J., & Delgado, M. R. (2017). Stress and decision making: effects on valuation, learning, and risk-taking. *Current Opinion in Behavioral Sciences*, 14, 33–39. <https://doi.org/10.1016/j.cobeha.2016.11.015>
- Purwoko, D., & Sukamto, M. E. (2013). Sensation Seeking dan Risk Taking Behavior Pada Remaja Akhir Di Universitas Surabaya. *Jurnal Ilmiah Sosial Dan Humaniora*, 7(1), 64–74.
- Rachmahana, R. S. (2002). Dorongan mencari sensasi dan perilaku pengambilan pengambilan resiko pada mahasiswa. *Psikologika*, VII, 53–69.
- Rahman, A., & Khoirunnisa, R. N. (2019). Hubungan antara regulasi emosi dengan pengambilan keputusan karir pada siswa kelas XI SMA Negeri 22 Surabaya. *Character : Jurnal Penelitian Psikologi*, 06(01), 1–6.
- Robles, AM, Leal, RG, Cobo, MJG, Cabello, R., & Berrocal, PF (2019). Kemampuan Regulasi Emosi Memprediksi Perbedaan Antara Persepsi Risiko dan Perilaku Pengambilan Risiko. *riuma.uma.es*. <https://riuma.uma.es/xmlui/handle/10630/18859>
- Ratnasari, S., & Suleeman, J. (2017). Perbedaan Regulasi Emosi Perempuan dan Laki-Laki di Perguruan Tinggi. *Jurnal Psikologi Sosial*, 15(1), 35–46. <https://doi.org/10.7454/jps.2017.4>
- Romer, D., Reyna, V. F., & Satterthwaite, T. D. (2017). Beyond stereotypes of adolescent risk taking: Placing the adolescent brain in developmental context. *Developmental Cognitive Neuroscience*, 27(July), 19–34. <https://doi.org/10.1016/j.dcn.2017.07.007>
- Safitri, A., & Jannah, M. (2020). Hubungan antara Regulasi Emosi dengan Kecemasan Olahraga pada Atlet Judo. *Character : Jurnal Penelitian Psikologi* *Jurnal Penelitian Psikologi*, 7(3), 51–58.
- Steinberg, L. (2007). Risk taking in adolescence: New perspectives from brain and behavioral science. *Current Directions in Psychological Science*, 16(2), 55–59. <https://doi.org/10.1111/j.1467-8721.2007.00475.x>
- Trianingrum, D. P., & Jatmiko, T. (2022). Profil kondisi fisik atlet Judo Puslatkab Tuban. *Jurnal Prestasi Olahraga*.
- Trimpop, R. M. (1994). *The Psychology of Risk Taking Behavior*. Elsevier Science B. V.
- Weber, E. U., Blais, A.-R., & Betz, N. E. (2002). A Domain-specific Risk-attitude Scale: Measuring Risk Perceptions and Risk Behaviors. *Journal of Behavioral Decision Making*, 263–290. <https://doi.org/10.1002/bdm.414>

Exploring Risk Taking Behavior Among Student Athletes



3. Bukti Revisi
(14 Desember 2022)

Exploring the Risk Taking Behavior of Student Athletes While Attending Education on Campus



DOI : <https://doi.org/10.46245/ijocer>

Sections Info

Article history:

Submitted: November 28, 2022

Final Revised: November, 2022

Accepted: , 2022

Published Online: 2022

Keywords:

Athletes,
Campus,
Education,
Risk Taking Behavior,
Student.



ABSTRACT

Every student who is attending lectures on campus is expected to have achievements as an academic member. This also applies to student athletes, excelling in sports and balancing it with academic achievement. Achievement is related to the physical abilities and skills of athletes in performing techniques. The high level of physical activity that is carried out requires the involvement of athletes in taking risks both during training and during competitions. This study aims to determine the profile of risk-taking behavior in Surabaya State University students. A total of 230 student athletes became the subject of the study, with an age range of 19-24 years, with 35 people in the categories of accuracy sports, 57 people in pencak silat, 96 people in games, and 42 people in competition. The instrument used is risk taking behavior. Data analysis techniques using descriptive statistics. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) application version 0.14.1.0. The results of the data analysis showed that the risk taking behavior of the majority of the subjects was at a good level of 157 people or 86.3 percent. The dominant risk-taking behavior is at a high level of 73 people or 31.73 percent at a moderate level. The implications of this research are the data for campuses to promote sports activities so that students have good risk-taking behavior. Through good decision-making behavior it is hoped that it will encourage the achievement of student athlete achievements, both academic achievements and sports achievements.

INTRODUCTION

Students are one of the academic community that relies on the Tridharma of Higher Education, namely education, research, and community service. Students are required not only to be active in lectures but in other activities such as organizational activities and research in the form of scientific works as a means of self-development and the potential of a student. The potential of a student is not limited to the academic field, but also in other fields such as sports. Not a few of college students choose to become athletes in addition to their duties as students. In this study, the emphasis is on sports actors who act as student athletes.

Student athletes are defined as individuals who are currently studying at a university and at the same time the individual has a profession as an athlete (Hidayati & Krismayani, 2017; Wijaya & Jannah, 2021). Student athletes have the task of undergoing a process in the academic field and undergoing a process of training and competition (Nisa & Jannah, 2021; Syah & Jannah, 2021). Students who are also athletes certainly have more pressure and problems, such as being constrained in participating in the lecture process due to training for the sports branch championships they are participating in (Yukhymenko-Lescroart, 2021).

Students who work as athletes are often involved in various physical activities according to their fields. Physical activity for student athletes has many benefits and one of them is in increasing achievement (Gong, 2011). Optimal sports achievement can be achieved by using physical, technical, and mental training approaches (Nopiyanto et al., 2021; Trianingrum & Jatmiko, 2022). On the other hand, physical activity is

inseparable from various risks (Afanasieva et al., 2021; Zinn, 2019). The problem of risk-taking is important for student athletes, because mistakes in the risk-taking process will have a significant impact in their next life (Zastrow et al., 2019; Zhong et al., 2020).

Student athletes are categorized in the age range of 18-25 years which is the stage of entering early adulthood (Navarro et al., 2019). People at this stage have responsibilities in his development period, including having responsibility for his life (Nesiati & Hamdan, 2019). The demands faced by student athletes sometimes determine choices that contain risks for themselves. Student athletes at this stage are closely associated with a time when they are more likely to engage in risky behavior (Crust & Keegan, 2010; Morawetz et al., 2020).

Risk-taking behavior is a form of behavior that is carried out by individuals deliberately based on consideration and is carried out consciously that the behavior carried out has a risk (Luciana et al., 2018). Another opinion states that risk-taking behavior is a person's tendency to make decisions that are risky to him (Zinn, 2019). Risk taking behavior is not always negative, depending on the impact of the risk on the individual. There is a risk-taking behavior that is positive, because the impact is good for the individual (Bluth & Eisenlohr-Moul, 2017). As an example of student athletes, who must behave in a positive risk-taking manner between the risks of leaving lectures in order to practice preparing for competitions. or student athletes in fighting sports must have high risk-taking behavior to start attacking before their opponents.

The risk-taking behavior aspects consist of (a) risk perception, namely all forms of information possessed by individuals are used as a reference to understand and search for various possibilities for the actions to be taken. (b) perceived benefits, namely the individual evaluates the action to be taken regarding the benefits to be obtained and whether it is in accordance with his goals and expectations or not. (c) Consequences, namely the courage of an individual in accepting the consequences or risks for each action to be taken (Trimpop, 1994; Yates, 1994).

Other aspects of risk taking behavior according to Woodman et al. (2013) namely, (1) deliberate risk taking is a risk-taking behavior carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers that will be experienced. (2) precautionary behaviors which are precautionary behaviors performed by individuals when performing challenging activities and individual attachment to preventive behavior before engaging in risky activities.

When an individual makes a decision to take a risk, he or she creates a thought process related to the possible outcomes of the behavior (Green et al., 2020). Adolescents and adults also use the same way in the decision-making process, but they have significant differences in risk taking behavior depending on factors such as experience, prejudice, judgment, social pressure (Agilonu et al., 2017).

In the risk-taking process, not everything is negative or ineffective (Zastrow et al., 2019). The ability to take risks is very important for individuals, especially with regard to rapidly changing situations and conditions. This change in situations and conditions is caused by an individual's erratic mood (Berk, 2022).

Emotion regulation is an important part used by student athletes in risk-taking behavior. In the process of taking risks, not everything is negative or ineffective (Rachmahana, 2002). The ability to take risks is very important for individuals, especially with regard to changing situations and conditions that occur quickly. Changes in these situations and conditions are due to the individual's erratic mood.

Emotion regulation is an important part used by student athletes in risk taking behavior related to mood. Good regulatory management can result in high risk taking behavior. Athletes who are able to overcome various disturbances, demands and various kinds of difficulties will certainly have better achievement and courage in taking risks than those who are not able to overcome them.

Based on the explanation above, it can be seen that the ability to take risks is very important for student athletes, especially with regard to rapidly changing situations and conditions. Every student athlete has different conditions, so the way to take risks will also be different. Risk taking does not always have a negative connotation or is ineffective, depending on how the individual responds to changing situations and conditions that occur. Therefore, increasing risk taking behavior is important as research so that it can be used as a source of information for student athletes in understanding changes in situations and conditions felt by students. The novelty of this study is the exploration of risk-taking behavior in student athletes while attending university education.

This research can also be used as an understanding by students of the importance of the ability to take risks, complemented by the ability to adapt to changing conditions and situations. This is related to the ability of student athletes to process emotions, as well as maintaining a balance of responsibilities as students and athletes in lectures. So this objective of this study is to explore the risk-taking behavior of student athletes while attending education on campus.

RESEARCH METHOD

General Background

The type of research used by the researcher is a type of quantitative research using descriptive quantitative methods. Quantitative research is research that uses measurement aspects in an objective way with social phenomena (Jannah, 2018).

Furthermore, the research flowchart is described in figure 1 below:



Figure 1. Research Flowchart

Before conducting the research, the researcher carried out the preparatory stage, including conducting a preliminary study to identify problems based on the researcher's track record, checking in the field, searching the literature. Then, compile research proposals and schedules, compile research instruments, and the final test of the instrument. Based on the instruments that have been made, data collection is carried out. The next process is conducting data analysis, interpreting data and conclusions.

Sample

The subjects in this study were 230 student athletes (male = 156 and female = 74), with an age range of 19-24 years, with 35 people in the category of sports with accuracy, 57 in martial arts, 96 in games, and 42 in competitions type of sport.

Instrument

The instrument used in this study is the taking behavior scale for sport in the form of a scale compiled by the researcher based on the theory of risk taking behavior for

sport which was compiled based on Woodman et al. (2013) which consists of two aspects, namely deliberate risk taking and precautionary behaviors with 7 items.

Data Analysis

The data analysis technique used descriptive statistics to analyze the data by describing the state of the data collected (Jannah, 2018). The data analysis tool is carried out with the application of Jeffrey's Amazing Statistics Program (JASP) 0.14.1.0 version.

RESULTS AND DISCUSSION

A total of 230 student athletes were involved in this study. The descriptions of the research subjects are as follows:

Table 1. Tables Demografis

Aspect	Characteristic	N	Percentage
Sexe	Male	156	67,8
	Female	74	32,2
Age	19-24 years old	230	100
Type of sport	Acuration	35	15,2
	Combat	57	24,8
	Games	96	41,7
	Competition	42	18,3

Table 1 above shows that the majority of respondents were male at 67.8 percent. Most of them come from the sport of games by 41,7 percent, followed by combat by 24,8 percent, competition sports 18,3 percent. At least comes from the sport of accuracy of a number of 15,2 percent.

Analysis of research data shows the profile of risk taking behavior as below

Table 2. Level of Risk Taking Behavior

Variable	Score	Categorization	Frequency	Percentage
<i>Risk taking behavior (Y)</i>	7-13	Low	0	0
	14-20	Moderate	73	31,7
	21-28	High	157	68,3

According table 2 above, it can be seen that there were 157 (68.3%) student athletes who scored the highest risk taking behavior with a score of 21-28. Meanwhile, as many as 73 (31.7%) student athletes were at a moderate level. Based on the results obtained, it can be concluded that the respondents in this study had risk-taking behavior in the high category.

Student athletes who have high risk-taking behavior are able to consider the consequences from their decision. This can be due to the maturity factor because the age of student athletes who are in the range of 19 to 14 years, is at the early adult level (Santos et al., 2018). Under these conditions, student athletes will have the skills to

control themselves, be tolerant, and be able to express their emotions in a constructive and directed manner (Adila & Kurniawan, 2020; Jannah et al., 2015). This is reinforced by the opinion of Berk (2022), that early adulthood has special developmental characteristics, namely the development of cognitive abilities and moral considerations that are more focused and complex, as well as personality traits and styles that tend to be stable.

Another factor that influences risk taking behavior is the education factor. It can be seen that the athletes in this research are students who are currently studying in Higher Education. Educated individuals are believed to be able to regulate their emotions very well because an educated person is accustomed to being faced with situations during the educational process. This is reinforced by the opinion of Kumala and Darmawanti (2022) where students who have multiple roles have strategies in regulating emotions well. Students with multiple roles are defined as individuals who act as students, are members of an organization, and are working part-time. Students perform an antecedent focused strategy (cognitive reappraisal) which is considered effective in emotion regulation, where before expressing a response, individuals change their mindset to become more positive about a condition that creates emotions.

According to Permadani & Jannah (2022) someone with the courage to take risks in various situations and conditions will have a tendency to accept every consequence that exists for the behavior that has been done. Therefore, to bring up high risk taking behavior in students, good emotional regulation skills are needed. Emotion regulation is not only carried out when a person experiences negative emotions, but can recognize their emotions both positively and negatively as well (Manning & DiLollo, 2017).

Through the mechanism of self-recognition, including emotions and their management, it will bring up an attitude to be more prepared in risk-taking behavior (Zastrow et al., 2019). This is in line with the opinion Oliveira et al. (2021), that attitude affects risk taking.

In addition, research in sports has identified self-efficacy as a key mediator variable that can influence risk taking behavior (Luciana et al., 2018; Machida et al., 2017). Consistent with previous theory (i.e., Bandura et al., 1999) rock climbers were found to take more risks when they perceive themselves as capable of managing and coping with certain risks, and able to meet certain challenges (Hrušová, 2019; Möbius et al., 2022; Permadani & Jannah, 2022). These results are also in line with the research of (Machida et al., 2017) which states that athletes who have high self-efficacy tend to be less afraid of failure, are more likely to set challenging goals, and take calculated risks compared to reckless risks. Smith & Ranchordas (2022) conclude that to challenge themselves, some rock climbers may set difficult goals and take calculated additional risks when they feel confident in their ability to manage those risks.

An explanation of the contribution of emotion regulation to risk-taking behavior in a neuroscience manner is obtained from research (Mistretta et al., 2017; Morawetz et al., 2020). The impact of emotion regulation on risk taking behavior through emotional responses, cognitive activation mechanisms and control strategies. In experimental studies, emotion regulation was initially followed by less risky decisions, which was further reflected in increased activation in brain regions in the dorsolateral and ventrolateral prefrontal cortex and cingulate cortex. These findings indicate that changing incidental emotions using a reassessment strategy has an impact on risk taking behavior (Morawetz et al., 2020).

CONCLUSIONS

Based on the research that has been done, it can be concluded that 157 (68.3%) high-taking behavior and 73 (31.7) student athletes in this study are in the moderate risk category. The limitation of this research is the percentage of the number of student athletes based on sports and gender is not evenly distributed. Besides that it does not consider the diversity of motion tasks that have the potential to influence risk-taking behavior. Another limitation of this study is that it does not distinguish between positive and negative risk taking behavior.

For future researchers, future research can differentiate based on sports branch groups. Given the different motion tasks, the situations encountered are also different, it is possible that there are differences in aspects of student athlete risk-taking behavior. In further research, differentiating positive and negative risk-taking behavior is needed for student athletes.

ACKNOWLEDGMENT

Thank you to the Faculty of Education and LPPM UNESA for the funding and quality efforts made so that this research was carried out.

REFERENCES

- Adila, D. R., & Kurniawan, A. (2020). Proses Kematangan Emosi Pada Individu Dewasa Awal yang Dibesarkan dengan Pola Asuh Orang Tua Permisif. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 5(1), 21. <https://doi.org/10.20473/jpkm.v5i12020.21-34>
- Afanasieva, N. E., Ilina, Y. Y., & Svitlychna, N. O. (2021). Viability and socio-psychological adaptation of athletes of different qualifications in fire and applied sports. *Health, Sport, Rehabilitation*, 7(4), 46–57. <https://doi.org/10.34142/hsr.2021.07.04.04>
- Agilonu, A., Bastug, G., Mutlu, T. O., & Pala, A. (2017). Examining Risk-Taking Behavior and Sensation Seeking Requirement in Extreme Athletes. *Journal of Education and Learning*, 6(1), 330. <https://doi.org/10.5539/jel.v6n1p330>
- Bandura, A., Freeman, W. H., & Lightsey, R. (1999). Self-Efficacy: The Exercise of Control. In *Journal of Cognitive Psychotherapy* (Vol. 13, Issue 2, pp. 158–166). <https://doi.org/10.1891/0889-8391.13.2.158>
- Berk, L. E. (2022). *Exploring lifespan development*. books.google.com. https://books.google.com/books?hl=en&lr=&id=4U1wEAAAQBAJ&oi=fnd&pg=PT28&dq=risk+taking+behavior&ots=7nhttbCUQi&sig=9CUA0pcSnE02x8A9WMLvd_1WwSM
- Bluth, K., & Eisenlohr-Moul, T. A. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence*. <https://www.sciencedirect.com/science/article/pii/S0140197117300490>
- Crust, L., & Keegan, R. (2010). Mental toughness and attitudes to risk-taking. *Personality and Individual Differences*, 49(3), 164–168. <https://doi.org/https://doi.org/10.1016/j.paid.2010.03.026>
- Gong, X. H. (2011). The Study on Psychological Health Education in Sport Teaching. *Advanced Materials Research*, 187, 343–347. <https://doi.org/10.4028/www.scientific.net/amr.187.343>
- Green, E. C., Murphy, E. M., & ... (2020). The health belief model. *The Wiley Encyclopedia of ...* <https://doi.org/10.1002/9781119057840.ch68>
- Hidayati, D. A., & Krismayani, I. (2017). Literasi Informasi Mahasiswa Atlet Fakultas Ilmu Keolahragaan Universitas Negeri Semarang. *Jurnal Ilmu Perpustakaan*, 6(2), 111–120.
- Hrušová, D. (2019). Experiencing In Climbing And Psychological Effects Of Sport Climbing. *The European Proceedings of Social and Behavioural Sciences*. <https://doi.org/10.15405/epsbs.2019.02.02.14>
- Jannah, M. (2018). *Metodologi Penelitian Kuantitatif Untuk Psikologi*. Unesa University Press.

- Jannah, M., Mulyana, O. P., & Muthohir, T. C. (2015). Psychological Profiles Of Indonesian Elite Swimmers. *Movement Health & Exercise*, 4(42), 31–36.
- Luciana, M., Bjork, J. M., Nagel, B. J., Barch, D. M., & ... (2018). Adolescent neurocognitive development and impacts of substance use: Overview of the adolescent brain cognitive development (ABCD) baseline In *Developmental cognitive* Elsevier. <https://www.sciencedirect.com/science/article/pii/S1878929317302384>
- Machida, M., Otten, M., Magyar, T. M., Vealey, R. S., & Ward, R. M. (2017). Examining multidimensional sport-confidence in athletes and non-athlete sport performers. *Journal of Sports Sciences*, 35(5), 410–418. <https://doi.org/10.1080/02640414.2016.1167934>
- Manning, W. H., & DiLollo, A. (2017). *Clinical decision making in fluency disorders*. books.google.com. https://books.google.com/books?hl=en&lr=&id=AGVGDwAAQBAJ&oi=fnd&pg=PR7&dq=risk+taking+behavior&ots=HdLGGi34Sc&sig=URn-47_tC4A4RgsMl4Q_gXDyKh8
- Mistretta, E. G., Glass, C. R., Spears, C. A., Perskaudas, R., Kaufman, K. A., & Hoyer, D. (2017). Collegiate athletes' expectations and experiences with mindful sport performance enhancement. *Journal of Clinical Sport Psychology*, 11(3), 201–221. <https://doi.org/10.1123/jcsp.2016-0043>
- Möbius, M. M., Niederle, M., Niehaus, P., & ... (2022). Managing self-confidence: Theory and experimental evidence. *Management* <https://doi.org/10.1287/mnsc.2021.4294>
- Morawetz, C., Mohr, P. N. C., Heekeren, H. R., & Bode, S. (2020). The effect of emotion regulation on risk-taking and decision-related activity in prefrontal cortex. *Social Cognitive and Affective Neuroscience*, 14(10), 1109–1118. <https://doi.org/10.1093/scan/nsz078>
- Navarro, K. M., Rubin, L. M., & Mamerow, G. (2019). The Future of Student-Athlete Development. *Implementing Student-Athlete Programming*, 160–173. <https://doi.org/10.4324/9781315188454-8>
- Nesiati, A. F., & Hamdan, S. R. (2019). Gambaran risk-taking behavior pada mahasiswa di Kota Bandung. *Prosiding Psikologi*, 5(2).
- Nisa, K., & Jannah, M. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36–45.
- Nopiyanto, Y. E., Raibowo, S., & Prabowo, G. U. (2021). Psychological Characteristics of Athletes at Student's Education and Training Center in Bengkulu. *Journal Sport Area*, 48–57. [https://doi.org/10.25299/sportarea.2021.vol6\(1\).5572](https://doi.org/10.25299/sportarea.2021.vol6(1).5572)
- Oliveira, S., Cunha, M., Rosado, A., & Ferreira, C. (2021). Compassionate Coach and Psychological Quality of Life in Portuguese Athletes: Effect of Mediating Variables. *Journal of Clinical Sport Psychology*, 1–17. <https://doi.org/10.1123/jcsp.2020-0058>
- Permadani, F. D., & Jannah, M. (2022). Relationship Between Sensation Seeking and Risk Taking Behavior on Mountain Climber. *JUARA: Jurnal Olahraga*, 7(2), 342–354.
- Santos, F., Camiré, M., & MacDonald, D. J. (2018). Lived experiences within a longstanding coach-athlete relationship. The case of one paralympic athlete. *Ágora Para La Educación Física y El Deporte*, 20(2), 279–297. <https://doi.org/10.24197/aeafd.2-3.2018.279-297>
- Smith, E., & Ranchordas, M. (2022). Sport climbing. *Sport and Exercise Physiology Testing Guidelines: Volume I – Sport Testing*, 297–305. <https://doi.org/10.4324/9781003045281-51>
- Syah, M. V. A., & Jannah, M. (2021). Perbedaan ketangguhan mental ditinjau dari status atlet individu dan beregu pada siswa SMA X. *Character : Jurnal Penelitian Psikologi*, 8(8), 145–152.
- Trianingrum, D. P., & Jatmiko, T. (2022). Profil kondisi fisik atlet Judo Puslatkab Tuban. *Jurnal Prestasi Olahraga*.
- Trimpop, R. M. (1994). *The Psychology of Risk Taking Behavior*. Elsevier Science B. V.
- Wijaya, J. A. D. P. S., & Jannah, M. (2021). Perbedaan Strategi Regulasi Emosi Pada Mahasiswa Atlet Dan Non Atlet. *Character: Jurnal Penelitian Psikologi*, 8(8), 83–89.
- Woodman, Barlow, M. D., Bandura, C., Hill, M. L., Kupciw, D., & Macgregor, A. (2013). Not all risks are equal: The risk taking inventory for high-risk sports. *Journal of Sport and Exercise Psychology*, 479–492.
- Yates, F. J. (1994). *Risk Taking Behavior*. John Willey and Sons, Inc.

- Yukhymenko-Lescroart, M. A. (2021). Sport-to-School Spillover Effects of Passion for Sport: The Role of Identity in Academic Performance. *Psychological Reports*, 2147483647. <https://doi.org/10.1177/003329412111006925>
- Zastrow, C., Kirst-Ashman, K. K., & Hessenauer, S. L. (2019). *Empowerment series: understanding human behavior and the social environment*. books.google.com. https://books.google.com/books?hl=en&lr=&id=n9WDDwAAQBAJ&oi=fnd&pg=PP1&dq=risk+taking+behavior&ots=Z5QeDNB2Mk&sig=h11_XncW7HarKdMmhEfw1_tCQU
- Zhong, B. L., Luo, W., Li, H. M., Zhang, Q. Q., & ... (2020). Knowledge, attitudes, and practices towards COVID-19 among Chinese residents during the rapid rise period of the COVID-19 outbreak: a quick online cross In ... *journal of biological* ncbi.nlm.nih.gov. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7098034/>
- Zinn, J. O. (2019). The meaning of risk-taking-key concepts and dimensions. *Journal of Risk Research*, 22(1), 1-15. <https://doi.org/10.1080/13669877.2017.1351465>

***Miftakhul Jannah (Corresponding Author)**

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: miftakhuljannah@unesa.ac.id

Nurchayati Nurchayati

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: nurchayati@unesa.ac.id

Diana Rahmasari

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: dianarahmasari@unesa.ac.id

Damajanti Kusuma Dewi

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: damajantikusuma@unesa.ac.id

Rachman Widohardhono

Department of Vocational, Universitas Negeri Surabaya,
Kampus Unesa Ketintang, Surabaya, East Java, 60231, Indonesia
Email: nurchayati@unesa.ac.id

The following changes have been made on the Manuscript “...” in accordance with reviewers’ comments

Reviewer’s comments	Changes made	Page (see highlights)
Add the education to relevant with scope journal	Exploring the Risk Taking Behavior of Student Athletes While Attending Education on Campus	1
See IJOCER standard	Key word in English	1
Add implication in abstract	The implications of this research are the data for campuses to promote sports activities so that students	1

**5. Bukti Konfirmasi Sent to Production
(30 Desember 2022)**



Miftakhul Jannah . <miftakhuljannah@unesa.ac.id>

[IJOCER] Editor Decision

Budiyono Saputro <noreply@iel-education.org>

30 Desember 2022 pukul 07.26

Kepada: Miftakhul Jannah <miftakhuljannah@unesa.ac.id>, Nurchayati Nurchayati <nurchayati@unesa.ac.id>, Diana Rahmasari <dianarahmasari@unesa.ac.id>, Damajanti Kusuma Dewi <damajantikusuma@unesa.ac.id>, Rachman Widohardhono <rachmanwidohardhono@unesa.ac.id>

Miftakhul Jannah, Nurchayati Nurchayati, Diana Rahmasari, Damajanti Kusuma Dewi, Rachman Widohardhono:

The editing of your submission, "Exploring the Risk-Taking Behavior of Student Athletes While Attending Education on Campus," is complete. We are now sending it to production.

Submission URL: <https://www.journal.iel-education.org/index.php/ijocer/authorDashboard/submission/187>

Editorial Team

[Kutipan teks disembunyikan]

**6. Artikel terpublish
(31 Desember 2022)**



Exploring the Risk-Taking Behavior of Student Athletes While Attending Education on Campus

Miftakhul Jannah¹, Nurchayati², Diana Rahmasari³, Damajanti Kusuma Dewi⁴,
Rachman Widohardhono⁵

^{1,2,3,4,5} Universitas Negeri Surabaya, Surabaya, Indonesia



DOI : <https://doi.org/10.53621/ijocer.v1i2.187>

Sections Info

Article history:

Submitted: November 28, 2022

Final Revised: December 18, 2022

Accepted: December 20, 2022

Published: December 31, 2022

Keywords:

Athletes

Campus

Education

Risk Taking behavior

Student



ABSTRACT

Every student who attends lectures on campus is expected to have achievements as an academic member. This also applies to student-athletes excelling in sports and balancing it with academic achievement. Achievement is related to athletes' physical abilities and skills in performing techniques. The high level of physical activity that is carried out requires athletes' involvement in taking risks both during training and competitions. This study aims to determine the profile of risk-taking behavior in Surabaya State University students. A total of 230 student-athletes became the subject of the study, with an age range of 19-24 years, with 35 people in the categories of accuracy sports, 57 people in Pencak silat, 96 people in games, and 42 people in the competition. The instrument used is risk-taking behavior—data analysis techniques using descriptive statistics. The data analysis tool used the Jeffreys' Amazing Statistics Program (JASP) application version 0.14.1.0. The data analysis results showed that most subjects' risk-taking behavior was at a good level of 157 people or 86.3 percent. The dominant risk-taking behavior is at a high level of 73 people or 31.73 percent at a moderate level. The implications of this research are the data for campuses to promote sports activities so that students have good risk-taking behavior. Through good decision-making behavior, it is hoped that it will encourage the achievement of student-athlete's academic and sports achievements.

INTRODUCTION

Students are one of the academic communities that relies on the Tridharma of Higher Education, namely education, research, and community service. Students are required not only to be active in lectures but in other activities, such as organizational activities and research in the form of scientific works as a means of self-development and student potential. A student's potential is wider than academics and other fields, such as sports. Not a few college students choose to become athletes in addition to their duties as students. In this study, the emphasis is on sports actors who act as student-athletes. Student-athletes are individuals currently studying at a university, and at the same time, the individual has a profession as an athlete (Hidayati & Krismayani, 2017; Wijaya & Jannah, 2021).

Student-athletes have the task of undergoing a process in the academic field and undergoing the process of training and competition (Nisa & Jannah, 2021; Syah & Jannah, 2021). Students who are also athletes certainly have more pressure and problems, such as being constrained in participating in the lecture process due to training for the sports branch championships they are participating in (Yukhymenko-Lescroart, 2021). Students who work as athletes are often involved in various physical activities according to their fields. Physical activity for Student-athletes have many benefits, one of which is increasing achievement. Optimal sports achievement can be

achieved using physical, technical, and mental training approaches (Nopiyanto et al., 2021; Trianingrum & Jatmiko, 2022). On the other hand, physical activity is inseparable from various risks (Afanasieva et al., 2021; Zinn, 2019). The risk-taking problem is essential for student-athletes because mistakes in the risk-taking process will significantly impact their next life (Zastrow et al., 2019; Zhong et al., 2020).

Student-athletes are categorized in the age range of 18-25 years which is the stage of entering early adulthood (Navarro et al., 2019). People at this stage have responsibilities in their development period, including having responsibility for their life (Nesiati & Hamdan, 2019). The demands faced by student-athletes sometimes determine choices that contain risks for themselves. Student-athletes at this stage are closely associated with a time when they are more likely to engage in risky behavior (Morawetz et al., 2020).

Risk-taking behavior is a form of behavior that is carried out by individuals deliberately based on consideration and is carried out consciously that the behavior carried out has a risk (Luciana et al., 2018). Another opinion states that risk-taking behavior is a person's tendency to make decisions that are risky to him (Zinn, 2019). Risk-taking behavior is not always negative, depending on the impact of the risk on the individual. There is a positive risk-taking behavior because the impact is suitable for the individual (Bluth & Eisenlohr-Moul, 2017). For example, student-athletes must behave in a positive risk-taking manner between the risks of leaving lectures to practice preparing for competitions. Student-athletes in fighting sports must have high risk-taking behavior to start attacking before their opponents. The risk-taking behavior aspects consist of (a) risk perception, namely, all information possessed by individuals are used as a reference to understand and search for various possibilities for the actions to be taken. (b) perceived benefits, namely, the individual evaluates the action to be taken regarding the benefits to be obtained and whether it is in accordance with his goals and expectations or not. (c) Consequences, namely the courage of an individual in accepting the consequences or risks for each action to be taken (Trimpop, 1994; Yates, 1994).

Other aspects of risk-taking behavior, according to Woodman et al. (2013), namely (1) deliberate risk-taking is a risk-taking behavior carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers that will be experienced. (2) precautionary behaviors, which are precautionary behaviors performed by individuals when performing challenging activities, and individual attachment to preventive behavior before engaging in risky activities. When an individual makes a decision to take a risk, they create a thought process related to the possible outcomes of the behavior (Green et al., 2020). Adolescents and adults also use the same way in the decision-making process, but they have significant differences in risk-taking behavior depending on factors such as experience, prejudice, judgment, and social pressure (Agilonu et al., 2017).

In the risk-taking process, not everything is negative or ineffective (Zastrow et al., 2019). The ability to take risks is very important for individuals, especially with regard to rapidly changing situations and conditions. This change in situations and conditions is caused by an individual's erratic mood (Berk, 2022). Emotion regulation is an important part used by student-athletes in risk-taking behavior. In the process of taking risks, not everything is negative or ineffective. The ability to take risks is very important for individuals, especially with regard to changing situations and conditions that occur quickly. Changes in these situations and conditions are due to the individual's erratic

mood. Emotion regulation is an important part used by student-athletes in risk-taking behavior related to mood. Good regulatory management can result in high risk-taking behavior. Athletes who are able to overcome various disturbances, demands, and various kinds of difficulties will certainly have better achievement and courage in taking risks than those who are not able to overcome them.

Based on the explanation above, it can be seen that the ability to take risks is very important for student-athletes, especially with regard to rapidly changing situations and conditions. Every student-athlete has different conditions, so the way to take risks will also be different. Risk-taking does not always have a negative connotation or is ineffective, depending on how the individual responds to changing situations and conditions that occur. Therefore, increasing risk-taking behavior is important as research so that it can be used as a source of information for student-athletes in understanding changes in situations and conditions felt by students. The novelty of this study is the exploration of risk-taking behavior in student-athletes while attending university education. This research can also be used as an understanding by students of the importance of the ability to take risks, complemented by the ability to adapt to changing conditions and situations. This is related to the ability of student-athletes to process emotions, as well as maintain a balance of responsibilities as students and athletes in lectures. So the objective of this study is to explore the risk-taking behavior of student-athletes while attending education on campus.

RESEARCH METHOD

General Background

The type of research used by the researcher is a type of quantitative research using descriptive quantitative methods. Quantitative research is research that uses measurement aspects in an objective way with social phenomena (Jannah, 2018). Furthermore, the research flowchart is described in Figure 1.



Figure 1. Research flowchart.

Before conducting the research, the researcher carried out the preparatory stage, including conducting a preliminary study to identify problems based on the researcher's track record, checking in the field, and searching the literature. Then, compile research proposals and schedules, compile research instruments, and the final test of the instrument. Based on the instruments that have been made, data collection is carried out. The next process is conducting data analysis, interpreting data, and making conclusions.

Sample

The subjects in this study were 230 student-athletes (male = 156 and female = 74), with an age range of 19-24 years, with 35 people in the category of sports with accuracy, 57 in martial arts, 96 in games, and 42 in competitions type of sport.

Instrument

The instrument used in this study is the taking behavior scale for sports in the form of a scale compiled by the researcher based on the theory of risk-taking behavior for sports which was compiled based on Woodman et al. (2013) which consists of two aspects, namely deliberate risk-taking and precautionary behaviors with seven items.

Data Analysis

The data analysis technique used descriptive statistics to analyze the data by describing the state of the data collected (Jannah, 2018). The data analysis tool is carried out with the application of Jeffreys's Amazing Statistics Program (JASP) 0.14.1.0 version.

RESULTS AND DISCUSSION

A total of 230 student-athletes were involved in this study. The descriptions of the research subjects as shown in Table 1.

Table 1. Tables demographics.

Aspect	Characteristic	N	Percentage
Gender	Male	156	67,8
	Female	74	32,2
Age	19-24 years old	230	100
Type of sport	A curation	35	15,2
	Combat	57	24,8
	Games	96	41,7
	Competition	42	18,3

Table 1 shows that the majority of respondents were male, at 67.8 percent. Most of them come from the sport of games at 41.7 percent, followed by combat at 24.8 percent, and competition sports at 18.3 percent. At least comes from the sport of accuracy of a number of 15.2 percent. Analysis of research data shows the profile of risk-taking behavior as Table 2.

Table 2. Level of risk-taking behavior.

Variable	Score	Categorization	Frequency	Percentage
<i>Risk-taking behavior</i> (Y)	7-13	Low	0	0
	14-20	Moderate	73	31,7
	21-28	High	157	68,3

According to Table 2, it can be seen that there were 157 (68.3%) student-athletes who scored the highest risk-taking behavior with a score of 21-28. Meanwhile, as many as 73 (31.7%) student-athletes were at a moderate level. Based on the results obtained, it can be concluded that the respondents in this study had risk-taking behavior in the high category. Student-athletes who have high risk-taking behavior are able to consider the consequences of their decision. This can be due to the maturity factor because the age of

student-athletes who are in the range of 19 to 14 years is at the early adult level (Santos et al., 2018). Under these conditions, student-athletes will have the skills to control themselves, be tolerant, and be able to express their emotions in a constructive and directed manner (Adila & Kurniawan, 2020; Jannah et al., 2015). This is reinforced by the opinion of Berk (2022) that early adulthood has special developmental characteristics, namely the development of cognitive abilities and moral considerations that are more focused and complex, as well as personality traits and styles that tend to be stable.

Another factor that influences risk-taking behavior is the education factor. It can be seen that the athletes in this research are students who are currently studying in Higher Education. Educated individuals are believed to be able to regulate their emotions very well because an educated person is accustomed to being faced with situations during the educational process. This is reinforced by the opinion of Kumala & Darmawanti (2022), where students who have multiple roles have strategies for regulating emotions well. Students with multiple roles are defined as individuals who act as students, are members of an organization, and are working part-time. Students perform an antecedent-focused strategy (cognitive reappraisal) which is considered effective in emotion regulation, where before expressing a response, individuals change their mindset to become more positive about a condition that creates emotions.

According to Permadani & Jannah (2022), someone with the courage to take risks in various situations and conditions will have a tendency to accept every consequence that exists for the behavior that has been done. Therefore, to bring up high risk-taking behavior in students, good emotional regulation skills are needed. Emotion regulation is not only carried out when a person experiences negative emotions but can recognize their emotions both positively and negatively as well (Manning & DiLollo, 2017). The mechanism of self-recognition, including emotions and their management, will bring up an attitude to be more prepared for risk-taking behavior (Zastrow et al., 2019). This is in line with the opinion of Oliveira et al. (2021) that attitude affects risk-taking.

In addition, research in sports has identified self-efficacy as a key mediator variable that can influence risk-taking behavior (Luciana et al., 2018; Machida et al., 2017). Consistent with previous theory (Bandura et al., 1999), rock climbers were found to take more risks when they perceive themselves as capable of managing and coping with certain risks and able to meet certain challenges (Hrušová, 2019; Möbius et al., 2022; Permadani & Jannah, 2022). These results are also in line with the research of (Machida et al., 2017), which states that athletes who have high self-efficacy tend to be less afraid of failure, are more likely to set challenging goals, and take calculated risks compared to reckless risks. Smith & Ranchordas (2022) conclude that to challenge themselves, some rock climbers may set difficult goals and take calculated additional risks when they feel confident in their ability to manage those risks.

An explanation of the contribution of emotion regulation to risk-taking behavior in a neuroscience manner is obtained from research (Mistretta et al., 2017; Morawetz et al., 2020). The impact of emotion regulation on risk-taking behavior through emotional responses, cognitive activation mechanisms, and control strategies. In experimental studies, emotion regulation was initially followed by less risky decisions, which was further reflected in increased activation in brain regions in the dorsolateral and ventrolateral prefrontal cortex and cingulate cortex. These findings indicate that changing incidental emotions using a reassessment strategy has an impact on risk-taking behavior (Morawetz et al., 2020).

CONCLUSION

Based on the research that has been done, it can be concluded that 157 high-taking behavior and 73 student-athletes in this study are in the moderate risk category. The limitation of this research is the percentage of the number of student-athletes based on sports and gender is not evenly distributed. Besides that it does not consider the diversity of motion tasks that have the potential to influence risk-taking behavior. Another limitation of this study is that it does not distinguish between positive and negative risk-taking behavior. For future researchers, future research can differentiate based on sports branch groups. Given the different motion tasks, the situations encountered are also different. It is possible that there are differences in aspects of student athletes' risk-taking behavior. In further research, differentiating positive and negative risk-taking behavior is needed for student-athletes.

ACKNOWLEDGMENT

Thank you to the Faculty of Education and LPPM- Universitas Negeri Surabaya, Indonesia for the funding and quality efforts made so that this research was carried out.

REFERENCES

- Adila, D. R., & Kurniawan, A. (2020). Proses kematangan emosi pada individu dewasa awal yang dibesarkan dengan pola asuh orang tua permisif. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 5(1), 21-34. <https://doi.org/10.20473/jpkm.v5i12020.21-34>
- Afanasieva, N. E., Ilina, Y. Y., & Svitlychna, N. O. (2021). Viability and socio-psychological adaptation of athletes of different qualifications in fire and applied sports. *Health, Sport, Rehabilitation*, 7(4), 46-57. <https://doi.org/10.34142/hsr.2021.07.04.04>
- Agilonu, A., Bastug, G., Mutlu, T. O., & Pala, A. (2017). Examining risk-taking behavior and sensation seeking requirement in extreme athletes. *Journal of Education and Learning*, 6(1), 330-340. <https://doi.org/10.5539/jel.v6n1p330>
- Bandura, A., Freeman, W. H., & Lightsey, R. (1999). Self-efficacy: The exercise of control. In *Journal of Cognitive Psychotherapy*, 13(2), 158-166. <https://doi.org/10.1891/0889-8391.13.2.158>
- Berk, L. E. (2022). *Exploring lifespan development*. Sage Publishing.
- Bluth, K., & Eisenlohr-Moul, T. A. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence*, 57(1), 108-118. <http://dx.doi.org/10.1016/j.adolescence.2017.04.001>
- Green, E. C., Murphy, E. M., & Gryboski, K. (2020). The health belief model. *The Wiley Encyclopedia of Psychology*, 2, 212-216. <https://doi.org/10.1002/9781119057840.ch68>
- Hidayati, D. A., & Krismayani, I. (2017). Literasi informasi mahasiswa atlet fakultas ilmu keolahragaan universitas negeri semarang. *Jurnal Ilmu Perpustakaan*, 6(2), 111-120.
- Hrušová, D. (2019). Experiencing in climbing and psychological effects of sport climbing. *The European Proceedings of Social and Behavioural Sciences*, 118-127. <https://doi.org/10.15405/epsbs.2019.02.02.14>
- Jannah, M. (2018). *Metodologi penelitian kuantitatif untuk psikologi*. Unesa University Press.
- Jannah, M., Mulyana, O. P., & Muthohir, T. C. (2015). Psychological profiles of Indonesian elite swimmers. *Movement Health & Exercise*, 4(42), 31-36.
- Kumala, K. H., & Darmawanti, I. (2022). Strategi Regulasi Emosi Pada Mahasiswa Dengan Banyak Peran. *Character: Jurnal Penelitian Psikologi*, 9(3), 19-29.
- Luciana, M., Bjork, J. M., Nagel, B. J., Barch, D. M., & Banich, M. T. (2018). Adolescent neurocognitive development and impacts of substance use: Overview of the adolescent brain cognitive development (ABCD) baseline neurocognition battery. *Developmental*

- Cognitive Neuroscience*, 32, 67-79.
- Machida, M., Otten, M., Magyar, T. M., Vealey, R. S., & Ward, R. M. (2017). Examining multidimensional sport-confidence in athletes and non-athlete sport performers. *Journal of Sports Sciences*, 35(5), 410-418. <https://doi.org/10.1080/02640414.2016.1167934>
- Manning, W. H., & DiLollo, A. (2017). *Clinical decision making in fluency disorders*. Thomson Learning.
- Mistretta, E. G., Glass, C. R., Spears, C. A., Perskaudas, R., Kaufman, K. A., & Hoyer, D. (2017). Collegiate athletes' expectations and experiences with mindful sport performance enhancement. *Journal of Clinical Sport Psychology*, 11(3), 201-221. <https://doi.org/10.1123/jcsp.2016-0043>
- Möbius, M. M., Niederle, M., Niehaus, P., & Rosenblat, T. S. (2022). Managing self-confidence: Theory and experimental evidence. *Management Science*, 68(11), 1-10. <https://doi.org/10.1287/mnsc.2021.4294>
- Morawetz, C., Mohr, P. N. C., Heekeren, H. R., & Bode, S. (2020). The effect of emotion regulation on risk-taking and decision-related activity in prefrontal cortex. *Social Cognitive and Affective Neuroscience*, 14(10), 1109-1118. <https://doi.org/10.1093/scan/nsz078>
- Navarro, K. M., Rubin, L. M., & Mamerow, G. (2019). The future of student-athlete development. *Implementing Student-Athlete Programming*, 160-173. <https://doi.org/10.4324/9781315188454-8>
- Nesiati, A. F., & Hamdan, S. R. (2019). Gambaran risk-taking behavior pada mahasiswa di Kota Bandung. *Prosiding Psikologi*, 5(2), 423-431. <http://dx.doi.org/10.29313/.v0i0.16898>
- Nisa, K., & Jannah, M. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36-45.
- Nopiyanto, Y. E., Raibowo, S., & Prabowo, G. U. (2021). Psychological characteristics of athletes at student's education and training center in bengkulu. *Journal Sport Area*, 6(1), 48-57. [https://doi.org/10.25299/sportarea.2021.vol6\(1\).5572](https://doi.org/10.25299/sportarea.2021.vol6(1).5572)
- Oliveira, S., Cunha, M., Rosado, A., & Ferreira, C. (2021). Compassionate coach and psychological quality of life in portuguese athletes: Effect of mediating variables. *Journal of Clinical Sport Psychology*, 16(2), 1-17. <https://doi.org/10.1123/jcsp.2020-0058>
- Permadani, F. D., & Jannah, M. (2022). Relationship between sensation seeking and risk taking behavior on mountain climber. *JUARA: Jurnal Olahraga*, 7(2), 342-354. <https://doi.org/10.33222/juara.v7i2.1661>
- Santos, F., Camiré, M., & MacDonald, D. J. (2018). Lived experiences within a longstanding coach-athlete relationship. The case of one paralympic athlete. *Ágora Para La Educación Física y El Deporte*, 20(2), 279-297. <https://doi.org/10.24197/aefd.2-3.2018.279-297>
- Smith, E., & Ranchordas, M. (2022). Sport climbing. *Sport and Exercise Physiology Testing Guidelines: Volume I – Sport Testing*, 297-305. <https://doi.org/10.4324/9781003045281-51>
- Syah, M. V. A., & Jannah, M. (2021). Perbedaan ketangguhan mental ditinjau dari status atlet individu dan beregu pada siswa SMA X. *Character: Jurnal Penelitian Psikologi*, 8(8), 145-152.
- Trianingrum, D. P., & Jatmiko, T. (2022). Profil kondisi fisik atlet Judo Puslatkab Tuban. *Jurnal Prestasi Olahraga*, 5(3), 50-58.
- Trimpop, R. M. (1994). *The psychology of risk taking behavior*. Elsevier.
- Wijaya, J. A. D. P. S., & Jannah, M. (2021). Perbedaan strategi regulasi emosi pada mahasiswa atlet dan non atlet. *Character: Jurnal Penelitian Psikologi*, 8(8), 83-89.
- Woodman, W., Barlow, M. D., Bandura, C., Hill, M. L., Kupciw, D., & Macgregor, A. (2013). Not all risks are equal: The risk taking inventory for high-risk sports. *Journal of Sport and Exercise Psychology*, 35(5), 479-492.
- Yates, F. J. (1994). *Risk taking behavior*. John Willey and Sons, Inc.
- Yukhymenko-Lescroart, M. A. (2021). Sport-to-school spillover effects of passion for sport: The role of identity in academic performance. *Psychological Reports*, 125(3), 1469-1493. <https://doi.org/10.1177/003329412111006925>
- Zastrow, C., Kirst-Ashman, K. K., & Hessenauer, S. L. (2019). *Empowerment series: Understanding*

- human behavior and the social environment*. Cengage Learning.
- Zhong, B. L., Luo, W., Li, H. M., Zhang, Q. Q., & Li, Y. (2020). Knowledge, attitudes, and practices towards COVID-19 among Chinese residents during the rapid rise period of the COVID-19 outbreak: a quick online cross-sectional survey. *International Journal of Biological Science*, 16(10), 1745-1752.
- Zinn, J. O. (2019). The meaning of risk-taking-key concepts and dimensions. *Journal of Risk Research*, 22(1), 1-15. <https://doi.org/10.1080/13669877.2017.1351465>

***Dr. Miftakhul Jannah, S.Psi., M.Si., Psikolog (Corresponding Author)**

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: miftakhuljannah@unesa.ac.id

Nurchayati, Ph.D.

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: nurchayati@unesa.ac.id

Dr. Diana Rahmasari, S.Psi., M.Si., Psikolog

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: dianarahmasari@unesa.ac.id

Dr. Damajanti Kusuma Dewi, S.Psi., M.Si.

Department of Psychology, Universitas Negeri Surabaya,
Jl. Lidah Wetan, Surabaya, East Java, 60213, Indonesia
Email: damajantikusuma@unesa.ac.id

Dr. Rachman Widohardhono, S.Psi.M.Psi. Psikolog

Department of Vocational, Universitas Negeri Surabaya,
Kampus Unesa Ketintang, Surabaya, East Java, 60231, Indonesia
Email: rachmanwidohardhono@unesa.ac.id
