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Penulis : Miftakhul Jannah, Rachman Widohardhono, Noraya Rahma Makiko, Ima Fitri Sholichah, Rifa Hidayah

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**1. Bukti Konfirmasi Submit, Revisi Tata
Tulis dari Editor dan Artikel yang disubmit
(16 Februari 2023)**



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

Manuscript Status Update On (ID: 19931093): Current Status – Under Peer Review- The Role of Optimism in the Emotion Regulation of Disabled Athletes

Chloe Crawford <preview.hrpub@gmail.com>
Kepada: miftakhuljannah@unesa.ac.id

16 Februari 2023 pukul 15.03

Dear Miftakhul Jannah,

Thank you very much for submitting your manuscript to HRPUB.

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Books

All author names, "Title of chapter in the book," in Title of the Published Book, (xth ed. if possible), Abbrev. of Publisher, Year, pp. xxx–xxx.

e.g.

[1] Tom B, Jack E, R. Voss, "The Current Situation of Education," in Current Situation and Development of Contemporary Education, 1st ed, HRPUB, 2013, pp. 1-200.

Conference Papers

All author names, "Title," Conference title, (location of conference is optional), (Month and day(s) if provided) Year, pp., (DOI or URL, if possible)

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Editorial Assistant

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2. Bukti Revisi Tata Tulis dan Artikel (18 Februari 2023)



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

REVISED MANUSCRIPT WITH ID ARTICLE 19931093

3 pesan

Miftakhul Jannah . <miftakhuljannah@unesa.ac.id>
Kepada: Chloe Crawford <preview.hrpub@gmail.com>

18 Februari 2023 pukul 14.48

Dear Chloe Crawford,
I hope this email finds you well.

I hereby submit the revised manuscript with ID 19931093 entitled "The Role of Optimism in the Emotion Regulation of Disabled Athletes."

We've revised it according to the editor's suggestion. We highlight the changes we've made in yellow.

We are waiting for good news from you. Thank you for your attention and kindness.

I hope you are always in good shape.

warm regard.

--

Dr. Miftakhul Jannah, M.Si., Psikolog.
Dept. of Psychology
Universitas Negeri Surabaya
Indonesia

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Chloe Crawford <preview.hrpub@gmail.com>
Kepada: "Miftakhul Jannah ." <miftakhuljannah@unesa.ac.id>

20 Februari 2023 pukul 15.45

Dear Dr. Miftakhul Jannah,

Thanks for your kind email.
We have received your paper. If further revision is required, we will contact you again.

Best Regards

Chloe Crawford
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Horizon Research Publishing, USA
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[Kutipan teks disembunyikan]

Miftakhul Jannah . <miftakhuljannah@unesa.ac.id>
Kepada: Chloe Crawford <preview.hrpub@gmail.com>

21 Februari 2023 pukul 11.31

Dear Chloe Crawford.

Thank you for your kini reply.

Warm regards

[Kutipan teks disembunyikan]

The Role of Optimism in the Emotion Regulation of Disabled Athletes

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 years (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyze the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords: Emotion regulation, Disabled athletes, Optimism

1. Introduction

People with disabilities can participate in sports. The role of athletes with disabilities in sports is considered important. Based on the desire to fight like normal people in the field of sports, sport is a physical activity that athletes with disabilities can participate in in order to achieve goals. Achievement is a clear indicator of the success of an athlete

after winning a match [56].

The highlight of the international disability sports competitions that athletes with disabilities can participate in is the Paralympics. Like the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics becoming more competitive, there is a greater need for athletes with disabilities to have effective mental skills. Previous research data suggests that olympic and paralympic athletes appear to exhibit similar psychological skills, meaning athletes with or without disabilities have the same experiences and needs [53].

The most important psychological factor that influences the performance of athletes with disabilities in achieving their goals is emotional regulation [33,38]. Emotion regulation is defined as an individual's awareness of their emotional state and ability to manage it using certain strategies [19,23]. Emotional regulation is a person's ability to understand the emotions they have, along with how they are expressed and when and why they arise [5,48].

In their daily lives, many athletes are faced with various activities that are full of stress. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety [8,51]. The ability of athletes to adaptively respond to negative emotions is said to play an important role in their sports performance [34,41,48]. As written by Tamminen et al.[59], emotional regulation is an important ability for athletes to achieve success.

The individual's ability to control the emotions he faces is considered a determinant of emotional well-being and the individual's ability to function healthily [57]. Individuals' inability to regulate their emotions optimally is linked to symptoms of mental health conditions such as anxiety disorders, eating disorders, obsessive-compulsive disorders, and aggressive behaviour [1]. Poor emotional regulation is also linked to high levels of stress and the possibility of

psychopathological symptoms as a result of the demands of these activities, as opposed to having good psychological functioning. So athletes need to be taught to apply psychological strategies to support athlete achievement [7,50,49,53]. Research by Dieffenbach and Statler[13] shows that top-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

Optimism influences one of the emotional regulation skills. Athletes who have high levels of optimism tend to respond to failure or adversity in an adaptive way [10]. This statement is supported by the results of research by Lizmore et al.[35], which found that athletes who are optimistic show an adaptive response. Optimism is defined as an individual's expectation that he will receive positive results in general [10,9,11]. Optimism does not change difficult situations or events in one's life, but optimism can change an individual's perspective on a difficult situation or event [62]. Therefore, in sports, high optimism is considered the key to success [16,44]. Optimism in athletes also determines the actions to be taken in stressful situations [6]. Optimistic athletes recover more quickly from perceived disappointments and are more likely to overcome difficulties by solving problems [39]. Individuals who are optimistic will be able to apply strategies to manage emotions well based on the situation at hand [46]. Nes and Segerstrom[43] show in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors. Apart from being a personality trait or characteristic, optimism is also a state-like psychological capacity, which means that optimism is more unstable [31,36]. Optimism is influenced by situational or environmental factors [47,55,62].

Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views of the people in Indonesia. Data shows that the majority of people think that people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24% think they are people who deserve pity [60]. The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia is not an easy thing.

Previous research on athletes with disabilities included an examination of the hardiness personality [32]. There were research that examines the optimism of track and field athletes with disabilities [45], activation of emotional regulation of sports achievements [33], achievements of Indonesian disabled athletes in international multi-events [29], individual trajectories of physical ability development and the role of sports in the lives of students with disabilities [14]. The COVID-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football [12] mental toughness and competitive anxiety [37], analysis of achievement

motivation [21]. The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

2.1. General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that describes something to reveal correlations between research variables or to carry out dissimilarity tests. between two or more groups of objects to be studied [22].

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

2.2. Participant

This research involved 69 athletes with disabilities (male = 56 and female = 13) member of National Paralympic Committee Indonesia, as research participants. Participants are in the age range of 14–57 years (mean 29.9; SD 12.04). Athletes with disabilities are grouped into three categories: physical disabilities, intellectual disabilities, and sensory disabilities. In this research, subjects came from ten type of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

2.3. Instruments and Procedures

The instruments used in this research are the optimism scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S). Each instrument consists of 10 items with four alternative answer choices. Based on the number of items and response options, the instruments were categorized into 3 levels, namely high, medium, and low. A high level is a score of 30 or above, a moderate level is a score of 20–29, and a low level is a score of 10–19.

2.4. Data Analysis

The data analysis technique used in this study is linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version

0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in this study. The description of the research subject is as follows:

Table 1. Demographics Data

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69

Score	Levels	Frequency Percentages of Optimism	Frequency Percentages of Emotion Regulation
10–19	Low	4 5,8	19 27.5
20–29	Moderate	51 73.9	49 71
30–40	high	14 20,3	1 1.45
Categories of disabilities		Physical	38
		Intellectual	5
		Sensory	26

The data in the table above shows that the majority of research participants were male. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data shows the score of optimism and emotion regulation as below:

Table 2. Levels of Optimism and Emotion Regulation

Model Summary – Optimism ER

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

Table 2 data above shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). There is a significant difference

at the low level between the emotion regulation score of 27.5% and the optimism score of 5.8%. Meanwhile, at the high level of optimism, there is more compared to emotion regulation, namely 20.3 % and 1.45%.

The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

Table 3. Statistical Results

The results of statistical tests show that the correlation coefficient value of 0.825 indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities. while the value of R² is 0.681, which means that optimism contributes 68.1 percent to emotion regulation.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with a disability is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al.[15] stated that having control over the negative and positive emotions they experience is important for athletes to develop. Optimism is associated with a sense of control [52]. This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

Optimistic athletes with disabilities have better emotional regulation. It is possible that optimism is related to control over thoughts and perceived emotional experiences [40]. This statement is supported by Thompson and Gaudreau[61], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, and logical analysis and judgment [4,27,26,61]. Athletes with disabilities who use weak emotional regulation strategies make these athletes more vulnerable when faced with difficult situations [28].

Optimism supports individuals' ability to control their emotions—especially in stressful situations—by implementing problem-solving strategies. Optimism is positively related to engagement or an approach to coping that uses both problem-focused and emotion-focused coping, adjusting to the type of stressor being faced [10,24,32]. It can be argued that optimism can help athletes with disabilities regulate their emotions by controlling their perceived emotional experiences through the use of a coping strategy. In other words, optimism influences the emotion regulation of athletes with disabilities.

An optimist is better at preventing emotional problems than a pessimist because optimists make efforts to deal with stress and regulate emotions effectively [54,63]. This also lends credence to the research findings that optimism can significantly aid disabled athletes in emotional regulation. Emotion regulation is a set of cognitive processes that determine the type of emotional response, emotional experience, and the way individuals express the emotions they feel [42]. In addition, there is a possibility that optimism is related to control over thoughts and perceived emotional experiences [40]. This statement is supported by Thompson and Gaudreau[61], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. Mental imagination, mind control, and logical analysis and judgment are the strategies mentioned [61]. The use of weak emotion regulation strategies makes individuals more vulnerable when faced with difficult situations [28].

An optimist is also associated with better mood and emotional adaptation and is not associated with mental health problems due to stress [2,43]. Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment [20,25]. Emotion regulation can support hedonic goals or motivation to feel more positive and can encourage individual instrumental motivation, for example, by modifying emotions so that they support long-term goals [58]. This means optimism that makes individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management, which can then produce an adaptive response. Individuals with a high level of optimism are said to be better at preventing the emergence of negative emotions [3]. This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful or stressful [10,9]. Gross[17,18,20] stated in their theory that by regulating their emotions, individuals can maintain, increase, or reduce the emotions they experience. Finally, it can be stated that optimism can support the success of emotion regulation in disabled athletes because optimism can help them reduce negative emotions, thus supporting good adaptability (i.e., the ability to deal with stressors).

5. Conclusion

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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Revision after Peer Review (ID:19931093)-The Role of Optimism in the Emotion Regulation of Disabled Athletes

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Manuscript ID: **19931093**

Manuscript Title: **The Role of Optimism in the Emotion Regulation of Disabled Athletes**

Evaluation Report

General Comments	A limited scope manuscript explaining the role of optimism in Athletes with disabilities
Advantage& Disadvantage	Important study regarding High Performance Athletes with Disabilities and their emotional state in the sport fields Very short phrases, better use of English grammar, more details in some chapters, proper meaning in some definitions (Sports, Physical Activity)
How to improve	Follow the comments in the manuscript Conduct more statistical analyses in order to reveal differences between male and female in emotional regulation, differences between sports etc...

Please rate the following: (1 = Excellent) (2 = Good) (3 = Fair) (4 = Poor)

Originality: 2

Contribution to the Field: 2

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Clarity of Presentation : 2

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The Role of Optimism in the Emotion Regulation of Disabled Athletes

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 years (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyze the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords: Emotion regulation, Disabled athletes, Optimism

1. Introduction

People with disabilities can participate in sports. The role of athletes with disabilities in sports is considered important. Based on the desire to fight like normal people in the field of sports, sport is a physical activity that athletes with disabilities can participate in in order to achieve goals. Achievement is a clear indicator of the success of an athlete after winning a match (Smith et al., 2009).

The highlight of the international disability sports competitions that athletes with disabilities can participate in is the Paralympics. Like the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics becoming more competitive, there is a greater need for athletes with disabilities to have effective mental skills. Previous research data suggests that olympic and paralympic athletes appear to exhibit similar psychological skills, meaning athletes with or without disabilities have the same experiences and needs (Saint-Martin et al., 2020).

The most important psychological factor that influences the performance of athletes with disabilities in achieving their goals is emotional regulation (Kliwon & Sarwanto, 2019; Martin, 2015). Emotion regulation is defined as an individual's awareness of their emotional state and ability to manage it using certain strategies (James J. Gross, 2014; Jannah & Dewi, 2021). Emotional regulation is a person's ability to understand the emotions they have, along with how they are expressed and when and why they arise (Beatty & Janelle, 2020; Rogier et al., 2019).

In their daily lives, many athletes are faced with various activities that are full of stress. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety (Birrer et al., 2012; Röthlin et al., 2022). The ability of athletes to adaptively respond to negative emotions is said to play an important role in their sports performance (Kubiak et al., 2019; Mistretta et al., 2017; Rogier et al., 2019). As written by Tamminen et al. (2021), emotional regulation is an important ability for athletes to achieve success.

The individual's ability to control the emotions he faces is considered a determinant of emotional well-being and the individual's ability to function healthily (Talbot & Mercer, 2018). Individuals' inability to regulate their emotions optimally is linked to symptoms of mental health conditions such as anxiety disorders, eating disorders, obsessive-

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Commented [H3]: What is normal?

Commented [H4]: Wrong meaning. Sport is a an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment

Physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure

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Commented [H6]: It is proper to incorporate some information regarding athletes with disabilities, what disability, how many people worldwide have disability and the obstacles they face in daily life

Commented [H7]: The Paralympic Games or Paralymp is a periodic series of international multisport events involving athletes with a range of physical disabilities, including impaired muscle power and impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonnia, ataxia, athetosis, vision impairment and intellectual impairment.

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compulsive disorders, and aggressive behavior (Aldao et al., 2010). Poor emotional regulation is also linked to high levels of stress and the possibility of psychopathological symptoms as a result of the demands of these activities, as opposed to having good psychological functioning. So athletes need to be taught to apply psychological strategies to support athlete achievement (Birrer & Morgan, 2010; Röthlin et al., 2020; Röthlin & Birrer, 2019; Saint-Martin et al., 2020). Research by Dieffenbach and Statler (2012) shows that top-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

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Optimism influences one of the emotional regulation skills. Athletes who have high levels of optimism tend to respond to failure or adversity in an adaptive way (Carver et al., 2010). This statement is supported by the results of research by Lizmore et al., (2017), which found that athletes who are optimistic show an adaptive response. Optimism is defined as an individual's expectation that he will receive positive results in general (Carver et al., 2010; Carver & Scheier, 2014; Chojnicki et al., 2021). Optimism does not change difficult situations or events in one's life, but optimism can change an individual's perspective on a difficult situation or event (Trejo et al., 2015). Therefore, in sports, high optimism is considered the key to success (Foster et al., 2015; Ortá-Montero et al., 2018). Optimism in athletes also determines the actions to be taken in stressful situations (Berengüf et al., 2013). Optimistic athletes recover more quickly from perceived disappointments and are more likely to overcome difficulties by solving problems (Mathai, 2015). Individuals who are optimistic will be able to apply strategies to manage emotions well based on the situation at hand (Purnamaningsih, 2017). Nes and Segerstrom (2006) show in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors. Apart from being a personality trait or characteristic, optimism is also a state-like psychological capacity, which means that optimism is more unstable (Kim et al., 2017; Luthans & Youssef, 2007). Optimism is influenced by situational or environmental factors (Reis & Sprecher, 2013; Shepperd et al., 2017; Trejo et al., 2015).

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Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views of the people in Indonesia. Data shows that the majority of people think that people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24% think they are people who deserve pity (Thohari, 2014). The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia is not an easy thing.

Previous research on athletes with disabilities included an examination of the hardiness personality (Kinanthi & Jannah, 2016). There were research that examines the optimism of track and field athletes with disabilities (Permana, 2018), activation of emotional regulation of sports achievements (Kliwon & Sarwanto, 2019), achievements of Indonesian disabled athletes in international multi-events (Kardiyanto et al., 2020), individual trajectories of physical ability development and the role of sports in the lives of students with disabilities (Erdyneeva et al., 2021). The COVID-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football (D'Andrea et al., 2021) mental toughness and competitive anxiety (Maghfiroh & Jannah, 2022), analysis of achievement motivation (Irawan & Anam, 2022). The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that describes something to reveal correlations between research variables or to carry out dissimilarity tests. between two or more groups of objects to be studied (Jannah, 2018).

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

Participant

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This research involved 69 athletes with disabilities (male = 56 and female = 13) member of National Paralympic Committee Indonesia, as research participants. Participants are in the age range of 14–57 years (mean 29.9; SD 12.04). Athletes with disabilities are grouped into three categories: physical disabilities, intellectual disabilities, and sensory

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disabilities. In this research, subjects came from ten type of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

Instruments and Procedures

The instruments used in this research are the optimism scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S). Each instrument consists of 10 items with four alternative answer choices. Based on the number of items and response options, the instruments were categorized into 3 levels, namely high, medium, and low. A high level is a score of 30 or above, a moderate level is a score of 20–29, and a low level is a score of 10–19.

Data Analysis

The data analysis technique used in this study is linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version 0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in this study. The description of the research subject is as follows:

Table 1. Demographics Data

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69
Categories of disabilities	Physical	38
	Intellectual	5
	Sensory	26

The data in the table above shows that the majority of research participants were male. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data shows the score of optimism and emotion regulation as below:

Table 2. Levels of Optimism and Emotion Regulation

Score	Levels	Frequency of Optimism	Percentages	Frequency of Emotion Regulation	Percentages
10–19	Low	4	5,8	19	27.5
20–29	Moderate	51	73.9	49	71
30–40	high	14	20,3	1	1.45

Table 2 data above shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). There is a significant difference at the low level between the emotion regulation score of 27.5% and the optimism score of 5.8%. Meanwhile, at the high level of optimism, there is more compared to emotion regulation, namely 20.3 % and 1.45%.

The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

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Table 3. Statistical Results

Model Summary – Optimism ER				
Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

The results of statistical tests show that the correlation coefficient value of 0.825 indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities. while the value of R² is 0.681, which means that optimism contributes 68.1 percent to emotion regulation.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with a disability is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al., (2019) stated that having control over the negative and positive emotions they experience is important for athletes to develop. Optimism is associated with a sense of control (Sabato et al., 2016). This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

Optimistic athletes with disabilities have better emotional regulation. It is possible that optimism is related to control over thoughts and perceived emotional experiences (McHale et al., 2015). This statement is supported by Thompson and Gaudreau (2008), who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, and logical analysis and judgment (Azizah & Jannah, 2020; Jannah et al., 2019, 2021; Thompson & Gaudreau, 2008). Athletes with disabilities who use weak emotional regulation strategies make these athletes more vulnerable when faced with difficult situations (Jenaabadi et al., 2015).

Optimism supports individuals' ability to control their emotions—especially in stressful situations—by implementing problem-solving strategies. Optimism is positively related to engagement or an approach to coping that uses both problem-focused and emotion-focused coping, adjusting to the type of stressor being faced (Carver et al., 2010; Jannah et al., 2015; Kinanthi & Jannah, 2016). It can be argued that optimism can help athletes with disabilities regulate their emotions by controlling their perceived emotional experiences through the use of a coping strategy. In other words, optimism influences the emotion regulation of athletes with disabilities.

An optimist is better at preventing emotional problems than a pessimist because optimists make efforts to deal with stress and regulate emotions effectively (Scheier et al., 2021; Wrosch et al., 2017). This also lends credence to the research findings that optimism can significantly aid disabled athletes in emotional regulation. Emotion regulation is a set of cognitive processes that determine the type of emotional response, emotional experience, and the way individuals express the emotions they feel (Muazzam et al., 2021). In addition, there is a possibility that optimism is related to control over thoughts and perceived emotional experiences (McHale et al., 2015). This statement is supported by Thompson and Gaudreau, (2008), who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. Mental imagination, mind control, and logical analysis and judgment are the strategies mentioned (Thompson & Gaudreau, 2008). The use of weak emotion regulation strategies makes individuals more vulnerable when faced with difficult situations (Jenaabadi et al., 2015).

An optimist is also associated with better mood and emotional adaptation and is not associated with mental health problems due to stress (Angosto et al., 2021; Nes & Segerstrom, 2006). Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment (Gross, 2015; Jannah et al., 2022). Emotion regulation can support hedonic goals or motivation to feel more positive and can encourage individual instrumental motivation, for example, by modifying emotions so that they support long-term goals (Tamir, 2009). This means optimism that makes individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management, which can then produce an adaptive response. Individuals with a high level of optimism are said to be better at preventing the emergence of negative emotions (Assad et al., 2007). This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful or stressful (Carver et al., 2010; Carver & Scheier, 2014). Gross (1998, 2013, 2015) stated in their theory that by regulating their emotions, individuals can

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maintain, increase, or reduce the emotions they experience. Finally, it can be stated that optimism can support the success of emotion regulation in disabled athletes because optimism can help them reduce negative emotions, thus supporting good adaptability (i.e., the ability to deal with stressors).

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5. Conclusions

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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The Role of Optimism in the Emotion Regulation of Athletes with Disabilities

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 years (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyse the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords: Emotion regulation, Athletes with disabilities, Optimism

1. Introduction

Disability is an impairment, and activity and participation restrictions refer to the negative aspects of the interaction between an individual's health conditions and their personal factors and environment [43]. It is estimated that 15.6% of the world's population, or seventy hundred million people, are disabled [73]. The World Health Organization [73] also stated that disability is more

prevalent in women, older people, and low-income countries.

Sport is an activity involving physical exertion, skill, and competition in which an individual with disabilities can participate in order to achieve a feat. Sports for people with disabilities are an innovation that demonstrate that they can be performed not only by able-bodied athletes but also by athletes with disabilities [40]. A disabled athlete is someone who has physical, mental, sensory, and/or intellectual limitations but consistently competes and excels in sports [42]. Athletes with disabilities can compete in the Paralympics, which is a nationally and internationally legalized event in which athletes with disabilities compete in a variety of sports [10]. Furthermore, athletes with disabilities also face specific stressors (e.g., a lack of disability-specific coaching and inaccessible environments) and similar stressors to able-bodied athletes (e.g., leadership and team issues) as a result of subjective inequalities in sports organizations [66].

Athletes with disabilities can compete in disability sports competitions such as the Paralympics and Paragames. Similar to the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics becoming more competitive, there is greater pressure on athletes with disabilities to have effective mental skills. Kirkby [39] stated that disabled athletes participate in sports in order to gain psychological advantages, such as developing self-confidence, regaining self-esteem, and achieving social benefits. Previous research found that top able-bodied and disabled athletes appear to have similar psychological skills (i.e., high self-esteem, sports competence, confidence, tactical knowledge, decision-making, and resilience), implying that athletes with and without disabilities developed similar psychological characteristics to achieve high levels of success [5].

Another important psychological factor that influences the performance of athletes with disabilities in achieving

their goals is emotional regulation [40, 47]. Emotional regulation is defined as an individual's awareness of their emotional state and ability to manage it using certain strategies [25, 29]. Emotional regulation is a person's ability to understand the emotions they have, along with how they are expressed and when and why they arise [6, 58].

In their daily lives, many athletes are faced with various activities that are full of stress. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety [9, 61]. The ability of athletes to adaptively respond to negative emotions is said to play an important role in their sports performance [41, 50, 58]. As written by Tamminen et al. [69], emotional regulation is an important ability for athletes to achieve success.

The individual's ability to control the emotions they face is considered a determinant of their emotional well-being and their ability to function healthily [67]. Individuals' inability to regulate their emotions optimally is linked to symptoms of mental health conditions such as anxiety disorders, eating disorders, obsessive-compulsive disorders, and aggressive behavior [1]. Poor emotional regulation is also linked to high levels of stress and the possibility of psychopathological symptoms as a result of the demands of these activities, as opposed to having good psychological functioning. So athletes need to be taught to apply psychological strategies to support their achievement [8, 59, 60, 63]. Research by Dieffenbach and Statler [17] shows that high-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

In sports, high optimism is considered the key to success [22, 54]. Optimism influences one of the skills of emotional regulation. Athletes who have high levels of optimism tend to respond to failure or adversity in an adaptive way [12]. This statement is supported by the results of research by Lizmore et al. [44], which found that athletes who are optimistic show an adaptive response. Optimism is defined as an individual's expectation that he will receive positive results in general [11, 12]. It, however, does not change difficult situations or events in one's life, but it can change an individual's perspective on a difficult situation or event [72]. Optimism in athletes also determines the actions taken in stressful situations [7]. Optimistic athletes recover more quickly from perceived disappointments and are more likely to overcome difficulties by solving problems [48]. Individuals who are optimistic will be able to apply strategies to manage emotions well based on the situation at hand [56]. Nes and Segerstrom [53] showed in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors. Apart from being a personality trait or characteristic, optimism is also a state-like psychological capacity, which means that optimism is more unstable [37, 45].

Optimism is influenced by situational or environmental factors [57, 65, 72]. Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views that Indonesian people have towards disabled people. Data shows that the majority of people think that people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24% think they are people who deserve pity [70]. The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia is not an easy thing.

Previous research on athletes with disabilities included an examination of the hardiness personality [38]. There is research that examines the optimism of track and field athletes with disabilities [55], the activation of emotional regulation of sports achievements [40], the achievements of Indonesian disabled athletes in international multi-events [36], the individual trajectories of physical ability development and the role of sports in the lives of students with disabilities [19], the Covid-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football [16], mental toughness and competitive anxiety [46], and analysis of achievement motivation [27]. The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

2.1. General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that describes something to reveal correlations between research variables or to carry out dissimilarity tests between two or more groups of objects to be studied [28].

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

2.2. Participants

This research involved 69 athletes with disabilities (male = 56 and female = 13) from the National Paralympic Committee Indonesia, as research participants. Participants were in the age range of 14–57 years (mean 29.9; SD

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69
Categories of disabilities	Physical	38
	Intellectual	5
	Sensory	26
Type of sport	Archery	3
	Badminton	9
	Blind Judo	4
	Boccia	3
	Chess	10
	CP Soccer	9
	Shooting	3
	Swimming	8
	Table Tennis	8
	Track & Field	12

12.04). Athletes with disabilities were grouped into three categories: physical disabilities, intellectual disabilities, and sensory disabilities. In this research, subjects came from ten type of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

2.3. Instruments and Procedures

The instruments used in this study were the Optimism Scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S) [33]. Each instrument consists of 10 items with four alternative answer choices.

The results of the construct validity analysis for the Optimism Scale are in the range 0.408-0.490, with a reliability coefficient of 0.671. The results of the IERQ4S construct validity were 0.490-0.562 with a correlation coefficient of 0.854.

Based on the number of items and answer choices, the instruments were grouped into 3 levels, namely high, medium and low. High level is a score of 30 or more, medium level is a score of 20–29, and low level is a score of 10–19.

2.4. Data Analysis

The data analysis technique used in this study was linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version 0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in this study. The description of the research subject is as

follows:

Table 1. Demographics Data

Score	Levels	Frequency of Optimism	Percentages of Optimism	Frequency of Emotion Regulation	Percentages of Emotion Regulation
10–19	Low	4	5,8	19	27.5
20–29	Moderate	51	73.9	49	71
30–40	high	14	20,3	1	1.45

The data in the table above shows that the majority of research participants were male; according to the type of sport they were in track and field. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data shows the score of optimism and emotion regulation as below:

Table 2. Levels of Optimism and Emotion Regulation

Table 2 data above shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). There is a significant difference at the low level between the emotion regulation score of 27.5% and the optimism score of 5.8%. Meanwhile, at the high level of optimism, there is more compared to emotion

Model Summary – Optimism ER				
Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

regulation, namely 20.3 % and 1.45%. The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

Table 3. Statistical Results

The results of statistical tests show that the correlation coefficient value of 0.825 indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities, while the value of R^2 is 0.681, which means that optimism contributes 68.1 percent to emotion regulation.

Another result of this study is a test of differences in emotion regulation and optimism based on gender, as follows:

Table 4. Emotion Regulation and Optimism Based on Gender

Independent Samples T-Test		
	t	df p
ER	0.128	67 0.898
OP	1.937	67 0.057

Note. Student's t-test.

Based on table 4, regarding the differences in emotional regulation between male and female athletes with disabilities, statistically, it showed data $t = 0.128$ with $p = 0.898$ (> 0.05). Meaning that there are no significant differences in emotional regulation scores between male and female athletes with disabilities. Optimism data showed a value of $t = 1.937$ with a value of $p = 0.057$ (> 0.05). This data indicated that there are no significant differences in optimism scores between male and female disabled athletes.

This research also studied the differences in emotion regulation and optimism based on the type of sport, with the results as follows:

Table 5. Differences in Emotion Regulation Based on the Types of Sport
ANOVA - ER

Cases	Sum of Squares	df	Mean Square	F	p
Type of Sport	88.223	9	9.803	0.901	0.530
Residuals	641.719	59	10.877		

Note. Type III Sum of Squares

According to Table 5 above, based on the analysis of variance results, the F value was 0,901; $p = 0,530$ ($> 0,05$), indicating that the emotion regulation scores between the types of sports do not differ significantly.

Table 6. Differences in Optimism Based on Types of Sport

ANOVA - OPTIMISM

Cases	Sum of Squares	df	Mean Square	F	p
Type of Sport	153.999	9	17.111	1.089	0.385
Residuals	927.247	59	15.716		

Note. Type III Sum of Squares

According to Table 6 above, based on the analysis of variance results, the F value was 1,089; $p = 0,385$ ($> 0,05$), indicating that the optimism scores between the types of sports do not differ significantly.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with a disability is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al. [21] stated that having control over the negative and positive emotions they experience is important for athletes to flourish. Optimism is found to be positively associated with a sense of control [62]. This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

Optimistic athletes with disabilities have better emotional regulation. It is possible that optimism is related to control over thoughts and perceived emotional experiences [49]. This statement is supported by Thompson and Gaudreau [71], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, logical analysis, and judgment [4,32,34,71]. Athletes with disabilities who utilize poor emotional regulation strategies are more vulnerable when confronted with stressful situations [35].

This research revealed that there are no significant gender differences in emotion regulation and optimism between female and male athletes with disabilities. Regarding emotion regulation, this finding is in line with previous research [20]. However, previous research also reported that there were gender differences in emotion regulation [75]. This study's discovery of no significant gender differences in optimism is also supported by previous research [15]. The inconsistent results of gender differences in emotion regulation may be the product of disparities in cognitive processes (i.e., emotional regulation and reactivity) [18] and expressiveness [13] of the selected female and male subjects. Whereas the inconsistency of gender differences in optimism could be attributed to the demographic

characteristics of the sample population [15] and athletes' environments.

This research discovered no differences in emotion regulation across types of sports. However, previous research stated that there were differences in emotion regulation between individual and collective sports athletes [51]. This discrepancy could be linked to the fact that disabled athletes from individual sports made up the majority of the sample population in this study.

Optimism could support athletes' ability to control their emotions—especially in stressful situations—by implementing problem-solving strategies. Optimism is positively related to engagement or an approach to coping that uses both problem-focused and emotion-focused coping, adjusting to the type of stressor being faced [12,30,38]. It can be argued that optimism can help athletes with disabilities regulate their emotions by controlling their perceived emotional experiences through the use of a coping strategy. In other words, optimism influences the emotion regulation of athletes with disabilities.

An optimist is better at preventing emotional problems than a pessimist because optimists make efforts to deal with stress and regulate emotions effectively [64,74]. This also lends credence to the research findings that optimism can significantly aid disabled athletes in emotional regulation. Emotion regulation is a set of cognitive processes that determine the type of emotional response, emotional experience, and the way individuals express the emotions they feel [52].

An optimist is also associated with better mood and emotional adaptation and is not associated with mental health problems due to stress [2,53]. Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment [26,31]. Emotion regulation can support hedonic goals or motivation to feel more positive and can encourage individual instrumental motivation, for example, by modifying emotions so that they support long-term goals [68]. This means optimism that makes individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management, which can then produce an adaptive response. Individuals with a high level of optimism are said to be better at preventing the emergence of negative emotions [3]. This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful [11,12]. Gross [23,24,26] stated in their theory that by regulating their emotions, individuals can maintain, increase, or reduce the emotions they experience.

5. Conclusion

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between

optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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Dear Anthony Robinson

May you be in good health and full of blessings from God.

This time we sent revisions according to input, namely reducing the number of references by including the most relevant revisions to our manuscript.

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The Role of Optimism in the Emotion Regulation of Athletes with Disabilities

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 years (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyse the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords: Emotion regulation, Athletes with disabilities, Optimism

1. Introduction

Disability is an impairment, and activity and participation restrictions refer to the negative aspects of the interaction between an individual's health conditions and their personal factors and environment [1]. It is estimated that 15.6% of the world's population, or seventy hundred million people, are disabled [2]. The World Health Organization [2] also stated that disability is more prevalent in women, older people, and low-income countries.

Sport is an activity involving physical exertion, skill, and competition in which an individual with disabilities can participate in order to achieve a feat. A disabled athlete is someone who has physical, mental, sensory, and/or intellectual limitations but consistently competes and excels in sports [3]. Athletes with disabilities may also face specific stressors (e.g., a lack of disability-specific coaching and inaccessible environments) and similar stressors to able-bodied athletes (e.g., leadership and team issues) as a result of subjective inequalities in sports organizations [4].

The Paralympics are a nationally and internationally legalized sport event in which athletes with disabilities can participate. Similar to the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics becoming more competitive, there is greater pressure on athletes with disabilities to have effective mental skills. Kirkby [5] stated that disabled athletes participate in sports in order to gain psychological advantages, such as developing self-confidence, regaining self-esteem, and achieving social benefits. Previous research found that top able-bodied and disabled athletes appear to have similar psychological skills (i.e., high self-esteem, sports competence, confidence, tactical knowledge, decision-making, and resilience), implying that athletes with and without disabilities developed similar psychological characteristics to achieve high levels of success [6].

In their daily lives, many athletes are faced with various stressful activities. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety [7]. Emotion regulation is one of the many important psychological factors that may influence the performance of athletes with disabilities in achieving their goals [8].

Individuals' inability to regulate their emotions optimally is linked to high levels of stress and the possibility of psychopathological symptoms (e.g., anxiety disorders, obsessive-compulsive disorders, and aggressive

behaviour) as a result of the demands of these activities, as opposed to having good psychological functioning. On the contrary, the ability to regulate one's own emotions is linked to emotional well-being. Therefore, athletes may need to be taught to apply psychological strategies to support their achievement. Research by Dieffenbach and Statler [9] shows that high-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

Optimism influences one of the skills of emotional regulation. Athletes who have high levels of optimism tend to respond adaptively to failure, adversity [10], or stressful situations. Optimism is defined as an individual's expectation that he will receive positive results in general [10]. That being said, optimistic athletes are more likely to apply adaptive strategies to manage emotions [11] (e.g., perceived disappointments). Nes and Segerstrom [12] showed in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors.

Optimism is influenced by situational or environmental factors [13]. However, it can help change an individual's perspective on difficult situations or events [13]. Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views that Indonesian people have towards disabled people. Data shows that the majority of people think that people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24% think they are people who deserve pity [14]. The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia is not an easy thing.

Previous research on athletes with disabilities included an examination of the optimism of track and field athletes with disabilities [15], the activation of emotional regulation of sports achievements, and the Covid-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football [16]. The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

2.1. General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that

describes something to reveal correlations between research variables or to carry out dissimilarity tests between two or more groups of objects to be studied [17].

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

2.2. Participants

This research involved 69 athletes with disabilities (male = 56 and female = 13) from the National Paralympic Committee Indonesia, as research participants. Participants were in the age range of 14–57 years (mean 29.9; SD 12.04). Athletes with disabilities were grouped into three categories: physical disabilities, intellectual disabilities, and sensory disabilities. In this research, subjects came from ten types of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

2.3. Instruments and Procedures

The instruments used in this study were the Optimism Scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S) [18]. Each instrument consists of 10 items with four alternative answer choices.

The results of the construct validity analysis for the Optimism Scale are in the range 0.408-0.490, with a reliability coefficient of 0.671. The results of the IERQ4S construct validity were 0.490-0.562 with a correlation coefficient of 0.854.

Based on the number of items and answer choices, the instruments were grouped into 3 levels, namely high, medium and low. High level is a score of 30 or more, medium level is a score of 20–29, and low level is a score of 10–19.

2.4. Data Analysis

The data analysis technique used in this study was linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version 0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in this study. The description of the research subject is as follows:

Table 1. Demographics Data

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69
Categories of disabilities	Physical	38
	Intellectual	5
	Sensory	26
Types of sport	Archery	3
	Badminton	9
	Blind Judo	4
	Boccia	3
	Chess	10
	CP Soccer	9
	Shooting	3
	Swimming	8
	Table Tennis	8
	Track & Field	12

The data in the table above shows that the majority of research participants were male; according to the types of

Score	Levels	Frequency of Optimism	Percentages of Optimism	Frequency of Emotion Regulation	Percentages of Emotion Regulation
10–19	Low	4	5,8	19	27.5
20–29	Moderate	51	73.9	49	71
30–40	high	14	20,3	1	1.45

sport they were in track and field. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data shows the score of optimism and emotion regulation as below:

Table 2. Levels of Optimism and Emotion Regulation

Table 2 data above shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). There is a significant difference

at the low level between the emotion regulation score of 27.5% and the optimism score of 5.8%. Meanwhile, at the high level of optimism, there is more compared to emotion regulation, namely 20.3 % and 1.45%.

Model Summary – Optimism ER

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

Table 3. Statistical Results

The results of statistical tests show that the correlation coefficient value of 0.825 indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities. while the value of R² is 0.681, which means that optimism contributes 68.1 percent to emotion regulation.

Another result of this study is a test of differences in emotion regulation and optimism based on gender, as follows:

Table 4. Emotion Regulation and Optimism Based on Gender

Independent Samples T-Test		
	t	df p
ER	0.128	670.898
OP	1.937	670.057

Note. Student's t-test.

Based on table 4, regarding the differences in emotional regulation between male and female athletes with disabilities, statistically, it showed data t = 0.128 with p = 0.898 (> 0.05). Meaning that there are no significant differences in emotional regulation scores between male and female athletes with disabilities. Optimism data showed

a value of $t = 1.937$ with a value of $p = 0.057 (> 0.050)$. This data indicated that there are no significant differences in optimism scores between male and female disabled athletes.

This research also studied the differences in emotion regulation and optimism based on the types of sport, with the results as follows:

Table 5. Differences in Emotion Regulation Based on the Types of Sport ANOVA - ER

Cases		Sum of Squares	df	Mean Square	F	p
Types of Sport		88.223	9	9.803	0.901	0.530
Residuals		641.719	59	10.877		

Note. Type III Sum of Squares

According to Table 5 above, based on the analysis of variance results, the F value was 0,901; $p = 0,530 (> 0,05)$, indicating that the emotion regulation scores between the types of sports do not differ significantly.

Table 6. Differences in Optimism Based on Types of Sport ANOVA - OPTIMISM

Cases		Sum of Squares	df	Mean Square	F	p
Types of Sport		153.999	9	17.111	1.089	0.385
Residuals		927.247	59	15.716		

Note. Type III Sum of Squares

According to Table 6 above, based on the analysis of variance results, the F value was 1,089; $p = 0,385 (> 0,05)$, indicating that the optimism scores between the types of sports do not differ significantly.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with a disability is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al. [19] stated that having control over the negative and positive emotions they experience is important for athletes to flourish. Optimism is found to be positively associated with a sense of control

[20]. This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

This research revealed that there are no significant gender differences in emotion regulation and optimism between female and male athletes with disabilities. Regarding emotion regulation, this finding is in line with previous research [21]. However, previous research also reported that there were gender differences in emotion regulation [22]. This study's discovery of no significant gender differences in optimism is also supported by previous research [23]. The inconsistency of gender differences in optimism could be attributed to the demographic characteristics of the sample population [23] and athletes' environments. Whereas the inconsistent results of gender differences in emotion regulation may be the product of disparities in cognitive processes (i.e., emotional regulation and reactivity) [24] and expressiveness [25] of the selected female and male subjects.

This research discovered no differences in emotion regulation across types of sports. However, previous research stated that there were differences in emotion regulation between individual and collective sports athletes [26]. This discrepancy could be linked to the fact that disabled athletes from individual sports made up the majority of the sample population in this study.

Optimism could support athletes' ability to control their emotions—especially in stressful situations. It can be argued that optimism can help disabled athletes regulate their emotions by controlling their thoughts and perceived emotional experiences through the use of problem-focused and/or emotion-focused coping strategy. This statement is supported by Thompson and Gaudreau [27], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, logical analysis, and judgment [27]. In other words, optimism influences the emotion regulation of athletes with disabilities

An optimist is associated with better mood and emotional adaptation and is not associated with mental health problems due to stress [28]. This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful. It lends credence to this research findings that optimism can significantly aid disabled athletes in emotional regulation.

Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment [29]. Emotion regulation can support hedonic goals or motivation to feel more positive and encourage individual's instrumental motivation, for example, by modifying emotions and preventing the emergence of negative emotions so that they support long-term goals [30]. This means optimism that makes

individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management which can then produce an adaptive response. Gross stated in their theory that by regulating their emotions, individuals can maintain, increase, or reduce the emotions they experience.

5. Conclusion

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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Thank you for your all kindness.

Warm regards



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The Role of Optimism in the Emotion Regulation of Athletes with Disabilities

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 years (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyze the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords Emotion Regulation, Athletes with Disabilities, Optimism

1. Introduction

Disability is an impairment, and activity and participation restrictions refer to the negative aspects of the interaction between an individual's health conditions and their personal factors and environment [1]. It is estimated that 15.6% of the world's population, or seventy million people, are disabled [2]. The World Health Organization [2] also stated that disability is more prevalent in women, older people, and low-income countries.

Sport is an activity involving physical exertion, skill, and competition in which an individual with disabilities can participate in order to attain achievements. A disabled athlete is someone who has physical, mental, sensory, and/or intellectual limitations but consistently competes and excels in sports [3]. Athletes with disabilities may also face specific stressors (e.g., a lack of disability-specific coaching and inaccessible environments) and similar stressors to able-bodied athletes (e.g., leadership and team issues) as a result of subjective inequalities in sports

organizations [4].

The Paralympics are a nationally and internationally legalized sport event in which athletes with disabilities can participate. Similar to the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics becoming more competitive, there is greater pressure on athletes with disabilities to have effective mental skills. Kirkby [5] stated that disabled athletes participate in sports in order to gain psychological advantages, such as developing self-confidence, regaining self-esteem, and achieving social benefits. Previous research found that top able-bodied and disabled athletes appear to have similar psychological skills (i.e., high self-esteem, sports competence, confidence, tactical knowledge, decision-making, and resilience), implying that athletes with and without disabilities developed similar psychological characteristics to achieve high levels of success [6].

In their lives, many athletes are faced with various stressful activities. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety [7]. Emotion regulation is one of the many important psychological factors that may influence the performance of athletes with disabilities in achieving their goals [8].

Individuals' inability to regulate their emotions optimally is linked to high levels of stress and the possibility of psychopathological symptoms (e.g., anxiety disorders, obsessive-compulsive disorders, and aggressive behavior) as a result of the demands of these activities, as opposed to having good psychological functioning. On the contrary, the ability to regulate one's own emotions is linked to emotional well-being. Therefore, athletes may need to be taught to apply psychological strategies to support their achievement. Research by Dieffenbach and Statler [9] shows that high-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

Optimism influences one of the skills of emotional regulation. Athletes who have high levels of optimism tend to respond adaptively to failure, adversity [10], or stressful situations. Optimism is defined as an individual's expectation that he will receive positive results in general [10]. That being said, optimistic athletes are more likely to apply adaptive strategies to manage emotions [11] (e.g., perceived disappointments). Nes and Segerstrom [12] showed in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors.

Optimism is influenced by situational or environmental factors [13]. However, it can help change an individual's perspective on difficult situations or events [13]. Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views that Indonesian people have towards disabled people. Data shows that the majority of people think that

people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24 percent think they are people who deserve pity [14]. The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia is not an easy thing.

Previous research on athletes with disabilities included an examination of the optimism of track and field athletes with disabilities [15], the activation of emotional regulation of sports achievements, and the Covid-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football [16]. The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

2.1. General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that describes something to reveal correlations between research variables or to carry out dissimilarity tests between two or more groups of objects to be studied [17].

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

2.2. Participants

This research involved 69 athletes with disabilities (male = 56 and female = 13) from the National Paralympic Committee Indonesia as research participants. Participants were in the age range of 14–57 years (mean 29.9; SD 12.04). Athletes with disabilities were grouped into three categories: physical disabilities, intellectual disabilities, and sensory disabilities. In this research, subjects came from ten types of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

2.3. Instruments and Procedures

The instruments used in this study were the Optimism

Scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S) [18]. Each instrument consists of 10 items with four alternative answer choices.

The results of the construct validity analysis for the Optimism Scale are in the range 0.408-0.490, with a reliability coefficient of 0.671. The results of the IERQ4S construct validity were 0.490-0.562, with a correlation coefficient of 0.854.

Based on the number of items and answer choices, the instruments were grouped into 3 levels, namely high, medium, and low. High level is a score of 30 or more; medium level is a score of 20–29; and low level is a score of 10–19.

2.4. Data Analysis

The data analysis technique used in this study was linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version 0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in this study. The description of the research subject is as follows:

The data in Table 1 shows that the majority of research participants were male; according to the types of sports, they were in track and field. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data in Table 2 shows the score of optimism and emotion regulation. It shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). The low level between the emotion regulation, which scored 27.5%, and the optimism, which scored 5.8%, shows that there is a significant difference between them. At the high level, emotion regulation scored significantly lower than optimism, with scores of 20.3% and 1.45%, respectively.

The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

Table 1. Demographics Data

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69
Categories of disabilities	Physical	38
	Intellectual	5
	Sensory	26
Types of sport	Archery	3
	Badminton	9
	Blind Judo	4
	Boccia	3
	Chess	10
	CP Soccer	9
	Shooting	3
	Swimming	8
	Table Tennis	8
	Track & Field	12

Table 2. Levels of Optimism and Emotion Regulation

Score	Levels	Frequency of Optimism	Percentages	Frequency of Emotion Regulation	Percentages
10–19	Low	4	5.8	19	27.5
20–29	Moderate	51	73.9	49	71
30–40	High	14	20.3	1	1.45

Table 3. Statistical Results

Model Summary – Optimism ER				
Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

The correlation coefficient value of 0.825 as a result of the statistical tests indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities. The value of R² is 0.681, meaning that optimism contributes 68.1 percent to emotion regulation.

Another result of this study is a test of differences in emotion regulation and optimism based on gender, as follows:

Table 4. Emotion Regulation and Optimism Based on Gender

Independent Samples T-Test			
	t	df	p
ER	0.128	67	0.898
OP	1.937	67	0.057

Note. Student's t-test.

Based on Table 4, regarding the differences in emotional regulation between male and female athletes with disabilities, statistically, it showed data $t = 0.128$ with $p = 0.898$ (> 0.05). Meaning that there are no significant differences in emotional regulation scores between male and female athletes with disabilities. Optimism data showed a value of $t = 1.937$ with a value of $p = 0.057$ (> 0.050). This data indicated that there are no significant differences in optimism scores between male and female disabled athletes.

This research also studied the differences in emotion regulation and optimism based on the types of sport, with the results as follows:

Table 5. Differences in Emotion Regulation Based on the Types of Sport

ANOVA - ER					
Cases	Sum of Squares	df	Mean Square	F	p
Types of Sport	88.223	9	9.803	0.901	0.530
Residuals	641.719	59	10.877		

Note. Type III Sum of Squares

According to Table 5 above, based on the analysis of variance results, the F value was 0,901; $p = 0,530$ ($> 0,05$), indicating that the emotion regulation scores between the types of sports do not differ significantly.

Table 6. Differences in Optimism Based on Types of Sport

ANOVA - OPTIMISM					
Cases	Sum of Squares	df	Mean Square	F	p
Types of Sport	153.999	9	17.111	1.089	0.385
Residuals	927.247	59	15.716		

Note. Type III Sum of Squares

According to Table 6 above, based on the analysis of variance results, the F value was 1,089; $p = 0,385$ ($> 0,05$), indicating that the optimism scores between the types of sports do not differ significantly.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with disabilities is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al. [19] stated that having control over the negative and positive emotions they experience is important for athletes to flourish. Optimism is found to be positively associated with a sense of control [20]. This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

This research revealed that there are no significant gender differences in emotion regulation and optimism between female and male athletes with disabilities. Regarding emotion regulation, this finding is in line with previous research [21]. However, previous research also reported that there were gender differences in emotion regulation [22]. This study's discovery of no significant gender differences in optimism is also supported by previous research [23]. The inconsistency of gender differences in optimism could be attributed to the demographic characteristics of the sample population [23] and athletes' environments. Whereas the inconsistent

results of gender differences in emotion regulation may be the product of disparities in cognitive processes (i.e., emotional regulation and reactivity) [24] and expressiveness [25] of the selected female and male subjects.

This research discovered no differences in emotion regulation across types of sports. However, previous research stated that there were differences in emotion regulation between individual and collective sports athletes [26]. This discrepancy could be linked to the fact that disabled athletes from individual sports made up the majority of the sample population in this study.

Optimism could support athletes' ability to control their emotions—especially in stressful situations. It can be argued that optimism can help disabled athletes regulate their emotions by controlling their thoughts and perceived emotional experiences through the use of problem-focused and/or emotion-focused coping strategy. This statement is supported by Thompson and Gaudreau [27], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, logical analysis, and judgment [27]. In other words, optimism influences the emotion regulation of athletes with disabilities

An optimist is associated with better mood and emotional adaptation and is not associated with mental health problems due to stress [28]. This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful. It lends credence to this research findings that optimism can significantly aid disabled athletes in emotional regulation.

Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment [29]. Emotion regulation can support hedonic goals or motivation to feel more positive and encourage individual's instrumental motivation, for example, by modifying emotions and preventing the emergence of negative emotions so that they support long-term goals [30]. This means optimism that makes individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management which can then produce an adaptive response. Gross stated in their theory that by regulating their emotions, individuals can maintain, increase, or reduce the emotions they experience.

5. Conclusion

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their

emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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The Role of Optimism in the Emotion Regulation of Athletes with Disabilities

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Abstract Athletes with disabilities require emotional regulation in their performances. Optimism is thought to play a role in emotional regulation. This study aims to determine the contribution of optimism to the emotional regulation of athletes with disabilities. This correlational quantitative study was conducted involving 69 athletes with disabilities in Surabaya, Indonesia. Participants aged 14–57 (mean 29.9; SD 12.04) were grouped into categories of physical disability, intellectual disability, and sensory disability. The instruments used in this study were the optimistic scale and the Indonesian Emotion Regulation Questionnaires for Sport. Jeffreys's Amazing Statistics Program software was used to analyze the data using linear regression. The results showed that there was an optimistic contribution of 68.1% to emotional regulation in athletes with disabilities. Through optimism, athletes with disabilities are able to have positive responses, so emotional regulation is good. This affects the sports performance of athletes with disabilities. The implication of this research is to provide assistance so that athletes with disabilities have high optimism, good emotional regulation, and optimal sports performance.

Keywords Emotion Regulation, Athletes with Disabilities, Optimism

1. Introduction

Disability is an impairment, and activity and participation restrictions refer to the negative aspects of the interaction between an individual's health conditions and their personal factors and environment [1]. It is estimated that 15.6% of the world's population, or seventy million people, are disabled [2]. The World Health Organization [2] also stated that disability is more prevalent in women, older people, and low-income countries.

Sport is an activity involving physical exertion, skill, and competition in which an individual with disabilities can participate in order to attain achievements. A disabled athlete is someone who has physical, mental, sensory, and/or intellectual limitations but consistently competes and excels in sports [3]. Athletes with disabilities may also face specific stressors (e.g., a lack of disability-specific coaching and inaccessible environments) and similar stressors to able-bodied athletes (e.g., leadership and team issues) as a result of subjective inequalities in sports organizations [4].

The Paralympics are a nationally and internationally legalized sport event in which athletes with disabilities can participate. Similar to the Olympics, there is intense pressure to win at the Paralympics. With the Paralympics

becoming more competitive, there is greater pressure on athletes with disabilities to have effective mental skills. Kirkby [5] stated that disabled athletes participate in sports in order to gain psychological advantages, such as developing self-confidence, regaining self-esteem, and achieving social benefits. Previous research found that top able-bodied and disabled athletes appear to have similar psychological skills (i.e., high self-esteem, sports competence, confidence, tactical knowledge, decision-making, and resilience), implying that athletes with and without disabilities developed similar psychological characteristics to achieve high levels of success [6].

In their lives, many athletes are faced with various stressful activities. Due to competitive and challenging activities, athletes are prone to negative emotions, fear of failure, dysfunctional thinking, and competitive anxiety [7]. Emotion regulation is one of the many important psychological factors that may influence the performance of athletes with disabilities in achieving their goals [8].

Individuals' inability to regulate their emotions optimally is linked to high levels of stress and the possibility of psychopathological symptoms (e.g., anxiety disorders, obsessive-compulsive disorders, and aggressive behavior) as a result of the demands of these activities, as opposed to having good psychological functioning. On the contrary, the ability to regulate one's own emotions is linked to emotional well-being. Therefore, athletes may need to be taught to apply psychological strategies to support their achievement. Research by Dieffenbach and Statler [9] shows that high-level paralympic athletes employ psychological strategies to regulate their emotions and psychological responses.

Optimism influences one of the skills of emotional regulation. Athletes who have high levels of optimism tend to respond adaptively to failure, adversity [10], or stressful situations. Optimism is defined as an individual's expectation that he will receive positive results in general [10]. That being said, optimistic athletes are more likely to apply adaptive strategies to manage emotions [11] (e.g., perceived disappointments). Nes and Segerstrom [12] showed in their research that optimism is positively related to coping strategies that can help individuals reduce or manage stressors and the disturbing emotions that accompany these stressors.

Optimism is influenced by situational or environmental factors [13]. However, it can help change an individual's perspective on difficult situations or events [13]. Environmental and situational factors for athletes with disabilities in Indonesia, one of which is reflected in the views that Indonesian people have towards disabled people. Data shows that the majority of people think that people with disabilities are people who do not have perfection, as much as 37.35 percent, and as many as 24.24 percent think they are people who deserve pity [14]. The social stigma attached to athletes with disabilities can be an encouraging challenge for Indonesian athletes with disabilities. This is one of the reasons that being a disabled athlete in Indonesia

is not an easy thing.

Previous research on athletes with disabilities included an examination of the optimism of track and field athletes with disabilities [15], the activation of emotional regulation of sports achievements, and the Covid-19 pandemic's consequences on the preparation of athletes with disabilities for the championship of 7-a-side football [16]. The effect of optimism on emotional regulation has not been widely studied. Therefore, this research is expected to help determine the effect of optimism on the emotional regulation of athletes with disabilities in Indonesia, with the hypothesis proposed that optimism has an effect on the emotional regulation of athletes with disabilities in Indonesia.

2. Materials and Methods

2.1. General Background

The quantitative method is used in this type of research. The quantitative method is a research method that is carried out by collecting research data and analyzing it in the form of numbers that can only be applied to research and that describes something to reveal correlations between research variables or to carry out dissimilarity tests between two or more groups of objects to be studied [17].

Before conducting the research, the researcher carried out the preparatory stage, which included 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 conduct the final test of the instrument.

2.2. Participants

This research involved 69 athletes with disabilities (male = 56 and female = 13) from the National Paralympic Committee Indonesia as research participants. Participants were in the age range of 14–57 years (mean 29.9; SD 12.04). Athletes with disabilities were grouped into three categories: physical disabilities, intellectual disabilities, and sensory disabilities. In this research, subjects came from ten types of sports, namely athletics, boccia, badminton, chess, blind judo, shooting, archery, swimming, cerebral palsy soccer, and table tennis.

2.3. Instruments and Procedures

The instruments used in this study were the Optimism Scale and the Indonesian Emotion Regulation Questionnaire for Sport (IERQ4S) [18]. Each instrument consists of 10 items with four alternative answer choices.

The results of the construct validity analysis for the Optimism Scale are in the range 0.408-0.490, with a reliability coefficient of 0.671. The results of the IERQ4S

construct validity were 0.490-0.562, with a correlation coefficient of 0.854.

Based on the number of items and answer choices, the instruments were grouped into 3 levels, namely high, medium, and low. High level is a score of 30 or more; medium level is a score of 20–29; and low level is a score of 10–19.

2.4. Data Analysis

The data analysis technique used in this study was linear regression. The data analysis tool was performed using the Jeffreys' Amazing Statistics Program (JASP) version 0.14.1.0 application.

3. Results

A total of 69 athletes with disabilities were involved in

this study. The description of the research subject is as follows:

The data in Table 1 shows that the majority of research participants were male; according to the types of sports, they were in track and field. Meanwhile, based on the category of disability, the majority are physically disabled.

The description of the research data in Table 2 shows the score of optimism and emotion regulation. It shows that the majority of research subjects are at a moderate level of optimism (73.9%) and emotion regulation (71%). The low level between the emotion regulation, which scored 27.5%, and the optimism, which scored 5.8%, shows that there is a significant difference between them. At the high level, emotion regulation scored significantly lower than optimism, with scores of 20.3% and 1.45%, respectively.

The result of statistical calculations through the calculation of statistical data using the JASP application version 0.14.1.0 for Windows is as follows:

Table 1. Demographics Data

Aspect	Characteristic	Amount
Sex	Male	56
	Female	13
Age	14–57 years old	69
Categories of disabilities	Physical	38
	Intellectual	5
	Sensory	26
Types of sport	Archery	3
	Badminton	9
	Blind Judo	4
	Boccia	3
	Chess	10
	CP Soccer	9
	Shooting	3
	Swimming	8
	Table Tennis	8
	Track & Field	12

Table 2. Levels of Optimism and Emotion Regulation

Score	Levels	Frequency of Optimism	Percentages	Frequency of Emotion Regulation	Percentages
10–19	Low	4	5.8	19	27.5
20–29	Moderate	51	73.9	49	71
30–40	High	14	20.3	1	1.45

Table 3. Statistical Results

Model Summary – Optimism ER				
Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	3.276
H ₁	0.825	0.681	0.676	1865

The correlation coefficient value of 0.825 as a result of the statistical tests indicates that there is a relationship between optimism and emotion regulation in athletes with disabilities. The value of R² is 0.681, meaning that optimism contributes 68.1 percent to emotion regulation.

Another result of this study is a test of differences in emotion regulation and optimism based on gender, as follows:

Table 4. Emotion Regulation and Optimism Based on Gender

Independent Samples T-Test			
	t	df	p
ER	0.128	67	0.898
OP	1.937	67	0.057

Note. Student's t-test.

Based on Table 4, regarding the differences in emotional regulation between male and female athletes with disabilities, statistically, it showed data $t = 0.128$ with $p = 0.898$ (> 0.05). Meaning that there are no significant differences in emotional regulation scores between male and female athletes with disabilities. Optimism data showed a value of $t = 1.937$ with a value of $p = 0.057$ (> 0.050). This data indicated that there are no significant differences in optimism scores between male and female disabled athletes.

This research also studied the differences in emotion regulation and optimism based on the types of sport, with the results as follows:

Table 5. Differences in Emotion Regulation Based on the Types of Sport

ANOVA - ER					
Cases	Sum of Squares	df	Mean Square	F	p
Types of Sport	88.223	9	9.803	0.901	0.530
Residuals	641.719	59	10.877		

Note. Type III Sum of Squares

According to Table 5 above, based on the analysis of variance results, the F value was 0,901; $p = 0,530$ ($> 0,05$), indicating that the emotion regulation scores between the types of sports do not differ significantly.

Table 6. Differences in Optimism Based on Types of Sport

ANOVA - OPTIMISM					
Cases	Sum of Squares	df	Mean Square	F	p
Types of Sport	153.999	9	17.111	1.089	0.385
Residuals	927.247	59	15.716		

Note. Type III Sum of Squares

According to Table 6 above, based on the analysis of variance results, the F value was 1,089; $p = 0,385$ ($> 0,05$), indicating that the optimism scores between the types of sports do not differ significantly.

4. Discussion

This research suggests that optimism has a considerable contribution to emotion regulation at 67.6%. Any athlete with disabilities is expected to accomplish some feats during their career. To achieve this success, athletes can rely on emotion regulation that is supported by optimism. An athlete in the study by Ferguson et al. [19] stated that having control over the negative and positive emotions they experience is important for athletes to flourish. Optimism is found to be positively associated with a sense of control [20]. This statement implies that optimists also have control over their feelings or emotions. This supports the findings of this study that optimism contributed to positive and negative emotional control in athletes with disabilities.

This research revealed that there are no significant gender differences in emotion regulation and optimism between female and male athletes with disabilities. Regarding emotion regulation, this finding is in line with previous research [21]. However, previous research also reported that there were gender differences in emotion regulation [22]. This study's discovery of no significant gender differences in optimism is also supported by previous research [23]. The inconsistency of gender differences in optimism could be attributed to the demographic characteristics of the sample population [23] and athletes' environments. Whereas the inconsistent results of gender differences in emotion regulation may be the product of disparities in cognitive processes (i.e., emotional regulation and reactivity) [24] and expressiveness [25] of the selected female and male subjects.

This research discovered no differences in emotion regulation across types of sports. However, previous research stated that there were differences in emotion regulation between individual and collective sports athletes [26]. This discrepancy could be linked to the fact that disabled athletes from individual sports made up the majority of the sample population in this study.

Optimism could support athletes' ability to control their emotions—especially in stressful situations. It can be argued that optimism can help disabled athletes regulate their emotions by controlling their thoughts and perceived emotional experiences through the use of problem-focused and/or emotion-focused coping strategy. This statement is supported by Thompson and Gaudreau [27], who in their research stated that an optimist uses certain strategies to regulate emotions that can help them overcome difficult situations. These strategies are mental imagination, relaxation, relaxation-autogenic, expressive writing, meditation-autogenic, mind control, logical analysis, and judgment [27]. In other words, optimism influences the emotion regulation of athletes with disabilities.

An optimist is associated with better mood and emotional adaptation and is not associated with mental health problems due to stress [28]. This tendency is linked to a positive attitude that is less reactive to life's stressors, causing people to perceive life as less stressful. It lends credence to this research findings that optimism can significantly aid disabled athletes in emotional regulation.

Emotion regulation is defined as a process that allows individuals to modify emotions or situations that generate these emotions so that they can respond accordingly to the demands of their environment [29]. Emotion regulation can support hedonic goals or motivation to feel more positive and encourage individual's instrumental motivation, for example, by modifying emotions and preventing the emergence of negative emotions so that they support long-term goals [30]. This means optimism that makes individuals able to adapt emotionally well can support the implementation of emotion regulation, namely by supporting emotional management which can then produce an adaptive response. Gross stated in their theory that by regulating their emotions, individuals can maintain, increase, or reduce the emotions they experience.

5. Conclusions

In conclusion, this research confirmed the contribution of optimism to emotion regulation in athletes with disabilities. Furthermore, the considerable relationship between optimism and emotion regulation suggests that optimism can help disabled athletes better regulate their emotions. It is suggested to further investigate the other variables that have influenced emotion regulation in athletes with disabilities.

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