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## **Analysis of the Influence of Fitness, Training Consistency, Teamwork, and Mentality on the Performance of Young Athletes**

**Reni Silviah<sup>1</sup>**

<sup>1</sup>Student of the Faculty of Economics & Business, Bhayangkara Jakarta Raya University, Indonesia, email: [renisilviah5@gmail.com](mailto:renisilviah5@gmail.com)

Corresponding Author: [renisilviah5@gmail.com](mailto:renisilviah5@gmail.com)

**Abstract:** Literature review analysis of the influence of fitness, training consistency, teamwork, and mentality on athlete performance is a scientific article with the aim of analyzing whether athlete performance affects fitness, training consistency, teamwork, and mentality. Qualitative approach **method** with literature review method to explore and analyze the relationship between fitness, training consistency, teamwork, mentality and athlete performance. The **results** of this article are: 1) Athlete performance affects fitness, 2) Athlete performance affects training consistency, 3) Athlete performance affects teamwork, 4) Athlete performance affects mentality. Apart from these 4 exogenous variables that affect the endogenous variable of Athlete Performance, there are many other factors including quality of education, discipline, character building, physical activity.

**Keyword:** Fitness, Training Consistency, Teamwork, Mental, Athlete Performance.

### **INTRODUCTION**

The development of sports at the national and international levels is highly dependent on the quality of athletes who are trained from a young age. Young athletes not only need natural talent, but must also be supported by various factors that can significantly improve performance. In the world of sports, athlete performance is the result of a complex interaction between physical, psychological, and social aspects. Therefore, it is important to understand in depth what factors contribute to shaping the performance of young athletes so that effective and comprehensive training programs can be designed. One of the main factors that determines the success of athletes is physical fitness. Fitness includes various components such as strength, endurance, speed, and agility which are important assets in every sport (Bompa & Buzzichelli, 2018).

Athletes who have good fitness tend to be able to compete longer and reduce the risk of injury. However, physical fitness alone is not enough without adequate training consistency. Training consistency plays an important role in maintaining and improving athletes' technical and physical abilities in a sustainable manner (Smith, 2020). Routine and

structured training helps athletes build the physiological and psychological adaptations needed to face the demands of competition.

In addition to physical aspects, psychological aspects such as mentality are also crucial factors that influence the performance of young athletes. A strong mentality will help athletes manage stress, competitive pressure, and self-confidence when competing (Jones, 2019). This mental toughness is often the difference between athletes who succeed in achieving achievements and those who fail at important moments. No less important, in sports that involve group cooperation, teamwork is a vital element. The ability to communicate, support each other, and work together effectively can improve overall team performance and optimize the results achieved (Carron & Eys, 2012).

Given the complexity of the factors that influence the performance of young athletes, this article aims to conduct an in-depth analysis of the influence of fitness, training consistency, teamwork, and mentality on the performance of young athletes. The results of this analysis are expected to be the basis for coaches, sports educators, and other stakeholders in designing more effective coaching strategies, so as to produce young athletes who are not only physically superior, but also have a strong mentality and are able to work well in teams. Thus, sports achievements at the national and international levels can continue to be improved sustainably.

This article aims to comprehensively analyze the influence of fitness, training consistency, teamwork, and mentality on the performance of young athletes. With a deep understanding of these factors, it is expected to contribute to the development of effective and holistic training programs to improve the quality of young athletes in the future.

This study aims to determine whether fitness, training consistency, teamwork, and mentality affect the performance of young athletes. Based on references from the problems that have been explained previously. The questions of the scientific article literature review are as follows:

1. Does Athlete Performance affect Fitness?
2. Does Athlete Performance affect Training Consistency?
3. Does Athlete Performance affect Teamwork?
4. Does Athlete Performance affect Mentality?

## **METHOD**

This study uses a literature review method, which aims to examine and analyze various previous research results related to the influence of physical fitness, training consistency, teamwork, and mentality on the performance of young athletes. This literature review is descriptive-analytical, with a qualitative approach to describe general patterns, research gaps, and the contribution of each factor to athlete performance.

## **RESULTS AND DISCUSSION**

### **Results**

The results of this article based on the background of the problem, objectives, and methods are as follows:

### **Athlete Performance**

Athlete performance is one of the important indicators in assessing the success of the training process and achieving sports goals. According to Bompa and Haff (2009), athlete performance is the result of the integration of physical, technical, tactical, and mental abilities displayed in competitive activities. Performance not only reflects physical strength or speed, but also includes psychological readiness and strategy in dealing with match pressure.

Athlete performance is also influenced by the training environment, social conditions, and support from coaches and teammates (Hidayat et al., 2020). Athletes with good mental conditions, strong social support, and high training discipline tend to show more consistent and competitive performance. Therefore, in developing a training program, it is necessary to pay attention to bio-psycho-social aspects in a balanced manner.

Athlete performance indicators according to (Weinberg & Gould, 2015) are: 1) Achievement motivation, 2) Self-confidence, 3) Focus and concentration, 4) Emotional control, 5) Resistance to pressure.

Athlete performance has been widely studied by previous researchers, including: (Yusnita, 2024), (Sihombing, 2024), (Daulay et al., 2024), (Kusuma et al., 2025), (Kurniawan et al., 2024), (Syafei et al., 2023).

### **Fitness**

Physical fitness is a person's ability to carry out daily activities with full energy without experiencing excessive fatigue and still having energy reserves to do other activities. According to Heyward (2018), physical fitness is a condition that reflects the body's ability to work efficiently and effectively in various activities, and is able to deal with physical and mental stress. Fitness also includes various components such as muscle strength, cardiovascular endurance, flexibility, speed, and body composition.

Meanwhile, according to Prawira (2017), fitness is the result of the body's adaptation to training stimuli that are carried out consistently. This fitness affects the physical ability and endurance of an athlete in facing sports competitions. He also emphasized that fitness must be measured comprehensively so that it can be an objective indicator in a training program.

According to Fox, Bowers, and Foss (1993), these dimensions of fitness are divided into two main categories: 1) Health-Related Fitness, which includes cardiovascular, muscle strength, muscle endurance, flexibility, and body composition, related to a person's ability to live a healthy and active life; 2) Skill-Related Fitness, which includes agility, balance, coordination, speed, and reaction, relates to the ability to perform physical activities that require specific skills.

Fitness has been widely studied by previous researchers, including: (Kurniawan, D., & Amiq, F., 2025), (Suharjana, F., 2011), (Romadhona, E., & Candra, J., 2024), (Afandi et al., 2023), (Purwantini, D., 2021), (Perdana et al., 2024).

### **Training Consistency**

Schmidt and Lee (2011) explained that training consistency strengthens the formation of motor skills and improves athletes' ability to master techniques and game strategies. Training that is done routinely helps build stable motor memory, so that movements can be done automatically and efficiently during competition.

In a study conducted by Suharto and Wahyuni (2020), young athletes who have a high level of training consistency showed significant improvements in aspects of fitness and technical performance compared to athletes with sporadic training. This emphasizes the importance of maintaining a regular training schedule to achieve maximum results in the athlete development process.

Training consistency is not only about the frequency of training, but also includes several interrelated dimensions to achieve optimal results. According to Bompa and Haff (2009), and Suharto and Wahyuni (2020), the dimensions of training consistency can be explained as follows:

- 1) Training Frequency Is how often athletes do training sessions in a certain period (for example per week). Sufficient frequency is important so that the body gets adequate stimulus for adaptation.

- 2) **Training Duration** The length of time each training session is undertaken by the athlete. The appropriate duration will ensure the effectiveness of the exercise without causing excessive fatigue.
- 3) **Training Intensity** The level of difficulty or load of the exercise performed, such as speed, lifting weight, or level of fatigue produced. The right intensity must be adjusted to the athlete's ability and training goals.
- 4) **Regularity** Shows how athletes maintain their training schedule without many interruptions or long breaks. Regularity affects the continuity of the body's adaptation process and performance development.
- 5) **Training Quality** This aspect relates to how the exercise is carried out, including coach supervision, correct technique, and mental focus during exercise. High-quality exercise supports maximum performance improvement.

Training Consistency has been widely studied by previous researchers, including: (Ma'ruf, S., 2020), (Naiboru, 2023), (Wihdatullah, D., 2023), (Rajindra, D., 2017), (Sucipto, A., 2013), (Aprilo et al., 2024), (Ramadhani & Pratama, 2021), (Kurniawan et al., 2022), (Nugroho & Handayani, 2020).

### **Teamwork**

In Widyarini (2016), good teamwork will increase the effectiveness of communication, efficiency of game strategies, and the spirit of mutual support between players. Athletes who are able to work in a team will be more mentally and emotionally prepared to face the pressure of competition.

In a study by Sutrisno and Wahyuni (2021) in the Journal of Sports, it was shown that structured teamwork training can improve the performance of student-level volleyball teams. This shows that teamwork is not only formed naturally, but can be developed through the right training and approach.

Dimensions of teamwork according to (Salas et al., 2005): 1) Team Leadership - leadership roles are divided fairly in the team; 2) Mutual Performance Monitoring - members observe and help each other; 3) Backup Behavior - replace each other if a member is unable to carry out tasks; 4) Adaptability - the ability to adjust strategies and roles when needed; 5) Team Orientation - focus on collective goals, not individual goals.

Teamwork has been widely studied by previous researchers, including: (Sugiyanti, A. F. P., & Sakti, 2015), (Sulistiyono, 2022), (Nurlathifah & Firmansyah, H., 2017), (Kamaluddin, 2023), (Saputri, R., 2024), (Saepuloh, A., 2016), (Yani & Mahendra, 2021), (Wulandari & Prasetyo, 2020), (Maulana et al., 2022).

### **Mental**

According to KBBI, mental is defined as a mental, spiritual, or psychological condition that affects the way a person thinks, feels, and behaves. Mental is also often associated with resilience in the face of pressure, or emotional resilience in dealing with problems. Mental is something related to the human mind and character, which is not physical. (KBBI, 2023).

Mental health is a condition of well-being of an individual who is aware of his/her own abilities, can cope with normal life pressures, can work productively, and is able to contribute to his/her community. Mental is a psychological aspect that reflects the emotional state, thoughts, and behavior of an individual that affects the way an individual interacts with themselves and their surroundings. (Ardhani & Syamsudin, 2021).

Based on WHO documents & sources from UIN Imam Bonjol, there are indicators of mental, namely: 1) Free from stress and anxiety, 2) Able to accept disappointment, 3) Able to

work (productive), 4) Building good social relationships, 5) Having a purpose in life and meaning (self-realization).

Mental has been widely studied by previous researchers, including: (Ali, H et al., 2020), (Kurnia Agusman, S., 2022), (Vibriyanti, D., 2020), (Ridlo, I. A., 2020), (Iwanda et al., 2024), (Hudaniah, H., 2024), (Darisman et al., 2020).

## **Discussion**

### **a) Fitness on athlete performance**

Physical fitness is the main foundation in developing athlete performance, especially at a young age. According to Harsono (1988), physical fitness is a person's ability to perform physical activities without experiencing excessive fatigue, and still have energy reserves to do other activities. For young athletes, good physical fitness will support technical skills and tactical abilities in sports.

Research by Rasyid et al. (2022) which studied teenage badminton athletes in Sumenep found that most athletes had relatively low levels of physical fitness, especially in terms of agility, flexibility, and muscle explosive power. This has an impact on less than optimal performance during the match. This decline in fitness quality is associated with a lack of variation in physical training and weak training discipline.

Meanwhile, Setyawan et al. (2024) in their study of young swimming athletes showed that physical fitness, especially muscle strength and agility, had a significant effect on the speed of the 50-meter freestyle swimming. The regression results in the study showed that the strength and agility variables contributed the most to swimming performance. This finding emphasizes that athletic performance is directly influenced by the components of physical fitness.

Physical fitness in young athletes is also closely related to the body's readiness to face the burden of training and the pressure of competition. Athletes who have good cardiovascular endurance and strong muscles will be better able to maintain consistent performance in the long term. Therefore, early age sports development programs must include fitness training as a main component, which is adjusted to the needs and characteristics of each sport.

This research is in line with research conducted by: (Rasyid et al., 2022), (Setyawan et al., 2024), (Kurniawan, D., & Amiq, F., 2025), (Suharjana, F., 2011), (Romadhona, E., & Candra, J., 2024), (Afandi et al., 2023), (Purwantini, D., 2021), (Perdana et al., 2024).

### **b) Training consistency on athlete performance**

Training consistency refers to the regularity, discipline, and sustainability of the implementation of a training program over a certain period of time. According to Ramadhani & Pratama (2021), training consistency is a fundamental factor in improving the technical, physical, and mental skills of athletes, especially at a young age who are in the achievement development phase.

Research by Kurniawan et al. (2022) on soccer athletes aged 15–18 years showed that athletes who train consistently have better physical and technical performance than athletes who are irregular in training. This is related to the principle of overload and body adaptation to training stimuli that occur continuously.

Likewise, a study by Nugroho & Handayani (2020) on adolescent pencak silat athletes stated that consistency in following a training schedule has a significant effect on increasing speed, agility, and muscle endurance. Athletes who train regularly show increased match performance and mental resilience when competing.

At a young age, the body is still developing. Therefore, consistent training has a greater impact on neuromuscular adaptation, technical skills, and competitive mindsets. In

addition, consistency also strengthens the formation of healthy habits, time discipline, and commitment to achievement targets. Coach involvement, parental support, and good time management are important factors in maintaining the consistency of young athlete training.

This research is in line with research conducted by: (Ramadhani & Pratama, 2021), (Kurniawan et al., 2022), (Nugroho & Handayani, 2020), (Ma'ruf, S., 2020), (Naiboru, 2023), (Wihdatullah, D., 2023), (Rajindra, D., 2017), (Sucipto, A., 2013), (Aprilo et al., 2024).

### **c) Teamwork on athlete performance**

The performance of young athletes in team sports is not only influenced by individual skills, but also by the team's ability to work together. Teamwork is an important factor in shaping team dynamics and cohesion, which ultimately impacts success in a match. Young athletes who are able to work together effectively with their teammates tend to have more stable and productive performance in competitions.

According to Yani and Mahendra (2021), teamwork is a process of coordination between individuals in a group that aims to achieve common goals through communication, mutual trust, and structured roles. In the context of sports, teamwork includes various aspects such as communication in matches, collective decision-making, and emotional and strategic support between players.

Research by Wulandari & Prasetyo (2020) shows that teamwork has a significant positive correlation with the performance of young athletes in volleyball. The higher the level of cooperation between players, the better the coordination of the game, which has a direct impact on the outcome of the match.

Another study by Maulana et al. (2022) in the context of student futsal stated that teamwork affects aspects of game strategy and collective decision-making, which ultimately determines the quality of the team's overall performance. Athletes who have good communication with their teammates are able to minimize errors and increase game efficiency.

This research is in line with research conducted by: (Sugiyanti, A. F. P., & Sakti, 2015), (Sulistiyono, 2022), (Nurlathifah & Firmansyah, H., 2017), (Kamaluddin, 2023), (Saputri, R., 2024), (Saepuloh, A., 2016), (Yani & Mahendra, 2021), (Wulandari & Prasetyo, 2020), (Maulana et al., 2022).

### **d) Mentality towards athlete performance**

In the world of sports, athlete performance is not only determined by physical and technical aspects, but also by mental strength. Young athletes are in a very dynamic phase of development, both physically and psychologically, so that mental stability and toughness are one of the determinants of their success in the competition arena. Athletes who have a strong mentality tend to be better able to manage pressure, stay focused, and show optimal performance.

Based on the results of research and literature reviews, it can be concluded that an athlete's mentality is one of the dominant factors that influences performance in matches and training. A strong mentality helps athletes maintain consistency, manage pressure, and perform optimally in various competitive conditions.

An athlete's mentality includes several important aspects such as self-confidence, motivation, emotional control, concentration, and resilience. If these aspects develop well, then athletes tend to have good psychological readiness and are able to face challenges in matches. One indicator of performance that is greatly influenced by mentality is self-

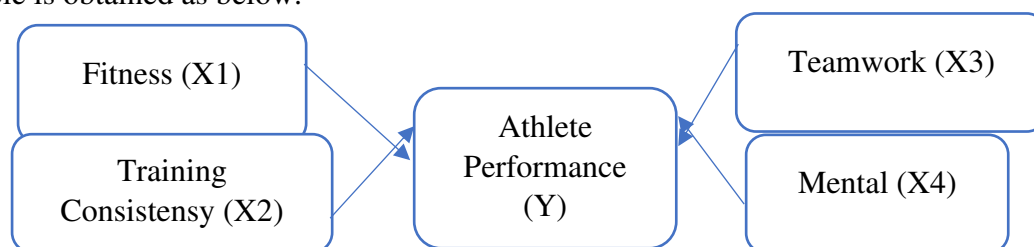
confidence. Athletes who believe in their own abilities tend to be braver in making tactical decisions, calmer when facing strong opponents, and have control over their game.

Research by Saputra & Hidayat (2019) shows that U-17 soccer athletes who have high self-confidence show increased performance both technically and tactically compared to athletes who feel hesitant when playing. Overall, mental condition plays a crucial role in determining athlete performance, especially at a young age. Athletes who have high self-confidence, are able to control their emotions, focus on the match, and have good motivation and psychological resilience will tend to perform more optimally. Therefore, mental development must be balanced with physical and technical development so that athlete formation is comprehensive.

This research is in line with research conducted by: (Ali, H et al., 2020), (Kurnia Agusman, S., 2022), (Vibriyanti, D., 2020), (Ridlo, I. A., 2020), (Iwanda et al., 2024), (Hudaniah, H., 2024), (Darisman et al., 2020), (Saputra & Hidayat, 2019).

### Conceptual Framework

Based on the formulation of the problem, theoretical studies, relevant previous research and discussion of the influence between variables, the framework for thinking in this article is obtained as below.



**Figure 1. Conceptual Framework**

And there are many other factors that influence Athlete Performance (Y), including:

- a) Education Quality : (Paramita, A., Ali, H., & Dwikoco, F., 2022), (Silviah, R., 2024), (Hernikasari, I., Ali, H., & Hadita, H., 2022), (Patilima, S., 2022), (Raharjo, S. B., 2012).
- b) Discipline : (Ali, H., Susanto, P. C., & Saputra, F., 2024), (Silviah, R., 2024), (Muhajirin, A., Purnamasasi, I. O., Rony, Z. T., & Ali, H., 2024), (Rohman, H., 2020).
- c) Character Formation : (Ali, H., 2016), (Silviah, R., 2024), (Nasution, W. N., 2016), (Yanti, S., 2019), (Hasan. R., 2024).
- d) Physical Activity : (Silviah, R., 2024), (Hotma, R., Ali, H., & Winda, 2023), (Huwaida et al., 2022), (Yani et al., 2021).

### CONCLUSION

This study aims to determine whether athlete performance has an effect on improving fitness, training consistency, teamwork and mentality. Based on the article's questions, the following conclusions can be drawn from this study: 1) Athlete performance has an effect on fitness, 2) Athlete performance has an effect on training consistency, 3) Athlete performance has an effect on teamwork, 4) Athlete performance has an effect on mentality.

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