RESEARCH ARTICLE

Discipline Character and Social Interaction on Swimming Athlete Achievement

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Abstract

This study aims to determine the character of dicipline and social interaction in the achivements of swimming athletes. This study uses a survey method with a quantitative descriptive reaseacrh design. The sample used was based on the purposive sampling technique, which was advanced from each Artswimschool Purwakarta training center 33 athletes. The tesults if this studi show that the value of sig. Smaller than α (sig. 0.000 < 0.05), which means that H0 is rejected and H1 is accepted. Thus, there is a significant influence between the character of discipline and social interaction on the achievement of swimming and contributing athletes is very large, namely 98%. Based on the results of the research, it can be concluded that: 1) here is a significant relationship between the character of discipline and the achievement of swimmers. It can be concluded that if the character of discipline is higher, then the achievement of swimmers of Artwswimschool Purwakarta will be better; 2) There is a significant relationship between social interaction and swimmers' achievement. It can be concluded that if social interaction is higher, then the achievement of Artswimschool Purwakarta swimmers will be better; 3) a significant relationship exists between discipline, character, social interaction, and swimmers' achievement. Thus, it can be concluded that discipline, character, and social interaction affect swimmers' accomplishments at Artswimschool Purwakarta.

Keywords

Discipline Characters, Social Interaction, Achievement of Swimmer, Young Athletes

INTRODUCTION

Character is defined as the characteristics of a person who depend on the factors of his own life. Character is the mental, moral or ethical disposition of a person or a group of people (Muhtar et al., 2021). Character is a character, psychological trait, morals or habits that distinguish a person from others (Muhtar et al., 2019; Tussubha & Hadiyanto, 2020). Character education is a system that instills character values in students which includes knowledge, individual awareness, determination and willingness as well as actions to instill good values towards God Almighty, oneself, fellow humans, the environment and the surroundings. nation, so that we become human beings (Rudzitis et al., 2014). Character education is a system to instill character values in school students and includes educational components, awareness or desire and action to realize these values (Peters, 2015). Character education is an active effort to form habits so that children's character develops from an early age, so that they can make good and wise decisions and practice them in daily life (Fenney & Lee, 2013).

Character education is education that requires the formation of students' character or students to become good characters. According to (Loland, 2022), character education is important from the perspective of human life, so that the role of education not only shows moral knowledge, but also loves and is ready to take moral actions. Sports contain positive things related to all aspects of human life. In addition to developing motor skills, sports have noble values that can form character. Sports are miniature of society, where

there are rules, business, cooperation, communication and other things that happen in society. Walgito also learned about the character development of students or athletes (Miller & Dolendo, 2022) said that behavior can be characterized by conditioning or habits, understanding and example. This means that the core values of religiosity, citizenship, independence, mutual cooperation, and honesty are more likely to be part of the character of athletes. If he knows and understands why these basic values must be used to arouse the interest of athletes and of course presented in an interesting way. Current developments have brought many changes. Change is happening in many areas of life. One cannot hide or avoid the impact of changes in one's life. A person must have a strong soul so that the changes experienced do not lead to negative changes.

Character is essential for a community to grow into a nation capable of realizing a secure and prosperous existence. Because morality is one of the most significant factors influencing a country's advancement or regression. A coach's success depends on their ability to help their players develop positive character traits, which can help them achieve their goals (Özcan, 2022). Athletes' unique personalities or characters contribute to their sporting accomplishments in addition to their physical and technical attributes. One of the critical components of an athlete's success is their character or personality. To enhance children's quality, discipline must also be instilled in them from a young age. With this discipline, which stems from self-awareness, athletes or students can excel in their training or academic endeavors. Sports activities closely linked to physical activity are among the many activities for which the success of the training is greatly anticipated. Issues like not getting the desired results from training are frequently linked to problems with physical activity (Cho et al., 2022). This indicates that various circumstances, mainly those about the athlete's training discipline, often impact each exercise and impede the attainment of the desired training outcomes.

Individuals with a disciplined nature are evident in their readiness to comply and behave in conformity with relevant ideals, which include rules, regulations, orders, life orders, or specific guidelines. Athletes who aim to attain optimal performance must possess training discipline, which can be developed through self-discipline (Sun, 2024). Therefore, an athlete with solid self-discipline consistently attains optimal results in every practice, demonstrating their ability to excel in their respective sports. An athlete's ability to attain optimal training outcomes will also be hampered by a lack of self-discipline in finishing his training, ultimately leading to worse performance in his chosen sports. A coach can ascertain the appropriate dosage or training load for each athlete. The coach's ability to mold the athlete's mindset or character is as important as the training load. This essay aims to mold swimmers' social interactions and discipline into their particular forms. Coaches must focus on a few areas to develop an athlete's mental or character and social interaction. These include: 1) Fostering the best possible communication between coaches and athletes; 2) Comprehending the athlete's nature, needs, and interests; 3) Paying attention to the athlete's habits, needs, and interests; 4) Inspiring athletes and assisting them in resolving issues that arise (Shi & Qu, 2022).

With other living things, humans coexist as social organisms. The social setting that serves as a gathering place must be carefully chosen for sound moral principles to emerge. To make life a reality, life values are employed. One set of principles that gives you power in daily life is discipline. As building discipline is essential, it is a crucial illustration of values. The selection of a meeting location's social milieu ought to facilitate the cultivation of discipline (Weziak-Bialowolska et al., 2023). Good life qualities, including discipline, can be developed by selecting the appropriate social setting. Parents are crucial in helping children grow up in the ideal social environment. Parents need to exercise caution when deciding on a social setting for their kids. Cost-effective sports training facilities are among the locations that might be used as gathering spots. The accomplishment sports coaching club uses physical, technical, tactical, and mental training exercises for its sports training program. The components developed to achieve maximum achievement must be carried out based on high discipline. Children starting from an early age will be used to carrying out training programs that have been programmed by the coach. Children must have high discipline to be able to carry out the program that has been prepared by the coach (Wang & Sharma, 2022). High discipline for an athlete is very necessary in order to be able to complete all the training programs that have been prepared by

the coach. Discipline will always be reflected in the implementation of all training components. Habituation that is carried out continuously and continuously from early age to senior level will be able to help the development of discipline. Parents must know how important this is when choosing a place to socialize with their children. Parents should be mentors for children to provide them with the right place to communicate. Sports training at sports clubs is one of the alternatives to improving sports. In the achievement sports development club, the affective and psychomotor fields get a higher frequency of application (Turdalievich, 2022). The effectiveness can be seen from the discipline of children in the implementation of the training program prepared by each coach. Based on the factor of self-discipline in participating in a physical exercise that is carried out is the basis needed to achieve the goal. As when doing an exercise, many problems are found, both incomplete facilities and infrastructure, the role of the coach and the burden of physical training given by the coach can be affect the psyche of athletes, thus athletes can experience stress. Based on the description above, the athlete's discipline factor must be considered so that the training results can be maximized to achieve the desired goal. The goal is to be able to achieve the athlete's body performance according to his sport, so that he can achieve optimal performance.

Based on social theory that humans are social creatures who live in an environment. The social environment as a place of action affects the development of a person's character. Character formation is a process throughout a person's life. In accordance with the above expression, discipline is one of the values that are formed, where discipline is the background of the training process of each exercise, with disciplined training, physical, technical, tactical and mental qualities can be developed optimally during the training (Lee et al., 2016). Discipline is one of the values formed during training. People have a high level of discipline that carries over into their physical activity. Social interaction often occurs in sports activities, especially in sports games and competitions. The relationship in question is the relationship between individuals and individuals, individuals and groups, or groups with other groups. A process of social communication can occur when two people or groups make contact and social interaction. Social

contact is the transmission of information and the interpretation of the information transmitted (Olvhøj et al., 2022). This can be done by scolding each other, shaking hands, talking to each other or maybe even fighting. The forms of social interaction that have occurred so far are cooperation, competition, conflict and adaptation. One way to see sports communication is swimming. Good social interaction between athletes will create a harmonious relationship (Ponciano Núñez et al., 2023). A good form of social interaction is seen from cooperation, mutual respect and mutual respect. More and more cooperation is created when a problem is found in training. The athletes love to talk and help each other in the difficulties of training. Good communication between athletes can create mutual respect and create a comfortable atmosphere during training and encourage athletes to succeed in the school environment.

On the other hand, the social interaction of athletes is not good, characterized by a hateful relationship between athletes and a lack of cooperation between athletes. Poor forms of social interaction can occur when athletes hate each other, demean each other, and form peer groups where each group attacks or belittles each other, resulting in less harmonious relationships between athletes (Beldon et al., 2022). Poor social interaction in the school environment gives rise to a practice environment that is not comfortable or conducive. This hinders the progress of athletes in training due to the lack of cooperation, communication, and respect between athletes, so it often creates a training atmosphere that is always boisterous, tense, and usually noisy. It causes quarrels, fights, and others. Athletes are distracted in training.

Swimming has been a sport since humans existed on Earth. Swimming is popular, easy, cheap, and safe for children and adults. Swimming can be used as a way to improve physical fitness. There are four swimming styles and physical education and achievement: 1) Freestyle, 2) Backstroke, 3) Breaststroke, and 4) Butterfly. Sports that can be used to achieve these goals include swimming. Swimming can be used to achieve the goal of exercising because swimming has many benefits. These benefits include body growth and development, communication and interaction with others, and increased self-confidence. They can be used as a recreational

activity because cold stimuli can refresh the body and emotions. Learning to swim can improve an athlete's knowledge of effective and efficient movement, the properties of water, swimming theory, etc. Thanks to these advantages, swimming has entered the world of education from elementary school to high school. The role in talent development is vital because the roles and materials provided affect whether or not the training results are promising. So, researchers are interested in investigating whether coaches can play a good role in improving swimmers' performance. Based on the description above, the researcher is interested in conducting a study titled "Discipline Character and Social Interaction on Swimming Athlete Achievement."

MATERIALS AND METHODS

This study aims to describe and analyze the influence of discipline character and social interaction on the achievement of swimming athletes. Based on the objectives to be achieved and the formulation of the proposed problem, this study includes correlational research using a quantitative survey method approach. This quantitative descriptive research describes the current state of the subject or object of research based on facts that appear or as they are. Descriptive research describes the research situation or event, does not seek or explain relationships, and does not test hypotheses or make predictions. Meanwhile, the survey method was used. The survey method is sampling a population and using questionnaires as a primary data collection tool. The reason for using the survey method is, first, for the completeness of the data. The survey method is quantitative, but usually, the survey that is carried out tends to be more straightforward with simple statistical analysis tools (descriptive statistics) because it only complements data or information.

In the survey study, the researcher asked several people (called respondents) about the character of discipline, including time discipline, discipline in enforcing rules, attitude discipline, and worship discipline, while social interaction includes social contact and communication, identification, accommodation, assimilation, competition and opposition using questionnaires or questionnaires. The questionnaire will be given to advanced class swimmers of the Artswimschool Purwakarta club. Instrument as a research questionnaire is one of the data collection techniques carried out by providing a set of written statements or questions to the respondents and then answered by the respondents.

The survey method used in this study is to collect data on the character of discipline and social interaction on the achievements of swimming athletes. The population in this study is the advanced classes of the Artswimschool Purwakarta club from each training center. A sample of 33 people who have criteria are active members from each Artswimschool Purwakarta center and also have a minimum achievement at the internal level of Artswimschool Purwakarta, which is held every six months to improve the abilities and achievements of all Artswimschool Purwakarta athletes. Ethics of the Research.

Ethics of the Research

This study followed ethical standards and received approval from the Institute for Research and Community Service, Universitas Pendidikan Indonesia, with Letter Number B-0301/UN40.D/PT.01.02/2024. Participant provided informed consent, with the volunteer form covering research details, risks, benefits, confidentiality, and participant rights. The research strictly adhered to the ethical principles of the Declaration of Helsinki, prioritizing participant's rights and well-being in design, procedures, and confidentiality measures.

Research Instruments

The instrument used in this study is a questionnaire that uses the Likert scale assessment criteria. In this study, the researcher used two variables: discipline character (Sal, 2022), and social interaction (Merlin & Prabakar, 2024). Then, the questionnaire was distributed to athletes selected from the 33 samples. The grids in the manufacture of instruments are as follows (Table 1 and Table 2).

The procedures taken in this study can be described into severalstages, namely the preparation stage, the implementation stage, and the data processing and analysis stage, which are as follows:

Preparation Stage

At this stage, the researcher will conduct research in the advanced classes of each Artswimschool Purwakarta center. This preparation stage is the initial stage before the implementation of the research. The steps taken at this preparation

stage are the preparation of proposals containing research designs, applications for permission to conduct research. After being approved, the next step is for the researcher to conduct research in the field according to the method or theory used and get guidance from the supervisor.

Implementation Stage

At this stage, the researcher will use a data collection technique using a questionnaire to 33 samples. This test is used to measure the character of discipline and social interaction in the achievements of swimmers of the Artswimschool Purwakarta club. After conducting research, the next step is to process the data obtained and then process it and the results are used as a basis for drawing conclusions.

Table 1. Grid of disciplinary character research instruments

No	Theory	Indicators	Question Items Positive	Question Items Negative	Sum
1	Time Discipline	Adherence to training	5, 6, 7		3
		Obedience in practice	8	9	2
2	Discipline to Enforce the Rules	Obedience to training rules	1, 2, 3, 4		4
		Be organized in training	15, 16, 17, 18, 19	20	6
3	Attitude Discipline	Pray during activities	11		1
		Greeting	10		1
4	Discipline of Worshiph	Obediently carry out prayer services	13	12	2
		Obediently fasting	14		1
		Sum	**17**	**3**	**20**

Table 2. Grid of social interaction research instruments

No	Theory	Indicators	Sub Indicators	Question Number +	Question Number -	Totaly
1.	Social Interaction Requirements	Social Contact and Communication	Making physical contact	2	1	3
2.	Social Interaction Factors	Identification	1. See the interlocutor as a whole 2. Imitate the interlocutor well	1 1		2
3.	Forms of Interaction	Associative	Accommodation, Assimilation	9		9
		Dissociative	Competition, Opposition	3	3	6
		Totaly		**16**	**4**	**20**

Statistical Analysis

To find out the extent of the significance of the research results, the test uses statistics. This data analysis is used to analyze quantitative data based on the findings in the study using the IBM SPSS type 22 for windows application. The data processing studied is as follows: normality test, homogeneity test, and hypothesis test.

RESULTS

Data Normality Test

Once the data is obtained, the next step is to analyze the data using the help of the IBM SPSS version 22 application. The data processed is as follows: The researcher used Shapiro Wilk's normality test on the variables of discipline character and social interaction. The basis for the decision is as follows:

Based on the SPSS output table "Tests of Normality" above, it is known that the Sig. value in the Shapiro-Wilk normality test is as follows:

Student Discipline with a Sig score of 0.592, and Social Interaction: The Sig value is 0.203. Because the significance value (Sig) for all research variables above > 0.05, it can be concluded that the variables of student discipline and social interaction are normally distributed

Table 3. Test of normality of discipline and social interaction

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	Df	Sig.
Student Discipline	,123	33	,200*	,974	33	,592
Social Interaction	,101	33	,200*	,956	33	,203

Homogeneity Test

The homogeneity test is used to determine whether the data from the research results have the same variant or not. It is said to have the same or no different value (homogeneous) if the significance level is > 0.05 and if the significance level is <0.05, then the data is concluded not to have the same or different variant values (not homogeneous). As a basis for decision making, the homogeneity test is:

Table 4. Homogeneity test

		Sum of Squares	df	Mean Square	F	Sig.
Student Discipline	Between Groups	2224,000	26	85,538	128,308	,000
	Within Groups	4,000	6	,667		
	Total	2228,000	32			
Interaksi Sosial	Between Groups	2700,000	26	103,846	155,769	,000
	Within Groups	4,000	6	,667		
	Total	2704,000	32			

From the calculation of the homogeneity test of two variables (Discipline Character and Social Interaction), it can be seen that the significance value is 0.000. Because the value obtained from the homogeneity test of the sig value. 0.000 < 0.05 then the data has different variant values (**homogeneous**).

Test Hypothesis

To find out whether the hypothesis test on the variables of student discipline and social interaction used in the study is accepted or rejected, the researcher must know the theory of the basis of hypothesis decision-making. It can be seen from the correlation test table regarding the relationship formed between variables before and after being included in the correlation analysis. To interpret the Correlations output table above, there are 3 stages that we must go through, namely: (1) Determining the formulation of the research hypothesis, (2) Seeing the theory of the basis of decision-making in the partial correlation test, and (3) Interpreting the results of the analysis and making conclusions. The basis for decision-making in the Sig. partial correlation test (2-tailed) is as follows:

Table 5. Student discipline

Relationship	r-count	r-table (df 33 - 2)	Sig
Discipline Character	,964	0,344	,000
Social Interaction	,992	0,344	,000
Discipline & Character Social interaction	F = 103,288	0,344	,000

Hypothesis 1

The first hypothesis to be tested reads "There is a significant relationship between discipline character and the achieent of swimmers". The rule of analysis is that if the p-value < 0.05, then Ha is accepted and vice versa. The results of the analysis are described in table 6 as follows: Based on table 5 above, it shows that the correlation coefficient of discipline character in the achievement of swimming athletes is obtained with an r value of 0.964 and a p-value of 0.000 < 0.05, then H0 is rejected, meaning that H1 which read "There is a significant relationship between discipline character and the achievement of swimmers" **is accepted**. The correlation coefficient has a positive value, meaning that if the character of discipline is higher, then the achievements of Artswimschool Purwakarta swimmers will be better.

Hypothesis 2

The second hypothesis to be tested reads "There is a significant relationship between social interaction on the performance of swimmers". The rule of analysis is that if the p-value < 0.05, then Ha is accepted and vice versa. Based on table 5 above, it shows that the correlation coefficient of confidence with freestyle swimming achievement is obtained with an r value of 0.992, and a p-value of 0.000 < 0.05, then H0 is rejected, meaning that H2 which reads "There is a significant relationship between social interaction on swimming athlete achievement" is accepted. The correlation coefficient has a positive value, meaning that if social interaction is higher, then the achievement of Artswimschool Purwakarta swimmers will be better.

Hypothesis 3

The third hypothesis test uses the F test (Simultaneous). The F test is needed to determine the influence of independent variables on dependent variables simultaneously and to determine the accuracy of the regression model used. The accuracy test of the model aims to find out whether the formulation of the model is correct or fit. The third hypothesis test reads "There is a significant relationship between discipline character and social interaction on the performance of swimming athletes". Based on table 5 above, the F value is calculated at 103.288 > F table (df 2; 33) 3.344, while the p-value is 0.000 < 0.05, then H0 is rejected, meaning that H3 which reads "There is a significant relationship between discipline character and social interaction on the achievement of swimmers", is accepted. It can be concluded that the regression model selected is feasible to test the data and the regression model can be used to predict that the character of discipline and social interaction together have an effect on the performance of Artswimschool Purwakarta swimmers.

Coefficient of Determination

The Coefficient of Determination (R^2) is essentially used to measure how far a regression model is capable of explaining the variation of dependent variables. The results of the analysis in Table 7 are as follows

Table 6. Results of determination coefficient analysis

Model Summary				
Model	**R**	**R Square**	**Adjusted R Square**	**Std, Error of the Estimate**
1	0,936a	0,877	0,868	0,36222

Coefficient of determination The result of the output in table 6 shows the magnitude of the R Square value of 0.877. This means that 87.70% of the variation in the achievements of swimming athletes can be explained by variations of independent variables, namely discipline character and social interaction. The remaining 12.30% is explained by other causes outside the model, such as technique, physicality, and talent. The effective contribution (SE) and relative contribution (SR) of discipline character and social interaction on the achievement of Artwsimschool Purwakarta swimmers are presented in table 7 as follows:

Table 7. Results of analysis of effective donations and relative donations

Variable	Effective Contribution	Relative Contribution
Discipline Character (X1)	68,40%	65,97%
Social Interaction (X2)	29,60%	34,03%
Totaly	98%	100,00%

Based on the results in table 7 above, it shows that the discipline character variable has a contribution of 68.40% and social interaction of 29.60%. Of the two variables, the discipline character variable has a greater contribution to the achievement of Artswimschool Purwakarta swimmers.

DISCUSSION

The discussion of the research results provides a further interpretation of the results of the data analysis that has been submitted. Based on the results of the study, it can be explained as follows:

Discipline Character in Swimming Athlete Achievement

Based on the results of the study, it was shown that there was a significant relationship between the character of discipline and the achievement of Artswimschool Purwakarta swimmers, which was 68.40%. These results align with research conducted by (Tedesqui & Young, 2017), the results show that the success of an exercise carried out is influenced by one of the factors, namely the self-discipline of the athlete himself. To get good training results, it is recommended that an athlete must have discipline so that the desired training goals will be achieved. This finding aligns with the theory of discipline character. People with a disciplined nature can be seen from their willingness to respond and act according to applicable values, namely in the form of orders, regulations, rules, life orders, or specific rules. Every athlete who strives to achieve maximum achievement must have training discipline, which can be fostered as self-discipline, so an athlete with high self-discipline in every practice. It is carried out to achieve maximum results so that athletes can excel in their sports (Vladova & Hristov, 2017). Likewise, an athlete needs to have self-discipline in completing his training. In that case, he needs to be able to achieve maximum training results so that it impacts decreasing achievements in the sports he participates in.

Human beings as individuals sometimes want to live freely, so they want to break free from the bonds or rules that limit their actions or behavior. But we must understand that humans are social beings who live among interacting individuals, where they need to feel accepted by others. In other words, discipline is essential in an athlete because it is easier to achieve the coach's goals if the athlete has discipline. In sports, to win a match, athletes must always follow the rules according to the training program that has been set, or not follow the training program, follow the rules and be sportsmanlike, or break the rules to win the game immediately (Şimşir & Dilmaç, 2020). All of this is closely related to the issue of athletic discipline and self-control in the face of the desire for satisfaction.

Discipline that is forcibly instilled can create awareness that can increase discipline athletes who behave negatively or reject agreed rules or regulations show symptoms of indiscipline because discipline involves compliance with confirmed rules and values. Often, an athlete's sport is challenged by an internal conflict between prioritizing personal interests or the public interest (Tedesqui & Young, 2018). And regulations, although no one controls sanctions and supervision. Ultimately, he instead follows his plan based on values called self-discipline. Thus, athletes with self-discipline already have the awareness to train themselves, improve their skills, and maintain their physical freshness and fitness, can control themselves not to act against the rules that can be detrimental to their health, and try to live and do their best. Discipline can be developed in such a way that it positively influences the development of athletes' self-esteem. Discipline is indispensable for everyone. Highly disciplined people have higher qualities. Discipline is applied to all levels of society. In this case, athletes who can develop self-discipline will eventually have a "self-image" as a disciplined person (Maratovich & Kolsesyanova, 2023).

Based on the explanation above, it can be concluded that the discipline of an athlete is a moral responsibility that can follow the rules or values that exist in an organization, group, or individual so as to make an athlete by expectations. In this way, athletes achieve the goals or ideals they want to achieve, both in training and achievements in the sports they perform (Yunesa & Khaidir, 2019). This causes discipline in training to be the number one factor that affects an athlete's success in achieving training results. Therefore, the discipline of athletes in conducting training must be considered and should be addressed if they want to obtain optimal training results.

Social Interaction on Swimmers' Achievement

Based on the results of the study, it was shown that there was a significant relationship between social interaction and the achievement of Artswimschool Purwakarta swimmers, which was 29.60%. This aligns with the research conducted by (Lee et al., 2016), the results show that cooperation in sports activities will be better when the intensity of the gathering is greater, and the attitude of openness and mutual respect will strengthen collaboration in each individual or group. Social interaction can occur when there is contact and social interaction between two individuals or groups. Social contact is the first stage in social relationships. Communication is the transmission of information and the provision of interpretation and reaction to the information sent (Bean et al., 2014) identified several things that can be a source of

information to initiate communication or social interaction. Data sources can be divided into two parts, namely physical characteristics and appearances. Physical traits are everything a person has from birth, including gender, age, and race. Appearance can include physical attractiveness, body shape, the appearance of clothing, and conversation. Social interaction often occurs in sports activities, especially sports games and competitions. The relationship is between individuals and individuals, individuals and groups, or groups with other groups. Social communication can occur when two people or groups make contact and social interaction. Social contact is the transmission of information and the interpretation of the information transmitted. This can be done by scolding each other, shaking hands, talking to each other, or maybe even fighting (Ferris et al., 2016). So far, the forms of social interaction are cooperation, competition, conflict, and adaptation. One way to see sports communication is swimming.

Good social interaction between athletes will create a harmonious relationship. A good form of social interaction is cooperation and mutual respect. More and more collaboration is created when a problem is found in training. Social interaction is significant, as a frequent lack of social interaction has serious mental health consequences, perhaps even more severe than physical exercise (Hidayat et al., 2022; Lengkana et al., 2024; Mulya et al., 2021, 2023). The athletes love to talk and help each other in training difficulties. Good communication between athletes can develop mutual respect, create a comfortable atmosphere during training, and encourage athletes to succeed in the school environment. On the other hand, the social interaction of athletes is not good, characterized by a hateful relationship between athletes and a lack of cooperation between athletes (Yukhymenko-Lescroart, 2019). Poor forms of social interaction can occur when athletes hate each other, demean each other, and form peer groups where each group attacks or belittles each other, resulting in less harmonious relationships between athletes. Poor social interaction in the school environment creates a practice environment that could be more comfortable and conducive. This hinders athletes' progress in training due to the lack of cooperation, communication, and respect between athletes. It often creates a boisterous, tense, and rowdy training atmosphere, causing quarrels, fights, and disturbances among other athletes.

Discipline Character and Social Interaction on Swimming Athlete Achievement

Based on the results of the study, it was shown that there was a significant relationship between discipline character and social interaction in the achievement of Artswimschool Purwakarta swimmers, which was 98%. Discipline for the arrival of training time is included in punctuality because this swimming activity is from the child's desire. This child also obeys the instructions from the coach, and in terms of running the program given by the coach, everything is carried out. Even though he is tired and the program is heavy, he still runs it to the maximum. The level of discipline is good, as seen from the results that have been achieved, but over time, the intensity of training time has decreased; discipline in swimming also reduced due to the constraints of certain factors (Vierimaa et al., 2018).

Artswimschool athletes are athletes who are disciplined enough to arrive during training hours. The intensity of the training is also good, but there may be those who are still allowed because there are school activities or because they are sick. Artswimschool athletes, including athletes, obey the coach's orders to run all the programs given; they accept the instructions from the coach even though the program is quite heavy and sometimes tiring (Yukhymenko-Lescroart, 2019). However, the level of discipline has begun to decline because there are also quite a lot of activities from the outside. For the arrival of athletes at a pretty good level of accuracy, because the athlete had already departed half an hour before the training considering that the distance traveled from home to the training ground was quite far, so before the training started, he had already arrived. The intensity of the training is intensive. These athletes obey the athletes' orders and always carry out the programs given. Social interaction can be interpreted as a dynamic social relationship. The social relationship can be between individuals and other individuals, groups with different groups, or groups with individuals. Interaction also includes symbols, where symbols are interpreted as something that the user gives value or meaning.

Good social interaction between athletes will create a harmonious relationship. A good form of social interaction is cooperation and mutual respect. More and more collaboration is created when a problem is found in training. The athletes love to talk and help each other in training difficulties.

Good communication between athletes can develop mutual respect, create a comfortable atmosphere during training, and encourage athletes to succeed in the school environment (Yildiz et al., 2018). A coach must pay attention to the psychological, emotional, and social elements of his athletes because athletes live in a social environment with different wants, needs, and feelings from the people around them. A successful coach is assisted by knowledge of scientific principles closely related to coaching problems in determining athlete achievements. The results of hard work during swimming practice are seen from the time record. However, these results must go through a process that starts with the proper technique, physical exercise, and well-managed emotional aspects.

The psychological factor itself is an essential factor in determining athlete achievement. Psychological disorders that often occur in individual and team sports are anxiety, lack of confidence, difficulty concentrating, and even depression (Hagger et al., 2021). Based on this, mental training must be carried out continuously by athletes so that it has a positive impact on improving performance at the best time (Legg, 2020) said that mental training should continue to be carried out throughout the athlete's sports activities. The mental aspect is one aspect that supports successful sporting achievements, apart from the physical, technical, and tactical elements. Let's look at the contribution of all these aspects to the success of swimming athletes. It can be explained that the contribution of the physical aspect is 38%, the technical element is 20%, the tactical aspect is 12%, and the psychological aspect is 30%.

Conflict of Interest

The authors have declared no conflicts of Interest.

ACKNOWLEDMENT

Ethics Statement

This study followed ethical standards and received approval from the Institute for Research and Community Service, Universitas Pendidikan Indonesia, with Letter Number B-0301/UN40.D/PT.01.02/2024.

Author Contributions

Design of the Study, MA and AS; Data Gathering, MA, AS and AS; Statistical Evaluation, AS and ASL; Data interpreting MA, AS and ASL; Writing of the Manuscript, AS, ASL and MA; and Search of the Literature, MA, AS, AS, ASL. Each author has reviewed the final draft of the manuscript and given their approval.

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