



A qualitative study of beach volleyball student athlete career transition at Malang State University

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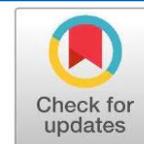
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Abstract: This study uses case studies to determine the career transition process of student-athletes in beach volleyball at the Malang State University. The case study is a detailed description and in-depth case disclosure of a phenomenon. This case study was conducted on 2 student athletes in beach volleyball at the Malang State University who already have a minimum achievement at the provincial level. Collect data using a semi-structured interview instrument and process the data using the thematic analysis method. This research was conducted at the Faculty of Sports Science, Malang State University. The results of the research based on the data obtained, there are three themes related to this research: 1) Challenges when being a student-athlete; 2) Student athletes' barriers and 3) Athletes' thinking patterns when they become student-athletes. This article also compares previous studies related to student-athlete career transitions.

Keywords: elite athlete; career transition; student-athlete; beach volleyball.

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INTRODUCTION

According to [Winarno & Tomi \(2005\)](#), beach volleyball is a team sport played by two teams of two players on a sand court separated by a net. Beach volleyball is also played using a different ball from indoor volleyball. Beach volleyball can be included in an achievement sport that has many enthusiasts pursuing this sport which already has the basics of indoor volleyball. [Rohendi & Rustiawan \(2020\)](#) states that in forming a specified achievement sport must have several factors, (1) athletes, (2) coaches, (3) facilities and infrastructure, (4) competition, and (5) training period, From the explanation, it can be interpreted that achievement is a tangible manifestation that is obtained with effort and victory, achievement can also increase the potential in oneself.

Career transition is the movement from one stage to another in an athlete's career, which can be explained by clear evidence of boundaries between these stages, for example, a change in status ([Wylleman & Lavallee, 2004](#)). In the transition, many things have been passed by athletes, from the initial journey of starting training as a beginner athlete to the peak as a national or professional athlete ([Harrison & Lawrence, 2004](#)). Research conducted by [Yusuf & Rahayuni \(2021\)](#) shows that there is indeed a career transition in the psychological process of student-athletes in dealing with changes in status from student to student. Career transition on athlete achievement can be a benchmark for junior athletes to be better in the future ([Wylleman](#)



& Lavallee, 2004). It can also train self-confidence for athletes who are undergoing the process of transitioning from junior to senior classes (Salsabila, 2021).

Beach volleyball, State University of Malang has produced many athletes who are good in terms of technique and tactics because they are directly fostered by lecturers who have experience in their fields (Ronaldo, 2019). Beach volleyball athletes at the State University of Malang have made many achievements that they are pretty proud of for the University. A prominent achievement was the first place in the Provincial Pomda represented by students, where they managed to get first and fourth place in Pomnas, even though they were paired with other university students.

This research was conducted to discover the obstacles and challenges of student-athletes undergoing the transition to becoming university student-athletes. Transitioning from high school to university requires adjustments to the new social environment, which has become the profound research topic area. McElveen and Ibele found that quitting in studying is higher among student athletes than non-student athletes in their first year of study, and mostly following with leaving the university (McElveen & Ibele, 2019). Adjustments to the new environment could make them feel separated from the support system and familiar environment of sport and training (Lally & Kerr, 2005; McElveen & Ibele, 2019), which prone to the decision of quitting the athletic career or study. Based on our observation and experience as students and academics working with student athlete, such retention is also existed in Indonesia. In the other side, even though with lack of support on transitioning the career, several athletes can keep their achievement and manage to national level. In a recent study by Assidiqi and colleagues, downgrade, stagnation or increase achievement of athletic career in Indonesian student athlete could happened after they enrolled in university (Assidiqi et al., 2022). This research were trying to investigate how athletes adjust challenges during transition career as student athletes to collegial or university student athlete, especially to successful student athletes. Several challenges may hinder achievements such as different social environment, academic challenges, and so on, but there are exceptional cases when such athletes can succeed regardless this transition. A case study to investigate how these successful athletes can endure the smooth transition and manage to the national level is employed. There are many beach volleyball athletes who become student at Malang State University, however, only two athletes managed to achieve national achievements. Therefore, information on how successful beach volleyball athletes go to the national level in career transitions will be beneficial to understand how transition career is managed. This research is significant because it becomes a reference solution for student-athletes overcoming obstacles and challenges to live their careers.

METHOD

This research was conducted at the State University of Malang in February 2022. The instrument of this research used semi-structured interviews with two athletes. The results of the interviews were then processed by coding the interview transcripts in detail. Then do the coding grouping and describe the results of the coding grouping (Braun & Clarke, 2019). The results of the coding grouping will form a theme (Braun &

Clarke, 2019). The two beach volleyball athletes studied had achievements at the provincial and national levels. The data was obtained from the achievement data of UABV athletes (Munhamir et al., 2016).

This research uses the case study method, a detailed description and severe disclosure of the case by applying theory different (Kusmarni, 2018). The research instrument uses interviews in detail, the interview is a communication process with the respondent to obtain the specified information (Hakim, 2013), and analysis techniques using thematic analysis where data processing performs interpretation of the themes in the data (Braun & Clarke, 2019), and the results using descriptive analysis method (Fauzi, 2014) argues that this descriptive analysis method focuses more attention on the phenomena that are happening at the time the research is conducted.

Data collection steps are as follows: 1) Preparing Questions for participants: the guidance for the interview questions for the research developed by using a focus group discussion involving all research members (second and third author as panel expert), then the guidance was used to that carried out in the interview. 2) Interview with participants: Interviews were conducted to gather the information needed to obtain data and process it into a new study. This activity was carried out on February 2022, and it took quite a long time because they had to adjust the time with the informants. 3) Interview transcription process: In conducting the interview transcription, first, the authors listen to what was told by the resource person and write it in word or as much detail as possible. This process is carried out after interviewing. 4) Coding on transcription: The coding is done on the sentences that fall into the theme determined by the researcher; 5) Coding Grouping: The transcripts coded one by one are then grouped with the same theme. 6) Coding theme description: researchers managed to describe the themes that have been determined and related to the athletes of beach volleyball sports students.

RESULTS AND DISCUSSION

Interviews were conducted directly with the informants with the researchers. Previously, they had prepared questions that would be given to resource persons to know beach volleyball athletes' career transitions at the State University of Malang based on their achievements and challenges when they became athletes and lecture. Interviews have been conducted with 2 (two) student-athletes of the State University of Malang in the sport of beach volleyball for beach volleyball athletes there are many at the State University of Malang, but the data I collect are student-athletes who already have achievements at the provincial and national levels. After conducting the interview process, the transcription process is carried out, where the transcription here is to rewrite the interview recordings from the interviewees into document form so that it is easy to understand (Braun & Clarke, 2019). The interview transcript here uses a verbatim model which only writes the words in the interview and does not follow the tone of voice, accent or dialect (Mahpur, 2017).

The interview transcription was then done with thematic analysis (Braun et al., 2017). The steps of analysis are (1) The researcher listens and rereads the transcription to understand the substance of the respondent's answers, (2) The coding or coding for the transcription is qualitative, then the codes are

researched and made a list, grouped according to the same group with each code or phenomenon, (3) The third step is to determine the theme, at this stage the code is sorted to be included in the themes related to the research question, (4) In this fourth stage, reviewing whether the theme has anything to do with the code carried out in the first stage is made by reading all the code collected on each theme, (5) Defining and naming the theme, the researcher identifies each theme by what he wants to study at this stage, (6) Doing a report.

Results from data processing using thematic analysis found several themes that can be presented in the discussion. There are 3 (three) themes that arise and relate to the experiences of student-athletes in the beach volleyball sport and are presented using a description of the analysis:

First theme: Challenges of being a student-athlete

The first theme relates to the experiences and challenges of being a student-athlete. When you become an athlete, you are required to work together with teammates and coaches when playing beach volleyball to achieve maximum results.

"RT: This is what I think about beach volleyball in terms of cooperation. It must be stronger."

With the help of coaches advising athletes to play well and follow instructions, they not only have an essential role in character building by doing exercises that are guided correctly to achieve the specified character goals, but student-athletes must also be wise in managing the time they have to practice and to conduct on-campus learning in a time setting. Athletes have done very well because they do not just focus on one goal, instead, they work on multiple goals; to maintain their sport career and to ensure their academic skills well; then they translated those goals to time management.

"AR: Managing the time between lectures and exercises because the students have assignments and others. Some things must be considered related to the division of lecture hours."

Nevertheless, athletes also have to have good manners in managing priorities but at the same time, they did not solely focus on their careers only.

Second theme: Student athlete barriers

The second theme shows the detailed obstacles experienced by student-athletes when doing exercises or during college. Firstly, lack of educational information about how to enrolled in the university is one of the problem. During high school, athletes had no desire to continue their education to the college level because of the lack of education for college.

"AR: I have liked sports since junior high, especially volleyball. I have been playing volleyball for a long time, but only indoor volleyball, and it only continued until high school. Since then, I still have not thought about the plan to continue at the previous college and come back from basics."

Because athletes do not know how the selection process goes for higher education over time, with the invitation for college entrance selection, athletes finally have the desire to continue studying at the university. After they were declared accepted at the State University of Malang, they were initially confused about

which significance would take, and they determined the majors with a weighty choice. When the academic year is started, and the team was formed, there were problems within the team during practice, including the lack of team cohesiveness when conducting matches. Some expectations from athletes were not realized, making athletes unable to perform in a top performance until now. There were problems with management and could not maximize the team. Other problems related with the demanding study which makes them unable to train, for instance:

"RT: The obstacle when training during KKN (Kuliah Kerja Nyata – a community voluntary service compulsory to university students) is my obstacle because my KKN location is far away, so I have to go back and forth every day to carry out KKN and for training."

The problem came at the time of the POMDA (University event championships which also used as athlete selection to nationals), and the athlete ever had no hope of escaping the selection and representing his province at the national level. However, the result was good, that both won the Pomda title by becoming the first champion.

Third theme: Athletes' mindset when they become student-athletes

Three themes describe the athlete's mindset. Initially, the athlete wanted to win a championship title that his family and campus could be proud of. Athletes have a good view of the coach by revealing how to train them. In the story, athletes say coaches and athletes must have the same goal to achieve it.

"RT: The coach can fix it. The most important thing is to get an achievement that both coaches and athletes must have the same goal."

Athletes have different views, and athletes decide to enter college after receiving an invitation to be accepted at the State University of Malang from the achievements they have. When majoring is determined by themselves, the maturity of their minds, athletes express their feelings of enjoyment after being accepted into higher education. In the absence of assistance for athletes to enter college, the athlete has plans that he will make after entering college. At the POMNAS event, the athlete does not have the confidence to be elected as his sports representative, and the athlete expresses how the attitude and nature of the coach to follow his direction because the athlete feels coaches will make them even better in terms of skills and knowledge,

"RT: Because I have a thought that my volleyball should not damage my academics and my academics should not damage my volleyball, balance is the point."

If there are problems in the team or management, troubleshooting is the right way to do this by discussing with the trainer to determine a solution.

Comparison of this research is to find out what the advantages of this research are the average research on student-athletes uses interview research instruments and draws conclusions directly, and it is not explained how to process data in detail. Research conducted by [Dawenan & collagues \(2016\)](#) used interview research instruments to determine the emotional relationship with student-athlete hardiness, as well as

research Hadi (2011) used an interview instrument to develop the character of the athlete, that the difference between this research is to know the career transition of the athlete using the athlete's achievements when he pursued beach volleyball at the State University of Malang.

CONCLUSION

Based on research carried out on athletes from Malang State University students, especially Beach Volleyball, it was concluded that career transition is a transition taken by students or athletes who have not previously mastered or excelled in beach volleyball to achieve achievements. One of the obstacles senior athletes face is usually being a coach for junior athletes, which is a challenge they face when they are involved in beach volleyball.

Athletes already have basics in indoor volleyball, so they have no trouble adapting to almost the same new sport. In the beginning, they do not have trouble mastering beach volleyball techniques by successfully overcoming the existing obstacles and challenges. When practising or competing, student-athletes, with their perseverance in this sport, managed to give their best results, namely provincial and national champions.

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