

**PENGALAMAN KARIER MENJADI PEMAIN SEPAK BOLA LIGA 1:
SEBUAH *INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS***

Aflakha Daliela Khusna

Fakultas Psikologi Universitas Diponegoro

aflakhadalkh@gmail.com

ABSTRAK

Sepak bola merupakan olahraga populer yang dapat ditemui di seluruh kalangan masyarakat. Liga 1 sebagai kasta tertinggi kompetisi sepak bola di Indonesia memiliki tingkat persaingan yang ketat bagi individu yang ingin berkarier profesional di liga domestik. Penelitian ini bertujuan untuk mendalami dan memahami pengalaman membangun karier yang dilalui oleh pemain sepak bola hingga dapat bermain di Liga 1 dengan menggunakan pendekatan kualitatif fenomenologis dan teknik analisis data *Interpretative Phenomenological Analysis*. Partisipan yang terlibat dalam penelitian ini adalah pemain sepak bola Liga 1 yang terdaftar dalam musim kompetisi 2022/2023 dan memperoleh tim tanpa melalui agen. Terdapat tiga tema induk yang diperoleh, yaitu (1) Ketertarikan pada sepak bola, (2) Dinamika membangun karier, dan (3) Signifikansi karier. Tema induk terdiri dari delapan tema superordinat antarpartisipan, yaitu (1) Kemunculan minat akibat paparan dari lingkungan, (2) Motif eksternal untuk berkarier, (3) Determinasi dalam membangun karier, (4) Tantangan psikologis di awal karier, (5) Keterpurukan dalam karier, (6) Upaya bangkit dari keterpurukan, (7) Rasa syukur atas keberhasilan karier, dan (8) Pemaknaan karier sebagai aspek penting kehidupan. Penelitian ini diharapkan dapat menambah informasi bagi praktisi sepak bola dan atlet yang menekuni sepak bola mengenai bagaimana determinasi diri dapat membantu individu dalam mengatasi tantangan dalam membangun karier profesional.

Kata kunci: Pemain sepak bola, karier, liga 1, *interpretative phenomenological analysis*

**THE CAREER EXPERIENCE OF BECOMING LIGA 1 FOOTBALL
PLAYERS: AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS**

Aflakha Daliela Khusna

Faculty of Psychology Diponegoro University

aflakhadalkh@gmail.com

ABSTRACT

Football is a popular sport that can be found across all segments of society. Liga 1 as the highest tier of football competition in Indonesia, offers fierce competition for individuals aspiring to build a professional career in the domestic league. This research aims to explore and understand the career-building experiences of football players leading to their participation in Liga 1, using a qualitative phenomenological approach and the Interpretative Phenomenological Analysis data analysis technique. Participants whom were involved in this study are Liga 1 football players registered for the 2022/2023 competition season, who secured positions without the assistance of agents. There are three core themes emerged from the study, namely (1) Interest in football, (2) Dynamics of career development, and (3) Career significance. These core themes consist of eight superordinate themes across participants, which include (1) The emergence of interest due to environmental exposure, (2) External motives for pursuing a career, (3) Determination in career-building, (4) Psychological challenges at the onset of the career, (5) Setbacks in the career, (6) Efforts to rise from setbacks, (7) Gratitude for career achievements, and (8) The significance of career as a crucial aspect of life. This research is expected to provide valuable insights for football practitioners and athletes dedicated to football on how self-determination can assist individuals in overcoming challenges in building a professional career.

Keywords: Football players, career, liga 1, interpretative phenomenological analysis