

## ABSTRACT

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**A descriptive self confidence on football player who have metatarsal injuries (Roswiyani, P. Zahra, M.Psi); Psychology Study Program. Bachelor degree Program, Tarumanagara University. (Pages 1-102, P1-P3).**

Metatarsal injuries inhibit soccer athletes in their performance. Athletes may lose their confidence to play for an extended period of time after experiencing metatarsal injuries although the injuries have been treated well and their physical conditions have been recovered. The pain experience due to injuries created lack of confidence for some athletes in soccer game. This research on sport and health psychology is based on the concept of confidence of athletes by Hakim (2002), Weinberg & Gould (1995), and the concept of trauma and sport injuries (McLatchie & Lennox, 1993). Participants of this qualitative research were professional soccer athletes below 35 years. Data were collected by using interview and observation. The result indicates that metatarsal injury inhibits the confidence of a soccer athlete. Besides losing in a game and making mistakes during performing in a game, metatarsal injury is one of the conditions that needs special attention from coach and athletes since the condition may cause athletes losing their confidence to play.

Key word: self confidence, football player, metatarsal injuries.