



## ANALYSIS OF ANXIETY LEVEL AND SELF CONFIDENCE TOWARDS SEPAK TAKRAW GAME PERFORMANCE

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### **Abstract**

This study has a background problem on how much the level of anxiety and self-confidence of athletes influences game performance. This study aims to determine the level of anxiety and self-confidence of athletes and its influence on sepak takraw game performance. This study uses a quantitative method with a one-shot design design which is carried out with one test by distributing questionnaires to athletes. The population in this study were 30 sepak takraw athletes in Cimahi City using total sampling. The data collection instrument used a questionnaire/questionnaire on anxiety and self-confidence. The following are the results of the research data on the level of anxiety and self-confidence of sepak takraw athletes in Cimahi City. The level of anxiety of sepak takraw athletes in Cimahi City is in the "very low" category, namely 60% (18 people). The remaining 30% (9 people) are in the medium, 6.66% (2 people) are in the high category, while 3.33% (1 person) are in the very high category, and the very low category is 0%. And the level of self-confidence of sepak takraw athletes in Cimahi City is in the "High" category, namely 60% (18 people). The remaining 10% (3 people) are in the very high category, 20% (6 people) in the medium category, 10% (3 people) are in the low category, and the very low category is 0%.

**Keywords:** Anxiety Level and Self-Confidence Sepak Takraw

### **INTRODUCTION**

The mental aspect is a very important aspect that is needed in almost all sports. To improve maximum achievement, not only physical ability, techniques, tactics, or strategies are needed, but mental training plays an important role in producing a good mentality. If in this aspect it is fulfilled by a team, it is certain that achievements can be achieved, to achieve peak achievements as a manifestation of self-actualization for athletes, the main capital is to have excellent health, both physically and mentally, in order to achieve optimal achievements (Supriyadi, 2018).

This will be a problem for an athlete because of the lack of mental coaching in athletes. Often when doing training, athletes' abilities are very good, but during matches the athlete's ability decreases because they often make mistakes due to pressure, this is one of the mental factors experienced by an athlete, during training athletes do not often get emotional pressure unlike in match situations.

Athletes who experience anxiety will cause several obstacles to achievement, therefore the problem of anxiety must be overcome, especially in the mental development of athletes, therefore interventions to reduce anxiety need to be done. At this age, athletes' tendency to control emotions is still said to be lacking or still unstable. At the time of the game, especially the athletes of the team category, the mental aspect that affects is anxiety, since the reality is that not all athletes can cope with the anxiety they face (Supriyadi, 2018).

A sense of self-confidence is a positive attitude of an individual that enables him to develop a positive assessment, both towards himself and towards the environment or situation he is facing. Basically, everyone who is born has a unique potential and they are more interested in themselves, it's just that as a human being, sometimes in living this life it is often unthinkable that they are born with a personality and potential that exceeds what they think.

Self-confidence is a very important factor for athletes, because a confident attitude will make students feel optimistic and able to adjust to the social environment. Confidence is a necessity for every individual. Confidence is formed through social support from parents and the surrounding environment. A person will respect themselves if the surrounding environment also appreciates them (Helen Ara Kristina Sihotang, 2022).

Performance is a person's performance to perform a form of action. *Peak Performance* is the best performance achieved by an athlete. The best performance in question is when the athlete has not made any mistakes in his performance. *Athlete peak performance* is a state in which the mind and muscles work together, both mentally and physically, so that the athlete's performance can improve his normal ability. Problems that often arise or are faced by athletes are usually related to peak performance where athletes cannot bring out or display their best performance during training or matches (Helen Ara Kristina Sihotang, 2022).

An athlete's peak performance is 80% influenced by mentality and only 20% is influenced by other aspects. Mental toughness has a considerable influence on improving athletes' performance during competitions. In team sports, performance is very important because with team performance, you can achieve goals and improve skills so that you can produce high performance (Helen Ara Kristina Sihotang, 2022).

Several studies show that internal and external variables have an effect on player performance. The psychological aspects that support performance are high motivation, strong aspirations, and personality maturity. Meanwhile, aspects that affect performance are tension and anxiety, low motivation, abscesses, emotional disturbances, and doubt or fear. To perform at your

best, the most important factor is concentration. Performance may decrease due to something that greatly interferes with their concentration (Helen Ara Kristina Sihotang, 2022).

**METHODS**

This research is a quantitative descriptive research because it provides an overview of the object being studied using sample or population data expressed in the form of numbers. This study aims to find out how much anxiety and self-confidence a person has in the performance of sepak takraw. The method used in this study is a quantitative descriptive method by using anxiety and self-confidence questionnaires. The design used is a one-shot case design, where this design only conducts one research.

The population in this study is 30 sepak takraw athletes from Cimahi City who often participate in matches both at the regional and national levels. This sample was taken using a total sampling technique so that in this study a sample of 30 sepak takraw athletes was used.

**RESULTS AND DISCUSSION**

**Anxiety**

The percentage results show that athletes' understanding of anxiety levels varies in the categories of very low, low, medium, high, very high in the table below.

Table 1. Percentage Results of Anxiety Understanding

Category	Shoes	Quantity	Presentase
Very High	81-100	1	3,33%
Height	61-80	2	6,66%
Medium	41-60	9	30%
Low	21-40	18	60%
Very Low	0-20	0	0
quantity		30	100%

The percentage results show that the level of anxiety about the performance of sepak takraw athletes in Cimahi City varies. However, the majority of sepak takraw athletes are very low, which is 60% (18 people). The remaining 30% (9 people) are in the medium category, 6.66% (2 people) are in the high category, while 3.33% (1 person) are in the high category, and the category is very weak 0%. Based on this percentage, it can be concluded that the anxiety level of sepak takraw athletes in Cimahi City is in the "LOW" category with a percentage of 60%.

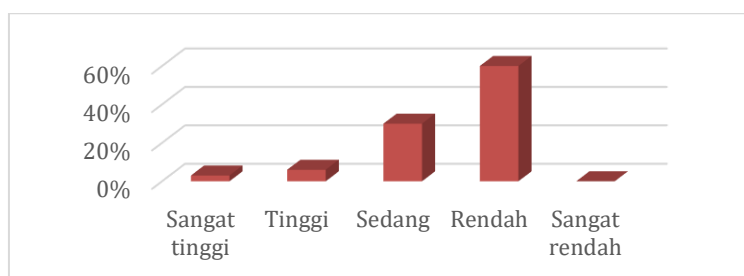


Figure 1 Anxiety level diagram

This study discusses the level of anxiety of sepak takraw athletes in Cimahi City because it is one of the objectives of how much anxiety affects the performance of sepak takraw games. Therefore, in this study, we only wanted to find out how low the athletes' anxiety was during the sepak takraw game. The lower the 60% (18 people) anxiety level, the better the performance of the athletes displayed, while if the anxiety level is very high, the performance of the game displayed is not optimal.

**Self-Confidence**

Table 2 Results of Self-Confidence Percentage

Category	Shoes	Quantity	Presentase
Very High	81-100	3	10%
Height	61-80	18	60%
Medium	41-60	6	20%
Low	21-40	3	10%
Very Low	0-20	0	0%
quantity		30	100%

The percentage results show that the level of self-confidence in the performance of sepak takraw athletes in Cimahi City varies. However, the majority of Cimahi City sepak takraw athletes are in the High category, which is 60% (18 people). The remaining 10% (3 people) are in the very high category, 20% (6 people) are in the medium category, 10% (3 people) are in the low category, and very low category 0%. Based on this percentage, it can be concluded that the level of self-confidence of Cimahi City sepak takraw athletes is in the "HIGH" category with a percentage of 60%.

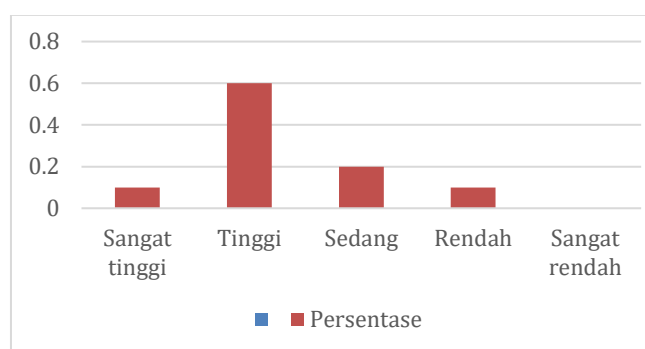


Figure 2 Self-Confidence Level Diagram

In this study, it discusses the level of self-confidence of sepak takraw athletes in Cimahi City because it is one of the goals of how much influence self-confidence has on the performance of sepak takraw games. Therefore, in this study, we only wanted to find out how high the athletes' self-confidence was at 60% (18 people) at the time of the sepak takraw game. The higher the level

of self-confidence, the better the performance of the athlete that is displayed, while if the level of self-confidence is very low, the performance of the game displayed is not optimal.

### **CONCLUSION**

Looking at the data above, the level of anxiety and self-confidence greatly affects the performance of the game of sepak takraw. It can be seen that if an athlete's anxiety level is high, the ability that the athlete has will not be maximized due to various influences, both internal and external pressure. Therefore, an athlete must be able to master the competition and always be calm in competing. On the other hand, athletes must also have high self-confidence so that every match is always maximum and confident.

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