



Anxiety Survey in Football Athletes in Cases of Anterior Cruciate Ligament Injuries

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ABSTRACT

This study aims to determine the level of anxiety in soccer athletes who experience Anterior Cruciate Ligament injuries. The formulation of the problem in this study is: How high is the level of anxiety in soccer athletes in cases of Anterior Cruciate Ligament injuries? The study used a descriptive method with a survey approach. The population in this study were 15 soccer athletes who were undergoing physiotherapy at Ibest Physio Bogor, with a total sampling technique, because the entire population had the same symptoms. The sample in this study were soccer athletes who were undergoing recovery at Ibest Physio Bogor, totaling 15 people from the entire population. The research instrument was a questionnaire consisting of 26 statement items with a rating scale of 1 to 5. Data processing used descriptive percentage analysis. The results showed that the maximum value obtained was 94, the minimum value was 78, the average was 85.47, the median was 3.29, and the standard deviation was 1.02. The final results showed that 13% of athletes experienced anxiety within reasonable limits and were still able to control their emotions even though they felt afraid and doubtful. As many as 86% of athletes showed high to very high anxiety. These findings prove that ACL injuries have a significant impact on the psychological condition of athletes. Therefore, attention and assistance from coaches, physiotherapists, and sports psychologists are needed so that recovery runs more optimally physically and mentally.

Keywords: Anxiety, Football, Injury, Anterior Cruciate Ligament

INTRODUCTION

Exercise is one way to maintain physical freshness so that it remains in good condition. Many men and women, young or old, do sports exercises both in the field, on the streets, and indoors. All of this is done so that health and physical freshness are well maintained as an important basis for a happy and useful life. One of the sports that exists in Indonesia and is quite developed today is football.

Football is usually a game played by teams consisting of 11 vs 11 with opponents directly led by a referee who has assistant 1 and assistant 2. With a game time of 45 x 2, the game takes place on a football field measuring 100 to 110m long and 64m to 75m wide in the game there is direct contact between players of one team and players of another team. Football is a game that

requires the complexity of movements in an integrated manner. Players must be equipped with several components in order to achieve maximum achievements. These components include physical, technical, tactical, and mental conditions. Football allows physical contact between players, besides that there are many other aspects involved, one of which is the psychological aspect of athletes, namely anxiety in football athletes. (Irfan et al., 2020) (Sartono et al., 2020)

Anxiety usually arises due to unreal threats or dangers that may occur to the individual at any time, for example, the individual suddenly feels anxious because he is in a new environment or in a situation or environment that is not supportive. (Zidanti & Supriatna, 2022)

Generalized anxiety disorder is a condition in which a person experiences excessive feelings of an impending situation or threat, with an increased level of worry or fear, both of real and perceived threats. (No et al., 2024)

Competition can create anxiety and stress in athletes, this is due to pressures and demands so that athletes can give maximum results. This anxiety can benefit athletes to a certain level but it can often have a negative effect that affects the performance of athletes during competition. Anxiety is an emotional reaction to a condition that is considered threatening. Anxiety in sports describes the athlete's feeling that something undesirable will happen, including performing poorly, his opponent who is seen as superior, will experience defeat, and will be ridiculed by friends if he loses. This condition will cause anxiety that has an unfavorable impact on athletes. Based on the above, self-control from within is very important to reduce anxiety. (Darmawan, 2021)

The appearance of anxiety when facing a match, among others; First, fear and failure, where a threat to the athlete's ego arises when afraid of being defeated by an opponent who is considered weak. Second, fear of physical injury, where fear of an opponent's attack that can cause physical injury is a serious threat to athletes. Third, fear of social judgment, where anxiety that arises as a result of fear will be negatively judged by the audience so that a threat to the athlete's self-esteem arises. Fourth, ambiguous match situations, where anxiety arises when an athlete does not know when to start the match. Anxiety is one of the psychological symptoms that is synonymous with negative feelings. Anxiety can arise at any time and one of the causes of anxiety is excessive tension that lasts for a long time. Anxiety is caused by many factors, one of which is caused by injury. (Zidanti & Supriatna, 2022) (Nurdiansyah & Jannah, 2021)

Injury is a problem that arises in a person after doing physical activity or sports both in training and competing, the occurrence can be sudden and difficult to avoid. Injuries can result from forces acting on the body that are beyond the body's ability to cope with, lasting quickly or for a long time. An ACL injury is one of the most common knee injuries. These injuries bother a number of sportsmen, who account for 80% of all sports injuries. Especially in high-impact

sports, such as football, futsal, tennis, badminton, basketball and martial arts. (Pasaribu et al., 2022) (Maharani & Abidin, 2024)

ACL injuries are a particular problem for young people involved in competitive sports, due to the long-term effects they cause such as knee instability, meniscus tears, cartilage injuries, and osteoarthritis. In addition, ACL injuries affect a person's health such as psychological stress, limited exercise or activities carried out due to functional disorders, and fear of re-injury. ACL injuries can even cause athletes to lose their careers because they have to stop being athletes (*career ending injuries*). (Yuliana & Kushartanti, 2020) Ibest physio Bogor is a clinic for athletes and general patients who experience sports injury problems. Many athletes suffer injuries due to many things. Injuries to athletes can occur due to 1). Fatigue caused by overtraining. 2). Athletes are not confident when they return to practice on the field. 3). Handling injuries that are carried out without proper procedures.

The cause of injury consists of two factors, namely internal and external factors, internal factors caused by improper training, lack of muscle stretching, improper heating and cooling, so that it will result in pain in 24 to 28 hours after training. External factors are caused such as the installation of equipment, the condition of the equipment, equipment, and the training environment that is unsafe for the activity and from the characteristics of the sport itself. (Hardyanto & Nirmalasari, 2020)

Injuries can cause anxiety in athletes, many athletes have injuries so they experience anxiety during matches. On the field, athletes often get pressure, anxiety, which can cause athletes to be stressed and experience a decrease in their achievements in sports. (1) psychological problems, (2) psychosocial problems, and (3) personality problems. Statements by managers, coaches, and sports commentators who say that athletes' failures on the field are caused by psychological factors. Anxiety can arise in different situations, such as starting a match, exam, starting a new job, socializing with the closest people or new people, and so on. Many athletes experience anxiety during competitions when recovering from injuries, because of pressure from spectators and athletes who are afraid that the injury will come back so that it causes more severe anxiety (Donie et al., 2023) (Miadinar & Supriyanto, 2021) (Kemala & Mamesah, 2020)

Based on observations of football athlete injuries on the field, including at Ibest physio Bogor, many athletes experience anxiety due to *Anterior Cruciate Ligament* injuries. The *anterior cruciate ligament* injury that is being experienced by football athletes at physio bogor has a lot of negative impacts on the athlete, so that the athlete loses focus when carrying out physiotherapy. What athletes often think about when suffering an *anterior cruciate ligament* injury include: 1) stress during surgery and physiotherapy, 2) not confident in undergoing physiotherapy, 4) fear of the injury coming back, 4) no longer has a *support system* from the

people around them, 5) anxiety and feeling afraid of playing again, 6) fear that his best performance will disappear. Such anxiety factors make athletes hampered from continuing their careers because of the impact of excessive anxiety on athletes when they are injured *anterior cruciate ligament*.

This research could be the basis for developing psychological support and intervention programs for athletes with anterior cruciate ligament injuries. With a deep understanding of their anxiety levels, strategies can be devised to help athletes manage and cope with anxiety at the time of injury so that athletes can maximize their recovery.

Research on athlete anxiety has indeed been carried out, but the focus on post-Anterior *Cruciate Ligament (ACL)* injury anxiety in football athletes is still relatively limited, especially in the context of recovery at physiotherapy clinics such as Ibest Physio Bogor. Most previous studies have examined anxiety in a general context or in other sports, such as pencak silat or volleyball. The novelty of this study lies in the context of the subject and place, namely football athletes who are recovering from ACL injuries, which makes an empirical and practical contribution to the development of psychological-based injury recovery approaches.

Therefore, the urgency of this study is to provide specific and contextual data as a basis for coaches, physiotherapists, and sports psychologists in developing rehabilitation programs that focus not only on physical but also psychological aspects, so that athletes' recovery can be more comprehensive and sustainable.

Based on the above background presentation, which shows the need for effective handler in the case of recovery of athletes with anterior cruciate ligament injuries in football athletes, especially the handling of mental recovery of injured athletes. Therefore, the author considers it necessary to have a study entitled "Anxiety Survey in Football Athletes in Cases of *Anterior Cruciate Ligament Injury*."

METHODS

The method used in this study is a quantitative method with a survey approach. Quantitative method is a research method based on the philosophy of positivism, used to research on a specific population or sample, sampling techniques are generally carried out randomly, data collection using research instruments, data analysis is quantitative/statistical with the aim of testing the hypothesis that has been determined.

POPULATION AND SAMPLE

The definition of population is a generalized area consisting of: objects/subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions. Therefore, from this understanding, the population in this study is football athletes who have undergone treatment at Ibest Physio Bogor for the last 1 month amounting to 15 people. The sample used in this study was using (Leadership et al., 2019) *total sampling*. Total sampling is sampling by making the entire population a sample.

RESEARCH INSTRUMENTS

A research instrument is a tool used to collect data or measure objects from a research variable. To get the right data to draw conclusions according to the actual circumstances, a valid and consistent and accurate instrument is needed in producing research data (*reliable*) (Syamsuryadin & Wahyuniati, 2017)

The instrument used in this study was to use a questionnaire in the form of a questionnaire. Questionnaire is a collection of written questions that are used to obtain information from respondents about themselves or known things (Wibowo, 2020)

In this study, the questionnaire used is a closed questionnaire, this method can make it easier for respondents to fill it out. The alternative answer in this questionnaire using *the Likert scale* is a type of scale used to measure research variables (specific social phenomena), such as attitudes, interests, opinions, and perceptions of a person or group of people. The likert scale is expressed in the form of statements to be judged by respondents, whether the statement is supported or rejected, through a certain range of values.

RESULTS AND DISCUSSION

A. Research Results

1. Description of Research Results Data

The data obtained in this study is in the form of scores derived from several factors, including intrinsic factors and extrinsic factors. The questionnaire was intended to find out the anxiety survey of football athletes in the case of *anterior cruciate ligament* injuries filled out by football athletes who were recovering at Ibest *Physio* Bogor and a research questionnaire containing 26 questions with 5 alternative answers, namely: 1 = Never (TP) 2 = Rarely (JR) 3 = Sometimes (KK) 4 = Often (SR) and 5 = Always (SL)

After all the questionnaires are filled out and collected, then a score calculation is carried out on each questionnaire. To facilitate data processing and to minimize errors, researchers use

the help of Ms Excel and SPSS computer programs. The research data will be described with the aim of making it easier to present the data and readers can easily understand this research.

2. Research Results

This research is a descriptive research, so that the state of the object will be used according to the data obtained when carrying out the research. From the results of the research on the anxiety survey of football athletes in cases of *anterior cruciate ligament injuries* which were measured with a questionnaire totaling 26 items with a score of 1 to 5. Overall obtained a maximum score of 94 and a minimum score of 78, the average obtained was 85.47, the median was 3.29, and the standard deviation (S) was 1.02. Full results can be seen in table 4.1 as follows:

Table 4.1
Descriptive Statistics of Football Athlete Anxiety Survey in Cases of Anterior Cruciate Ligament Injury Statistics

N	15
Maximum Value	94
Minimum Grade	78
Average	85,47
Median	3,29
Standard Deviation	1,02

To find out the anxiety survey of football athletes in cases of *anterior cruciate ligament injuries*. Furthermore, the data was converted into five categories, namely very high, high, medium, low, and very low. The following will be presented a table of categories.

Table 4.2
Category Frequency of Football Athlete Anxiety Survey Data in Cases of Anterior Cruciate Ligament Injury

Yes	Categories	Interval	Frequency
1	Very High	$104 < X \leq 88$	5
2	Height	$87 < X \leq 71$	8
3	Enough	$70 < X \leq 54$	2
4	Low	$53 < X \leq 37$	0
5	Very Low	$X \leq 36$	0
			15

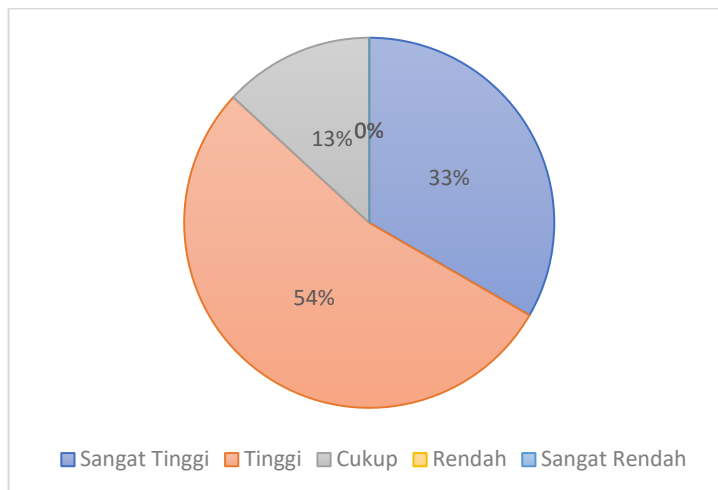


Figure 4.1
Football Athlete Anxiety Percentage Data in *Anterior Cruciate Ligament Injury Cases*

Based on table 4.2 and the diagram above, it appears that as many as 5 players (33%) stated very high, 8 players (53%) stated high, 2 players (13%) stated sufficient, 0 players (0%) stated low and 0 players (0%) stated very low. When viewed from the frequency of each category, it can be seen that the anxiety survey of football athletes in the case of *anterior cruciate ligament injury* is High.

Furthermore, one by one factors will be described regarding the anxiety survey of football athletes in the case of *anterior cruciate ligament injury*, namely factors, namely intrinsic factors and extrinsic factors. The description of these indicators is explained as follows:

a. Intrinsic Factors

Data obtained from intrinsic factors is known that the maximum value is 47, the minimum value is 37, with an average of 42.67, a median of 3.28, and a Standard Deviation (S) of 0.98. Full results can be seen in table 4.3 as follows:

Table 4.3

Descriptive Statistics of Intrinsic Factors Statistics	
N	15
Maximum Value	47
Minimum Grade	37
Average	42,67
Median	3,28
Standard Deviation	0,98

Once the intrinsic factor data has been obtained, it will be converted into five categories. The following is a table of data categorization regarding intrinsic factors.

Table 4.4
Intrinsic Factor Data Frequency Category

Yes	Categories	Interval	Frequency
1	Very High	$52 < X \leq 43$	4
2	Height	$42 < X \leq 31$	10
3	Enough	$30 < X \leq 21$	1
4	Low	$20 < X \leq 11$	0
5	Very Low	$X \leq 10$	0
			15

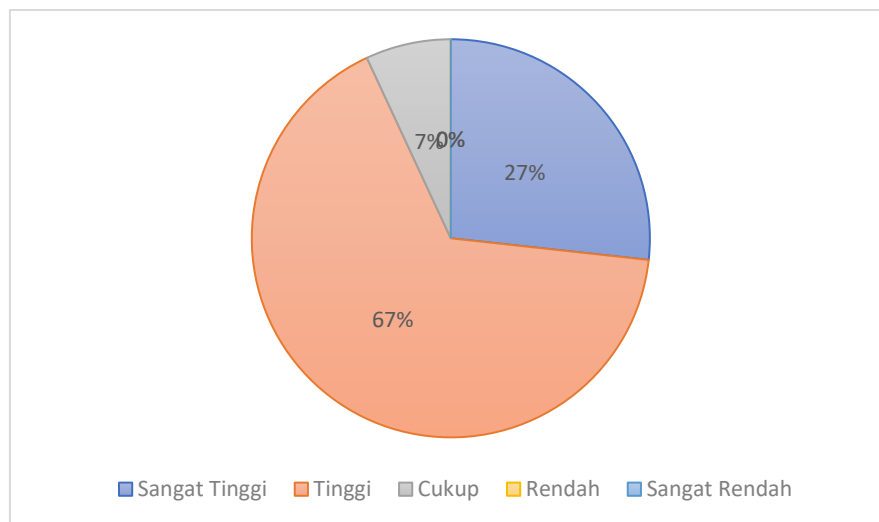


Figure 4.2
Intrinsic Factor Percentage Data

Based on table 4.4 and the diagram above, the distribution of intrinsic factor categorization above, it appears that there are 4 players (27%) who say it is very high, 10 players (67%) who say it is high, 1 player (7%) who says it is low and 0 players (0%) who say it is very low. When viewed from the frequency of each category, it can be seen that the anxiety survey of football athletes in the case of *anterior cruciate ligament* injuries from intrinsic factors is High.

b. Extrinsic Factors

Data obtained from the extrinsic It is known that the maximum value is 24, the minimum value is 20, with an average of 22.33, a median of 3.19, and a Standard Deviation (S) of 0.76. Full results can be seen in table 4.5 as follows:

Table 4.5
Descriptive Statistics of Extrinsic Factors
Statistics

N	15
Maximum Value	51
Minimum Grade	37
Average	42,8
Median	3,29
Standard Deviation	1,06

Once the extrinsic factor data has been obtained, it will be converted into five categories. The following is a table of data categorization regarding extrinsic factors.

Table 4.6
Extrinsic Factor Data Frequency Category

Yes	Categories	Interval	Frequency
1	Very High	$52 < X \leq 43$	5
2	Height	$42 < X \leq 31$	9
3	Enough	$30 < X \leq 21$	1
4	Low	$20 < X \leq 11$	0
5	Very Low	$X \leq 10$	0
			15

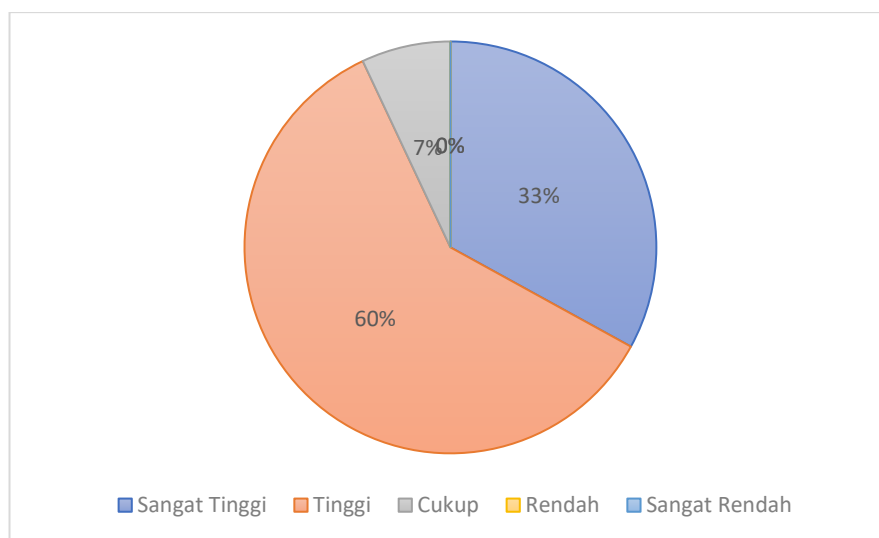


Figure 4.3
Extrinsic Factor Percentage Data

Based on table 4.6 and the diagram above, the distribution of extrinsic factor categorization above, it appears that there are 5 players (33%) who say it is very high, 9 players (60%) say it is high, 1 player (7%) is said to be low and 0 players (0%) are said to be very low. When viewed from the frequency of each category, it can be seen that the anxiety survey of football athletes in the case of *anterior cruciate ligament* injuries from extrinsic factors is High.

B. Discussion

In this study, the goal that the researcher wants to achieve is to find out the anxiety survey of football athletes in the case of *anterior cruciate ligament injury*. The data obtained in this study is in the form of scores derived from several factors, including intrinsic factors and extrinsic factors. The questionnaire was intended to find out the anxiety survey of football athletes in the case of *anterior cruciate ligament* injury filled out by football athletes who were recovering at Ibest *Physio* Bogor and a research questionnaire containing 26 questions with 5 alternative answers, namely: 1 = Never (TP) 2 = Rarely (JR) 3 = Sometimes (KK) 4 = Often (SR) and 5 = Always (SL). It took the researchers 7 days to collect all responses of SSB POR UNI female players to this survey. The data obtained is then processed using the SPSS application with the aim of obtaining the results of this survey.

Based on the results of the study, it appears that as many as 5 players (33%) stated that it was very high, 8 players (53%) stated that it was high, 2 players (13%) stated that it was sufficient, 0 players (0%) stated that it was low and 0 players (0%) were very low. When viewed from the frequency of each category, it can be seen that the anxiety survey of football athletes in the case of *anterior cruciate ligament* injury is High.

This shows that players are still feeling anxious after an injury. For some athletes, injuries are a very scary event because they cause pain, pain, and cause a sense of trauma that is difficult to forget. Football athletes who are undergoing physiotherapy at Ibest *physio* Bogor generally perceive injuries as a form of physical threat and danger, and have different responses. When an athlete has an injury, the attitude developed is diestress, *denial*, *determined coping*.

Furthermore, the author analyzes and with the frequency distribution analysis technique, in the distribution of intrinsic factor categorization above, it appears that there are 4 players (27%) who stated that it is very high, because athletes, although they still often feel anxious when training after an anterior cruciate ligament injury, they are still maximal in training. Of the 10 players (67%) who said they were still interested in playing football after an anterior cruciate ligament injury, ignoring the pain that sometimes still recurs. Meanwhile, in the distribution of extrinsic factor categorization above, it appears that there are 5 players (33%) who say it is very high, although athletes still often feel fatigued quickly in training, but still carry out exercises even in the form of light exercises. 9 players (60%) say it is high, because athletes still feel

nervous about the lack of cost when going to perform surgery and physiotherapy for anterior cruciate ligament injuries.

Distress is related to emotional responses that arise such as shock, anxiety, anger, depression, guilt, withdrawal, shame and feelings of helplessness. Many aspects are affected after an athlete is injured including the physical, emotional, mental and behavioral aspects of the athlete concerned. When viewed from the emotional aspect, athletes' responses to injuries are anxiety, anger, frustration and so on. Anxiety in athletes who have a history of injury is different from in athletes without a history of injury. Anxiety after ankle injury in athletes with a history of injury develops because they prepare to face the pressure of the match, the athlete must also prepare psychologically for their physical readiness to face the match. When an injury occurs, athletes will experience physiological changes such as muscle tension, psychological changes such as the development of anxiety and depression. Despite having recovered from an injury, there are psychological factors that affect a rehabilitated athlete to return to competition (Adrino et al., 2023)

An athlete who experiences excessive anxiety in a match is likely to cause anxiety in the form of health disorders or behavioral deviations so that his appearance and confidence will decrease and his concentration level will decrease. Indicators that can be used as indicators that athletes experience anxiety can be seen from physical and psychological changes. "Symptoms of physical anxiety include: (a) dramatic changes in behavior, restlessness or restlessness and difficulty sleeping, (b) stretching of the muscles of the shoulders, neck, abdomen, especially in the muscles of the extremities, (c) changes in the rhythm of breathing, (d) local muscle contractions, in the chin, around the eyes and jaw; while the symptoms are psychological, namely: (a) attention and concentration disorders; (b) emotional changes; (c) decreased confidence; (d) an obsession arises; (e) no motivation" (Supriaten, 2020)

The level of anxiety of football athletes who are undergoing physiotherapy at Ibest *physio* Bogor after suffering an injury based on intrinsic factors is in the medium category. The Intrinsic factors in question are feelings in the form of stage fright, namely anxiety, easy bowel movements and urination, heart palpitations, difficulty breathing, flushed and pale face. The extrinsic factor in question is the pressure from a coach off the field, the cheers of the audience that make you feel anxious. Actually, Intrinsic factors cannot arise if there are no extrinsic factors.

The level of anxiety of football athletes who are carrying out physiotherapy at Ibest *physio* Bogor on the field is influenced by several factors. One of them is preparation before participating in the competition, physical and health conditions and other things that can interfere with the psychological condition of athletes so that athletes feel bad when on the field. Athletes who have not been able to control their anxiety during the competition will always find it difficult in various

match situations on the field, even though the actual situation of the match is not as difficult as athletes imagine.

C. Research Limitations

Even though the researcher has tried hard to meet all the required needs, it does not mean that this research is without weaknesses and shortcomings. Some of the weaknesses and shortcomings that can be stated here are the difficulty of knowing the seriousness of the respondents in doing the questionnaire. Efforts are made to minimize errors by providing an overview of the purpose and objectives of this research and filling out a letter of willingness as a sample.

CONCLUSION

In the final part of this study, we will explain the conclusions that can be drawn based on the results of the research. Based on the results of the study, 33% of athletes experience anxiety trauma, such as stress during physiotherapy, fear of decreased performance, and trauma of repeated injuries. The largest 53% of athletes feel depressed, anxious when thinking about returning to the field, and excessive worry about the recovery process. Furthermore, the largest 13% of athletes showed anxiety within reasonable limits, still being able to control emotions despite fear and hesitation. The conclusion that the anxiety survey of football athletes in the case of anterior cruciate ligament injury is that the majority of athletes (86%) experience high to very high anxiety. This shows that anterior *cruciate ligament injuries* have a major impact on the psychological condition of athletes, and require serious attention from coaches, physiotherapists, as well as sports psychologists.

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