



THE RELATIONSHIP BETWEEN ANXIETY AND SELF-CONFIDENCE OF FEMALE
FUTSAL PLAYERS WHEN FACING A MATCH

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Abstract

This study aims to determine the extent of the relationship between anxiety and self-confidence among female futsal players when facing matches at SMP Negeri 1 Kutawaringin. The background of this research is the phenomenon of many female futsal athletes experiencing anxiety during competitions, which affects their performance and self-confidence on the field. The results of this study are expected to provide an overview of the relationship between anxiety and athletes' self-confidence, as well as offer input for coaches, players, and related parties in efforts to improve performance and create a more conducive match atmosphere. Based on the research conducted on 30 female futsal athletes at SMP Negeri 1 Kutawaringin, the data showed that most athletes were at a moderate level of anxiety, totaling 15 athletes (50%). Meanwhile, athletes with a high level of anxiety numbered 8 (26.7%), and the remaining 7 athletes (23.3%) had a low level of anxiety. Regarding self-confidence, the results showed that 14 athletes (46.7%) had a moderate level of self-confidence, 10 athletes (33.3%) had a high level of self-confidence, and 6 athletes (20%) had a low level of self-confidence.

Keywords: anxiety, Self-Confidence, Female Futsal Players, Junior High School.

INTRODUCTION

Olaharaga is complex activity that can be observed in some form of viewpoint. Regarding achievement as the ultimate goal of athletics, many factors can hinder its achievement. Futsal is a team sports game that requires teamwork among its players in one particular genre (Gaya et al. 2024). Physical education learning usually tends to be taught through practice, i.e. repeating the same movements to acquire perfect movement skills. In fact, the purpose of physical education is not only skills, but also aspects of attitude and knowledge. In the current era, students are required to be critical and creative in thinking and be able to collaborate with others. Therefore, to acquire a greater source of knowledge, alternative learning *blended learning* Present as a solution (Victoria, Mustafa, and Ardiyanto 2021).

Futsal is a unique game because it is a combination of football and basketball. Futsal is a game that is indeed individual but is a game with a team nature. And each team consists of 5 players, which requires teamwork between players to produce a victory (Akbar et al. 2020). Futsal is one of the branches of open skill sports, because the stimulus to act or act is always changing, and requires flexible movement responses. Teamwork in futsal will run according to the coach's strategy if each individual is able to do basic techniques properly and correctly (Al Mukminin Billi, Imansyah F, and Akbar T 2023). An achievement that can be achieved in the field of sports can in essence be achieved by individuals with stamina, ability, tactics and most importantly individual psyche (Syaputra and Listya 2023).

Anxiety is a negative emotional reaction to mental tension with the manifestation of feelings of anxiety, worry and an increase in the body's nervous system which consists of three aspects, namely, the cognitive anxiety aspect which explains the existence of thoughts that encourage the appearance of anxiety in athletes, for example fear of failure (Widyanti, Izzuddin, and Armen 2023). In futsal players who will face the match, before the match the players are anxious to the point of having no appetite or even not being able to sleep (Hasanuddin, Badaru, and ... 2023). This agrees with Hawari saying that anxiety is a natural disturbance of feelings in a person that is characterized by feelings of fear, deep and ongoing worry, without changing a person's behavior, and behavior can be disturbed still within normal limits (Marcelino and Wijaya 2023). Anxiety always appears anywhere and anytime, it can be internal and external factors and also the type of anxiety is different (Sakti and Fahrudin 2021). Based on Spielberger's theory of anxiety (*Laughter*) are divided into 2 namely *State anxiety* and *Trait Anxiety* (Herdiani 2012).

In personality development, confidence is one of the important elements that athletes must develop. Confidence can have an impact on an athlete's emotions, feelings, and imagination (Asmuni, Rasyid, and Azis 2021). With confidence, athletes have the ability and ability to achieve achievements. An athlete who is about to enter the final round must have a sense of confidence, because with this kind of mental attitude it will help the athlete to adapt to excessive tension, achieve the goals that he has set, and avoid the athlete from feeling frustrated by failure (Muriawijaya 2016). A person can increase his or her confidence in various ways, such as accomplishing through performance, acting confidently, thinking confidently, using images, creating a goal map, being optimistic about physical condition, and preparing for the match (Nisa and Jannah 2021). Confidence is essential for athletes to win in races. Reduced or loss of confidence can cause athletes to perform less

than they are capable of. Thus, athletes do not need to doubt their abilities if they have trained hard and participated in many races (Ryzki et al. 2021).

METHODS

The method used in this study is quantitative descriptive with a correlational research method. The correlation research method is basically a scientific way to obtain data with a specific purpose and use. Based on this, there are four keywords that need to be considered, namely scientific methods, data, purpose and usefulness (Sugiyono, 2016). According to Sugiyono (2016), correlational research is a type of research with problem characteristics in the form of a correlational relationship between two or more variables. The purpose of this study is to determine whether or not there is a correlation between variables or make predictions based on correlations between variables. This type of research emphasizes on determining the level of relationship that can also be used to make predictions (Rinaldi 2022).

Population, Sampling, Sample

a. Population

Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions (Budget 2022). Population is all the values of both calculations and measurements, both quantitative and qualitative, of certain characteristics regarding a complete and clear object. The population in this study is 124 students of SMP Negeri 1 Kutawaringin Futsal.

b. Sampling

In this study, purposive sampling technique is used, which is a sample taken based on the needs or objectives of the research, in this study the purpose of this study is that all Futsal students of SMP Negeri 1 Kutawaringin are female. In other words, the researcher took the subject, namely the women's futsal team of SMP Negeri 1 Kutawaringin.

c. Sample

Based on the opinion mentioned above, the sample used is the women's futsal team of SMP Negeri 1 Kutawaringin which totals 30 people.

Research Instruments

Research instruments are measuring instruments used to measure observed research variables. Instruments are needed as a way to measure an object more easily and the results are better, so that data is easier to process. The instrument or tool to collect data used in this study is in the form of a questionnaire. The questionnaire will provide answers that will be used to investigate the subject's opinion on a matter or to reveal to the respondent. The steps in the preparation of research instruments are seen from the research variables that are set to be studied, and then the indicators to be measured. The indicators will be described into statement items. In order to facilitate the arrangement of instruments, it is necessary to have an instrument developer matrix or instrument grid (Stuart 2008).

Data Analysis

Data analysis techniques in quantitative research are activities after data from all samples or other data sources are collected. The activity in data analysis is to group data based on variables and sample types. Tabulating data based on variables from all samples, presenting data for each variable studied, performing calculations to answer the formulation of the problem, and performing calculations to test the hypothesis that has been proposed. Data analysis techniques in quantitative research use statistics. The data analysis technique uses the help of SPSS (Statistical Product and Service Solution for Windows version 26.

1. Descriptive Data Frequency Analysis

Frequency descriptive analysis is an analysis that is carried out to find out the value of the frequency of answers on each item of the questionnaire statement. The results of the frequency calculation will then be described in the form of a table. In this test, the researcher used the SPSS system (*Statistical Product and Service Solution*) version 26.

2. Data Normality Test

The data normality test is a test that is carried out with the aim of assessing the distribution of data on a data group or variable. According to Sugiyono (2019: p.234), the first data analysis technique was a data normality test. The hypotheses that have been formulated will be tested with parametric statistics, including using t-test for one sample, correlation and regression, and analysis of variant data for two samples. The use of parametric statistics requires that each variable to be analyzed must be normally distributed.

The normality test aims to test whether the sample used has a normal distribution or not. In a linear regression model, this assumption is indicated by a normally distributed error value. A good regression model is a regression model that has a normal or near-normal distribution, so it is statistically feasible to test. Data normality testing uses the Kolmogorov-smirnov Test of Normality in the SPSS program.

According to Santoso (2012: p. 293) the basis for decision-making can be done by

probability (Asymtotic Significance), namely:

- 1) If the probability > 0.05 then the distribution of the regression model is normal.
- 2) If the probability < 0.05 then the distribution of the regression model is abnormal.

Table 3. 1
Data Normality Test

		One-Sample Kolmogorov-Smirnov Test
		Unstandardized Residual
N		30
Normal Parameters, b	Red	0,0000000
	Std. Deviation	3,70484639
Most Extreme Differences	Absolute	0,095
	Positive	0,089
	Negative	-0,095
Test Statistic		0,095
Asymp. Sig. (2-tailed)		,200c,d
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		
d. This is a lower bound of the true significance.		

3. Pearson Product Moment Correlation (PPM)

If two variables have a relationship between X and Y variables, then the *Pearson Product Moment* correlation coefficient is stated, using SPSS version 26.

To find out the meaning of correlation, the results of the analysis are interpreted according to the following correlation.

Table 3. 2
Correlation Coefficient interpretation guidelines

Interval Coefficient	Relationship Level
0,800 – 1,000	Very Powerful
0,600 – 0,799	Strong

0,400 – 0,599	Medium
0,200 – 0,399	Low
0,000 – 0,199	Very Low

Source: Sugiyono (2013 : p. 250)

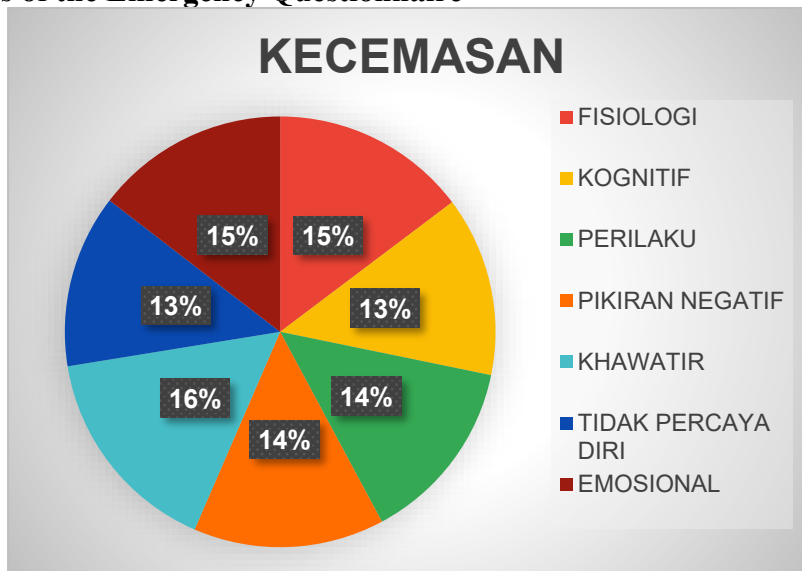
4. Coherence Test of Determination (R2)

The function of the Test (R2) is to the extent of the ability of the free variable to explain the bound variable. The test (R2) is expressed in percentages whose values range from $0 < R2 < 1$, the test criteria are as follows:

- 1) If the value (R2) is close to 0, it shows a smaller influence.
- 2) If the value (R2) is close to 1, it shows an even greater influence. To make it easier to analyze and test the level of correlation based on the proposed hypothesis, the collected data is processed using computer assistance with the SPSS (*Statistical Product and Service Solution*) program. The calculation of the analysis in this study is guided by the *Statistical Product and Service Solution* version 26.

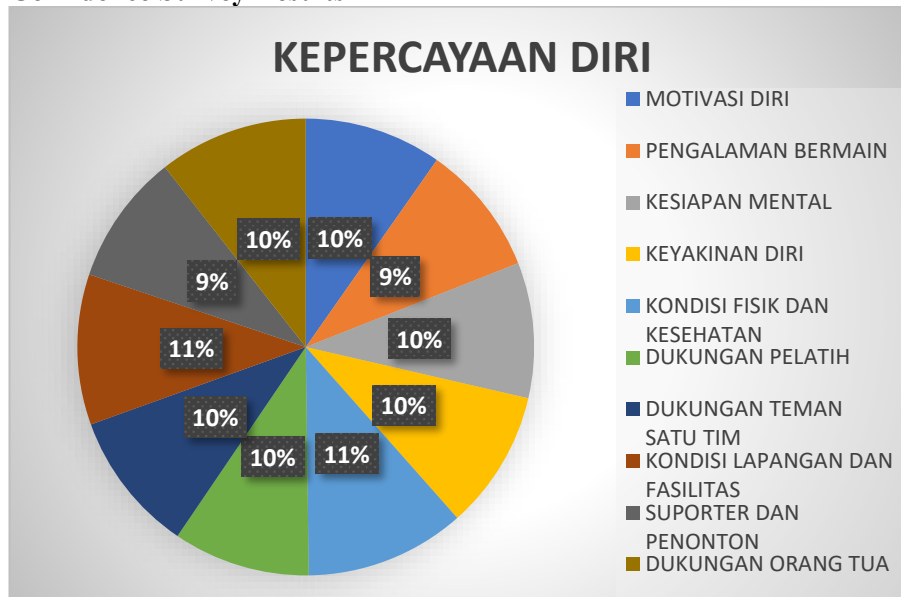
RESULTS AND DISCUSSION

Diagram 1
Results of the Emergency Questionnaire



Based on the results of data analysis displayed in the form of a pie chart regarding aspects of anxiety, it can be concluded that anxiety consists of seven main dimensions that each have a different contribution to the overall anxiety felt by individuals, especially in the context of competitive or performative activities during futsal matches.

Diagram 2
Confidence Survey Results



Based on the pie chart above, it can be concluded that Women's Futsal players' confidence when facing matches influenced by Ten main aspects, with relatively balanced proportions, i.e. ranging between 9% to 11%.

Table 4. 1
Normality Test Results

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		30
Normal Parameters ^{a,b}	Red	0,0000000
	Std. Deviation	3,70484639
Most Extreme Differences	Absolute	0,095
	Positive	0,089
	Negative	-0,095
Test Statistic		0,095

Asymp. Sig. (2-tailed)	,200 ^{c,d}
a. Test distribution is Normal.	
b. Calculated from data.	
c. Lilliefors Significance Correction.	
d. This is a lower bound of the true significance.	

Based on the results of the normality test using *One-Sample Kolmogorov-Smirnov Test*, obtained a significance value (Asymp. Sig. 2-tailed) of 0.200, which is greater than 0.05. This shows that residual data is normally distributed, because there is no significant difference between the data distribution and the normal distribution. This means that the data in this study meets the assumption of normality, so that it can be further analyzed using parametric statistical tests, such as linear regression, because the normality requirements have been met.

Table 4. 2
Pearson Product Moment (PPM) Correlation Test

		Correlations	
		Anxiety	Confidence
Anxiety	Pearson Correlation	1	.408*
	Sig. (2-tailed)		0,025
	N	30	30
Confidence	Pearson Correlation	.408*	1
	Sig. (2-tailed)	0,025	
	N	30	30

Based on the table above, the correlation between anxiety and self-confidence. Value *Pearson Correlation* = 0.408, indicating a moderate and positive relationship. This can be concluded from the correlation results *Pearson*, the value of the relationship between anxiety and confidence is 0.408. That means the relationship is moderate and positive. The sig value is 0.025, so it means that there is a meaningful relationship between the two.

CONCLUSION

Based on research conducted on the relationship between anxiety and confidence of female futsal players when facing matches at SMPN 1 Kutawaringin, it can be concluded that there is a not very strong relationship between the level of anxiety and the confidence of female futsal players. The anxiety experienced by players, whether caused by pressure from coaches, demands to win, or the influence of spectators, can be proven to affect their confidence level during matches. The higher the level of anxiety felt, the more confidence the players tend to decrease, which can have an impact on their performance on the field. On the other hand, players who are able to manage anxiety well will have higher confidence and can play more optimally during the match. Therefore, it is important for coaches and the surrounding environment to create a supportive atmosphere so that players' anxiety can be suppressed and their confidence can be increased, so that the performance of the women's futsal team can be maximized.

Overall, the questionnaire data proves that anxiety has an influence on the confidence of women's futsal players. Efforts to suppress anxiety and increase confidence are very important, both through mental training, motivation, and support from coaches and teammates. Thus, the performance of the women's futsal team can continue to be improved and the expected achievements can be achieved.

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