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Hubungan Antara Kepercayaan Diri Dengan Kecemasan Menjelang Pertandingan Pada Atlet Bola Basket Di UKM STOK Bina Guna

The Relationship Between Self-Confidence and Anxiety Before a Match in Basketball Athletes in UKM STOK Bina Guna

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Abstract. This research aims to determine the relationship between self-confidence and anxiety before a match in basketball athletes at UKM STOK Bina Guna. This research used quantitative research methods, with a total of 19 basketball athletes from UKM STOK Bina Guna. The data analysis technique for testing the hypothesis in this research uses the product moment correlation technique. Based on the results of data analysis from this research, the results were obtained ($r = - 0.764$, and $p = 0.000$; $p < 0.05$). This shows that there is a very significant relationship between athletes' self-confidence and anxiety before the match. The negative sign in the results of the data analysis above means that an inverse comparison applies, the lower the self-confidence, the higher the anxiety experienced and vice versa. The effective contribution of athletes' self-confidence to anxiety before the match in this study was 76.4%.

Keywords: Basketball, Confidence, Anxiety Before the Game.

1 Introduction

Basketball is a fun, competitive, educational, entertaining and healthy sport (Prasetyo & Sukarmin, 2017). Basketball game is one of the sportactivities that has a positive effect on learner in physical, mental and social sides as a result of that it acquires a wide attention locally and globally, it concerns with the variety of concepts and basic skills as a fundamental requirements to learn (El-Aal, 2012, p. 428). Basketball is a game played by two teams, each consisting of five players (Muhajir, 2016, p. 11). This game uses a rubber bouncing ball on the field. Points in this game can be obtained by putting the ball in the opponent's basket.

Talking about the sport of basketball, the achievements of Indonesian athletes can be said to be quite encouraging, one example of which is as reported by the Jakarta online media (ANTARANews) by Siahaan who reported that the Indonesian men's national basketball team won a silver medal at the 27th SEA Games in Malaysia in 2017, The men's team achieved only second place victory as a result of falling behind by a landslide score of 55-94 to the Philippines. The men's national team's silver medal is the fourth medal they have won at the SEA Games since 2015, 2007 and 2001. The achievements produced by these athletes cannot be separated from the hard work they put into achieving success. These efforts can take various forms, both physically by training to maximize abilities and playing techniques and also psychologically in the form of a winning mentality that continues to be forged so that it does not decline easily, thereby affecting the quality of the athlete himself. Various kinds of preparation and training are carried out to obtain the best results with the aim of defeating opponents who may be considered to have more abilities than the athlete. Various kinds of speculation and feelings of worry from athletes about the match they will be taking part in, feelings of worry about losing in the game, feelings of fear about their performance not being optimal, even the possibility of injury that they could experience and other bad possibilities which are considered as threats in the sports activities they are involved in as an athlete.

The feeling of fear and worry that a person feels about something is called anxiety. In general, anxiety is a condition that is defined as a threat that can affect the survival of the person experiencing it. Athletes who feel afraid of losing in a competition, worried that their performance will be bad is also an anxiety experienced by athletes related to the sport they are involved in, so that anxiety that arises as a result of sports activities can be called sports anxiety. Anxiety according to Gunarsa (1987) is a feeling of worry and fear that has no clear cause. The anxieties often experienced by athletes are usually like going into a competition, feeling a higher urge to urinate, breaking out in cold sweat, shaking the body, feeling dizzy in the head and feeling a little blurry, apart from the obvious things athletes also feel when they see the opponent feels like they have greater abilities, concentration is lost when they hear the cheers of the audience, when they receive instructions from the coach they are afraid of disappointing and being scolded, what scares athletes the most is losing in a match.

This form of anxiety before a match experienced by athletes is a phenomenon that often occurs in athletes who are members of a sports club. An example of a phenomenon that occurs is the anxiety before a match experienced by basketball athletes who are members of the STOK Bina Guna Student Activity Unit (UKM). Observing this phenomenon through observation and providing a checklist to describe the conditions experienced by several athletes who are training in preparation for the match, located on the STOK Bina Guna basketball court.

The results of the initial observations contained several items which were answered in unison giving the same agreed results, namely sweating more, heart palpitations, stiff joints, feeling

worried, unable to focus and difficulty concentrating. The calculation results from the check list provided showed that a total of 21 athletes scored above the average, and only 5 athletes scored below the average. The average score is taken from the total number of items justified and then divided by the number of athlete respondents who answered. The results of this check list distribution indicate that there is anxiety experienced by athletes before the match. The explanation above explains that anxiety can arise in the form of physiological reactions or psychological reactions which can affect the athlete's performance.

The anxiety experienced by athletes tends to vary in terms of effects and levels. Anxiety can arise due to several factors, one of which, as stated by Mylsidayu, is the result of a threat felt by the athlete, which affects confidence in one's abilities and then results in a decrease in self-confidence, resulting in anxiety. Self-confidence in general is belief in oneself to be able to achieve a desired goal. Self-confidence is the main capital for achieving maximum performance as an athlete, and is useful for maintaining the best abilities that one has so that the athlete continues to display the best performance. Mylsidayu (2014) defines self-confidence as a feeling of confidence in one's own ability to be able to achieve certain achievements or targets for an athlete. So, athletes with high self-confidence will have good self-control, and conversely, if an athlete does not have enough self-confidence, they will easily experience anxiety.

Previous research conducted by Fahmi (2013) with the title "The Relationship between Anxiety and the Accuracy of Volleyball Floating Overhead Serves in Volleyball Extracurricular Students at Rangel State High School, Tuban Regency", made anxiety a variable that influences volleyball sports activities which are related to accuracy. volleyball game technique. The results found that there was indeed a significant relationship in the inverse form, namely if the anxiety experienced by the subject was high then the technical accuracy was lower and conversely, if anxiety was low then the technical accuracy was more accurate. Furthermore, research conducted by Kusumajati (2011) with the title "The Relationship Between Anxiety and Achievement Motivation in Fencing Athletes in DKI Jakarta", made anxiety one of the focuses of his research on athletes before a match which can influence achievement motivation in competing and there is a significant relationship. in the form of negative correlation.

Based on the phenomenon that occurs and is supported by the results of previous research, further research will be carried out on pre-match anxiety experienced by athletes using the factor that causes anxiety, namely self-confidence, to be used as an influencing variable in the research that will be carried out. It is hoped that this research can answer problems that arise and increase insight into the focus of the research taken.

2 Method

This research is included in comparative quantitative research. Using 19 STOK Bina Guna basketball UKM athletes. This is a study without a research sample, the subjects were divided into two, namely 10 athletes as instrument trial respondents and 9 athletes as research respondents. The research instrument used a questionnaire with a self-confidence scale adapted from previous research by Andrianto (2017). The questionnaire in this research was developed from aspects of self-confidence from Mylsidayu (2014), while the anxiety questionnaire instrument used an anxiety scale created and developed by researchers from aspects of Gunarsa (1987). Data analysis used the product moment technique developed by Karl Pearson which was also carried out with the help of the SPSS 23.0 for Windows computer program.

3 Result

Based on the hypothesis test carried out using product moment correlation, it can be seen from the results that there is a relationship between the two variables. These results can be seen in the table which shows the significance value of 0.000 which is smaller than 0.05 ($\text{sig} < 0.05$) which means it has significant results. The results of data analysis tests using product moment correlation in the same table show a significance value of -0.764, which shows that there is indeed a relationship in the strong category between self-confidence and anxiety before a match in basketball athletes. There is a negative sign (-) in front of the significance value of the correlation results in the results of this research data analysis, which means a negative correlation (inversely proportional) between the two research variables..

4 Discussion

In this study, researchers used UKM STOK Bina Guna basketball athletes as research subjects. This study aims to determine the relationship between self-confidence and anxiety before a match in UKM STOK Bina Guna basketball athletes. The significance value obtained in this study can be seen in table 4.7 which shows the results of a significance value of 0.000 which is smaller than 0.05 ($\text{sig} < 0.05$) which means that the two variables, namely self-confidence and anxiety before the match in basketball athletes, have positive results. which is significant. Based on the hypothesis test carried out using product moment correlation, it can be seen from the results that there is a relationship between the two variables. The results of the data analysis test using product moment correlation in table 4.4 show a value of -0.764, which means there is a relationship in the strong category between self-confidence and anxiety before the match in basketball athletes. There is a negative sign (-) in front of the correlation result value in the results of this research data analysis, which means a negative (inverse) correlation between the two research variables. The negative direction of the relationship shows that the higher the basketball athlete's self-confidence, the lower the basketball athlete's anxiety before the match, and the lower the basketball athlete's self-confidence, the higher the anxiety.

The results of the negative and significant correlation between self-confidence and anxiety of basketball athletes before the match at the STOK Bina Guna Unique Student Activity show that self-confidence has an important role in determining achievement. This was also found in other research. Research conducted by (Rachmawati, et al, 2016) with the title the relationship between self-confidence and anxiety facing competitions in karate athletes, found that one of the other variables that contributed to the formation of anxiety was self-confidence with the result that self-confidence had a contribution of -0.528 with the direction of the relationship being negative, which means the higher the self-confidence, the lower the athlete's anxiety.

Another similar study was conducted by Saputra (2015) with the title "The Relationship Between Self-Confidence and Anxiety Facing Competitions among SKOI Students in Samarinda". This research is a quantitative study with a population of 90 students and a sample of 65 students with athlete status. Data was collected using a self-confidence scale and an anxiety scale. This research produces a significant relationship between the two variables with $r = 0.329$ and $p = 0.007$. Anxiety before a match is a state of distress felt by athletes as a result of increased negative emotional conditions, thus affecting athletes in perceiving the match situation (Cox, in Saputra, 2015). Gunarsa (1987) explains that there are two types of sources of anxiety, namely anxiety that originates from within and anxiety that originates from outside. Anxiety that

originates from within is closely related to the condition of the athlete himself, such as readiness to play, negative thoughts, thoughts of self-satisfaction and also feelings of having played well or can be called self-confidence in athletes, while anxiety that originates from outside is related to the environment. environment as a form of external stimulation that influences an athlete's anxiety, such as the influence of crowds and match situations. Anxiety is a form of adaptive behavior carried out by an athlete in facing competition situations. If the athlete can deal with it in a relaxed manner then anxiety will not be a problem in sports competitions.

For an athlete, in a competition, apart from physical and technical conditions, psychological conditions are also very important. Conditions in which athletes can face responses and pressure. Psychological factors have a function as a driver or influence on an athlete's performance. Psychological factors are the structure and function of psychological aspects, such as emotions, motivation, self-confidence and several other psychological aspects. Self-confidence is a very important aspect of personality in human life. Confident people believe in their own abilities and have realistic expectations, even when their hopes do not come true, they remain positive and can accept it. Komarudin (2013) states that "athletes who have self-confidence always think positively to show the best and allow themselves to believe that they are able to do it, so that their performance remains good". Self-confidence is the main capital for athletes to achieve maximum performance. Athletes who have self-confidence always think positively to perform the best and allow themselves to believe that they are able to do it so that their performance remains good.

Apart from that, Komarudin (2013) defines self-confidence as a person's belief regarding one's strength, ability, to carry out and achieve success and take full responsibility for what has been determined by oneself. Another statement that supports the definition of self-confidence was also expressed by Setiadarma (2000) who stated that self-confidence is a belief in an individual who feels that he will be able to complete his tasks well. The factors that influence self-confidence were expressed by Mylsidayu (2014) who stated that there are 2 factors that influence self-confidence, namely; Organizational culture, Demographic and personality characteristics. Organizational culture is related to the structural aspects and management culture of a sports organization, while demographic and personality characteristics are related to gender, race, goal orientation of each individual as a sports activity participant. The relationship between self-confidence and anxiety in basketball athletes obtained significant results in accordance with the opinion of several experts who focused on studying these two research variables.

The results of this study are in accordance with the measurements carried out by researchers on the subjects, it can be assumed that the anxiety experienced by athletes before the match cannot be overcome from the start, causing symptoms that weaken a basketball athlete's self-confidence. As stated by Gunarsa (1987), there are two symptoms of anxiety, namely physical symptoms and psychological symptoms. Symptoms on this physical aspect include drastic changes in behavior, restlessness and difficulty sleeping. Next there is stretching of the muscles in the shoulders, stomach and surrounding areas, then there is also a change in breathing rhythm and further local muscle contractions occur, for example in the chin, around the eyes and jaw. The symptoms of the psychological aspect are characterized by disturbances in attention and concentration, changes in emotions, then the emergence of obsession and loss of motivation and of course a decrease in the level of self-confidence in athletes.

This can be seen from the athlete's high self-confidence score category which is only 11.86% while the rest are in the medium and low categories, then the low self-confidence score category is less than the anxiety score with a difference of 5%, apart from that the self-confidence score category low more than the low anxiety score category with a difference of 11.87%. The

percentage comparison between anxiety and self-confidence in basketball athletes has higher anxiety than self-confidence. So the anxiety experienced by athletes before a match cannot be overcome from the start and causes symptoms that weaken a basketball athlete's self-confidence. Categorization itself is carried out to see the distribution of scores from a group which is used as a unit to predict the meaning of individual scores as explained above.

Based on the results of this research, it was found that the alternative hypothesis (H1) was accepted. The results of this study indicate that self-confidence can predict anxiety before the match in UKM STOK Bina Guna basketball athletes. This can be proven by the calculated percentage of self-confidence of 76.4% which can influence the emergence of anxiety before the match. The final research results obtained from statistical and theoretical calculations show that the self-confidence variable has a strong and significant relationship with the anxiety variable before the match in UKM STOK Bina Guna basketball athletes.

5 Conclusion

Based on the results of data processing and analysis, it was concluded that there was a significant relationship between self-confidence and anxiety before the match in UKM STOK Bina Guna basketball athletes. A negative correlation applies, namely a correlation with an inverse ratio, that is, if the athlete's self-confidence is low then the athlete's anxiety before the match is high and conversely, if self-confidence is high then the athlete's pre-match anxiety is low.

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