



Experiments On South Sulawesi Petanque Athletes on Hypnotherapy For Anxiety

Benny Badaru¹, Retno Farhana Nurulita², Suwardi³, M. Imran Hasanuddin⁴

Department of Sport Science/Faculty of Health and Sport Science, Universitas Negeri
Makassar, Street AP Pettarani, South Sulawesi, 90222, Indonesia

Abstract

In Indonesia, petanque is a game sport that has just emerged, especially in South Sulawesi Province. In this very complex game, players do not need to worry too much before and during the game. The aim of this study was to determine whether the use of hypnotherapy could help South Sulawesi Petanque athletes reduce excessive levels of anxiety. The method in this research uses the one-group pretest-posttest design. The sampling technique used purposive sampling and the research sample consisted of 15 athletes. The instrument for measuring athletes' anxiety disorders uses the HARS (Hamilton Anxiety Rating Scale) questionnaire. The results of the study show that petanque athletes use hypnotherapy. The research results showed that South Sulawesi petanque athletes who used hypnotherapy became more confident, more relaxed, better able to control their emotions, and were able to change high anxiety into awareness when competing.

Keywords: *Hypnotherapy, Anxiety, Petanque*

Correspondence author: Benny Badaru, Department of Sport Science, Faculty of Health and Sport Science, Universitas Negeri Makassar, Indonesia.

Email: benny.b@unm.ac.id



Jurnal Pendidikan Jasmani (JPJ) is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

INTRODUCTION

Even though it is considered a new sport in Indonesia, the game of petanque is still very new. Petanque is actually a type of sport that has been around for a long time. The Indonesian Petanque sport has not been talked about much at the 2011 and 2013 Sea Games. One of the reasons is that this sport has not been socialized evenly in all Indonesian provinces. Petanque can be played by all ages, including children, teenagers, adults and the elderly. Unlike other types of sports, it can be played anywhere and by anyone, making it a recreational and health option. Petanque is a sport that uses a ball to throw a bosi as close as possible to a wooden ball (boka) as a target, with both feet in a circle. There are two types of throws in Petanque, namely pointing and shooting, where these two techniques have their respective roles, pointing aims to bring the ball closer to the target box, while shooting is a type of throw to keep the opponent's ball away from the ball or target (Parlindungan et al., 2019)

Petanque entered South Sulawesi on March 22 2016, some of the South Sulawesi Petanque athletes are FIK UNM students even though this sport is relatively new in South Sulawesi, but some of the athletes have participated in national and even international level championships such as the Petanque National Championship among Indonesian Students in Tasikmalaya, West

Java in 2016, XIX National Sports Week in Bekasi, West Java in 2016 (Juhanis et al., 2023). An important factor that influences and is needed by Petanque players apart from the basic techniques of playing Petanque, which must be mastered well, is a good mentality. Mental factors have a very important role, this means the presence of a good mentality. is the main capital for players in achieving achievements. A petanque athlete must also be able to maintain things that support the training process, such as a culture that supports training, team dynamics, and factors that influence judgment, mood, thought patterns/views, behavior, anxiety, beliefs, problem-solving skills, and interpretation of challenges in the exercise program (Kiely, 2018). Athletes may feel too anxious because of the heavy pressure and demands during competitions.

Anxiety is a very important psychological component. Especially for Petanque athletes, existential concepts such as anxiety, self-identity, values, and passion can help explain sports psychology experiences. (Nesti, 2010). Petanque is a type of sport that has a very high level of anxiety. Anxiety disorders characterized by emotional responses related to fear, worry, and tension are considered dangerous (Rice et al., 2019). Any athlete can experience anxiety that interferes with their ability to play well. Athletes can overcome anxiety by using methods such as positive thinking, hypnotherapy, cognitive behavioral therapy, and relaxation (Mishra, 2018).

In relation to sports, anxiety that arises during a match is an athlete's negative emotional reaction when their self-esteem is threatened, this is because athletes consider the match as a tough challenge to succeed and think about the consequences if they lose the match. (Amir, 2012). At the beginning of July 2023, South Sulawesi Petanque athletes while taking part in the Pre-PON XXI qualifying round in Bali, the athletes had problems with high levels of anxiety in the context of the pressure in the match where athletes were required to pass every number for the 2024 PON and not make mistakes that have the potential to harm the team. Players must always win and be the best. With athletes qualifying for PON 2024 in Aceh, it seems to be an inevitability because of the enormous responsibility borne by the athletes. Despite this, the psychological state of the players was mostly very anxious; This can be seen from the many mistakes that should not have been made, changing levels of self-confidence, cold sweat, and excessive fear. It seems like a solution is needed to reduce player anxiety. Hypnotherapy is an intervention method to overcome anxiety levels that are too high.

According to (Gunawan, 2007) Hypnotherapy is a term that refers to the use of hypnosis as a method of therapy. Suggestion can change a person's perceptions, sensations, emotions, thoughts and behavior in the part of hypnosis. Suggestions to control and normalize digestive function (generally on a repetitive basis) and language used to suggest improvement are made, which is contrary to standard hypnotherapy. A patient, client, or object experiences altered sensations, perceptions, thoughts, and behavior when hypnotized by a health professional or

researcher(Mulyadi & Kholida, 2021).(Keefer et al., 2013)explained that hypnotherapy improves immune parameters by increasing the expression of T-cellinterferon-gamma and interleukin-2, increasing the binding of secretory immunoglobulin-A and neutrophils, and reducing inflammatory markers such as erythrocyte sedimentation rate, C-reactive protein, and leukocyte activity. Hypotherapy can also affect cerebral blood flow. Quantitative measurements of depth of hypnosis and heart rate variations, which can be part of real time, indicate reactivity of the parasympathetic branch of the autonomic nervous system. The neural mechanisms of the hypnotic state remain significantly unknown but hypnosis has effects on brain function.

Based on the explanation that hypnotherapy methods can help reduce high levels of anxiety when competing, hypnotherapy is one of the right solutions to overcome the anxiety problems of petanque athletes. This study aims to explore the positive effects of hypnotherapy intervention on anxiety problems(Untas et al., 2013). This research aims to see whether hypnotherapy can help petanque athletes reduce excessive levels of anxiety.

METHOD

This research is using experimental method. Researchers treated the samples with hypnotherapy therapy. The research design uses the one-group pretest-posttest design (F r a e n k e l & W a l l e n , 1 9 9 0)

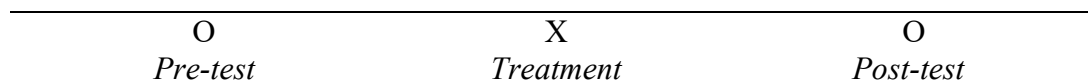


Figure 1. Research Design

The research was carried out at the FIKK UNM Makassar Petanque Field. The research was carried out on 07-14 December 2023. The samples were treated 5 times. In one go, hypnotherapy is carried out for 30 minutes. The mechanism for providing hypnotherapy is carried out in 3 stages, namely 5 minutes of preparation stage, 20 minutes of therapeutic trance stage, and 5 minutes of ratification of therapeutic change. Hypnotherapy is carried out simultaneously in an open space. The population in this study were all petanque athletes from South Sulawesi Province who experienced anxiety disorders totaling 15 athletes. The sampling technique used was purposive sampling. Purposive sampling focuses on specific characteristics of the selected individuals(Zedeck, 2014).The research sample consisted of 15 athletes. The data measurement technique uses a questionnaire measuring anxiety disorders with the HARS scale (Hamilton Anxiety Rating Scale). Questionnaire calculations use a Likert scale. This scale shows the degree to which respondents agree with the statements prepared(Sarstedt & Mooi, 2014). Data analysis in research was carried out using the T test and percentage formula. The T test aims to determine group differences in anxiety disorders. The percentage formula aims to

determine the percentage reduction in anxiety disorders seen from the comparison of the initial score and the final score.

RESULTS AND DISCUSSION

Result

The results of this research were to determine the effect of hypnotherapy on overcoming anxiety levels in South Sualwesi Petanque athletes. 15 Petanque athletes filled out an anxiety disorder questionnaire with the HARS scale (Hamilton Anxiety Rating Scale) to measure the initial level of anxiety. Furthermore, 15 athletes received treatment in the form of hypnotherapy five times. To find out whether there is a change, a post-test is carried out. Statistical data in the form of pre-test and post-test can be seen in table 1 below.

Table 1. Description of Pre-test and Post-test Results Data for petanque athlete

Group	Test	N	Min	Max	Mean	SD
Eksperimen (Hipnoterapi)	Pretest	15	20	40	29.67	6.91
	Postest	15	12	23	18.67	3.37

From table 1, it can be seen that before being given hypnotherapy treatment, players' anxiety disorders showed an average value of 29.67, while after receiving treatment the average anxiety disorder value was 18.67. These data show a decrease in anxiety levels in South Sulawesi petanque athletes.

Based on the test results, the difference between the pre-test and post-test level of South Sulawesi petanque athletes can be seen in table 2 below.

Table 2. Pre-test and Post-test Difference Test for South Sulawesi petanque athletes

Group	N	Mean	t _{hitung}	t _{tabel 5%}
Pretest	15	29,67	66,4492	2,145
Postes	15	18,67		

Based on table 2, the t valuecount ($66.4492 > 2.145$). This means that there is a change in anxiety after being given hypnotherapy treatment..

Table 3. Percentage Reduction in Anxiety Disorders in South Sulawesi petanque athletes

Group	N	Mean Pretest	Mean Posttest	Mean Different	Percentage Decrease (%)
Eksperimen Hipnoterapi	15	29.667	18.667	11.000	37.079%

Table 3 shows that the percentage of anxiety disorders in South Sulawesi petanque athletes decreased by 37,079% after being given hypnotherapy treatment.

Discussion

Hypnotherapy is the use of suggestion to overcome psychological problems which include thoughts, feelings and behavior, which in this case is the problem of anxiety. Anxiety is a behavior caused by stress or pressure in humans (Fossat et al., 2014). In a relaxation state, the

subconscious mind will be given positive suggestions regarding the anxiety problems experienced, this aims to make you feel better again.(Muhammad, 2011).

The results of this research were conducted on several South Sulawesi Petanque athletes who faced uncertain competition, both before the match, during the match and towards the end of the match. Over time, sport as a stressful activity has the effect of increasing stress and anxiety levels, and has a direct impact on athlete performance, either strengthening or weakening the results achieved in competition.(Serrano et al., 2019). When the time for the match arrives, anxiety arises due to the feeling of the heavy burden of the match that will be held. As the match progresses, anxiety will decrease because players begin to adapt themselves to the match situation, and they can already master the conditions during the match. Towards the end of the match, feelings related to anxiety will start to emerge again.

Based on the observations, if the team is ahead, the players are worried that the score will be equalized or even the opponent will be ahead, whereas if the team is behind, the team will try to continuously equalize and even try to win the match. Generally, players who experience high anxiety find it difficult to overcome their anxiety and will not adapt well. Each individual has various ways of dealing with competition anxiety. This happens because of pressures, both originating from within the athlete and from outside the athlete as well as the nature of sports competitions which are full of changes, starting from game conditions or natural conditions which cause a decrease in self-confidence in the athlete's performance.(Jarvis, 2006). The application of hypnotherapy to overcome the anxiety problems of football players before, during the match and near the end of the match has a positive impact which is characterized by reducing excessive levels of anxiety. Players have self-confidence, are more focused, relaxed, able to process emotions and are able to overcome anxiety which is transformed into alertness.

The application of hypnotherapy brings positive suggestions, helping to reduce anxiety disorders more optimally. Conditions like this are the dominant factor in the formation of anxiety disorders. Hypnotherapy in a state of total relaxation and concentration is more effective in reducing anxiety disorders.(Amundson & Nuttgens, 2008).

CONCLUSION

In essence, excessive anxiety before, during, and towards the end of a petanque match can cause various problems for petanque players. Hypnotherapy has been proven to be a solution to overcome anxiety levels. By applying hypnotherapy, players become more confident, relaxed, able to manage emotions, and can change high anxiety into alertness.

ACKNOWLEDGMENT

Thank you to the South Sulawesi Petanque team for allowing us to collect data so that this research can run well.

REFERENCES

- Alfarisi, R., Karhiwikarta, W., & Hermawan, D. (2013). Faktor–Faktor Yang Mempengaruhi Kebugaran Jasmani Mahasiswa Kedokteran Universitas Malahayati. *Jurnal Dunia Kesmas*, 2(1).
- Guyton, A. C., & Hall, J. E. (2012). *Pocket Companion to Guyton and Hall Textbook of Medical Physiology*. Elsevier Health Sciences.
- Hidayat Ashari, M., Hardianto, Y., & Nur, R. (2022). Hubungan antara Aktivitas Fisik dengan Kualitas Tidur pada lansia The Relationship Between Physical Activity and Sleep Quality in Elderly. *Jurnal Fisioterapi Dan Rehabilitasi*, 6(1).
- Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Katz, E. S., & Kheirandish-Gozal, L. (2015). National Sleep Foundation’s sleeptime duration recommendations: methodology and results summary. *Sleep Health*, 1(1), 40–43.
- Iqbal, M. D. (2017). Hubungan aktivitas fisik dengan kualitas tidur mahasiswa perantau di Yogyakarta. *Pendidikan Jasmani Kesehatan Dan Rekreasi*, 6(11).
- Kamaryati, N. P., Rosalini, W., Ismail, R., & Haryati, O. (2023). *Buku Ajar PemenuhanKebutuhan Dasar Manusia*. PT. Sonpedia Publishing Indonesia.
- Lubis, L., Kusumawiyanti, T., Nasution, G. T. D., & Dwirahmadi, F. (2022). Sleep Quality Profile of Mining Workers Based on Pittsburgh Sleep Quality Index (PSQI). *Media Kesehatan Masyarakat Indonesia*, 18(4), 140–146.
- Mufidah, R., & Soeyono, R. D. (2021). Pola Makan, Aktivitas Fisik, Dan Durasi Tidur Terhadap Status Gizi Mahasiswa Program Studi Gizi Unesa. *Jurnal Gizi Unesa*, 1(1), 60–64.
- Pasaribu, A. M. N. (2020). Tes dan pengukuran olahraga. *Banten: Yayasan Pendidikan Dan Sosial Indonesia Maju (YPSIM)*.
- Putra, R. A. K., & Kriswanto, E. S. (2019). Hubungan Antara Kualitas Tidur Dengan Kebugaran Jasmani Kardiorespirasi Siswa Kelas VIII Di Sekolah Menengah Pertama Negeri 1 Mlati Kabupaten Sleman. *Pendidikan Jasmani Kesehatan Dan Rekreasi*, 8(10).
- Reza, R. R., Berawi, K., Karima, N., & Budiarto, A. (2019). Fungsi Tidur dalam Manajemen Kesehatan. *Medical Journal of Lampung University*, 8(2), 247–253.
- Safaringga, E., & Herpandika, R. P. (2018). Hubungan antara kebugaran jasmani dengan kualitas tidur. *Sportif*, 4(2), 235–247.
- Sepriadi, S., Hardiansyah, S., & Syampurma, H. (2017). Perbedaan tingkat kesegaran jasmani berdasarkan status gizi. *Media Ilmu Keolahragaan Indonesia*, 7(1), 24–34.
- Sugiyono, D. (2013). Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D. Sukmawati, A. S., Isrofah, I., Yudhawati, N. L. P. S., Suryati, S., Putra, I. K. A. D., Juwariyah, S.,
- Susanti, N. L. (2018). Dukungan keluarga dalam meningkatkan kualitas hidup pasien kanker servik (Family Support for Improving Quality of Life in Cervical Cancer Survivor). *Jurnal Ners Lentera*, 5(2), 106–115.
- Sutanti, H., Satria, A. P., & Agustien, R. (2015). Hubungan antara Pola Tidur dengan Tekanan Darah pada Pasien Terapi Hemodialisis di Ruang Hemodialisa Rumah Sakit di Bontang.
- Wicaksono, D. W., Yusuf, A., & Widyawati, I. Y. (2013). Faktor dominan yang berhubungan dengan kualitas tidur pada mahasiswa Fakultas Keperawatan Universitas Airlangga. *Critical Medical and Surgical Nursing Journal*, 1(2), 92–101