



Level of Confidence Paragliding Athletes During Competition

Dwi Putri Cindy¹, Heri Wahyudi², Pudjijuniarto³, Roy Januardi Irawan⁴

^{1,2,3,4} Sports Science, Faculty of Sports and Health Sciences, Universitas Negeri Surabaya,
Street Raya Kampus Unesa, Lidah Wetan, Jawa Timur, 60213, Indonesia

ABSTRACT

Self-confidence is a crucial psychological factor that supports athletic performance, especially in extreme sports like paragliding, which require high levels of mental preparedness. Paragliding athletes face challenges that test their courage, focus, and mental resilience, making confidence a key element during competitions. While many studies have examined confidence in various sports, research specifically addressing the confidence level of paragliding athletes during competition remains scarce. This study aims to describe the self-confidence level of paragliding athletes in a competitive context. A descriptive quantitative method was employed, using a Likert-scale questionnaire distributed to 50 athletes who had competed in league-level events. The research instrument was based on psychological indicators reflecting internal and external confidence factors. Results showed that 90% of athletes had high confidence, 10% had moderate confidence, and none had low confidence. The mean confidence score was 76.4, with a standard deviation of 5.894, indicating an overall optimal psychological state. In conclusion, paragliding athletes demonstrated high levels of self-confidence in competition, making it a valuable psychological asset for enhancing performance. It is recommended that coaches and sports institutions provide continuous psychological support through mental training and self-efficacy development programs.

Keywords: *Self-Confidence, Athlete, Paragliding, Competition, Sports Psychology*

Correspondence author: Dwi Putri Cindy, Universitas Negeri Surabaya, Jawa Timur, Indonesia
Email: dwiputricindy53@gmail.com



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

Sports are an inseparable part of human life. Physical activities such as walking, running, and lifting weights are fundamental forms of exercise that are often carried out unconsciously in daily routines. Gumantan (2020) emphasizes that sports offer several essential benefits, including enhancing physical fitness, maintaining health, and providing mental relaxation. Regular physical exercise not only improves physical well-being but also refreshes the mind (Zulkarnain, 2017). Alif (2023) adds that sports play a significant role in maintaining mental health by reducing the risk of depression, preserving cognitive function, and enhancing self-confidence.

In the world of sports, Lopez (2019) states that technical ability is also a significant contributor to athletes' self-confidence, which is considered one of the most crucial

psychological aspects in achieving optimal performance. Although physical strength and technical mastery are fundamental, insufficient self-confidence can severely hinder an athlete's performance. Wulandari (2021) highlights that pre-competition anxiety may reduce confidence levels, impairing decision-making and emotional regulation during matches. Individuals with high self-confidence are more likely to pursue their goals while taking responsibility for their actions, recognizing both strengths and limitations, and valuing their accomplishments (Amin, 2018).

Confidence becomes even more critical in extreme sports such as paragliding, where athletes face high-risk challenges and must remain calm and focused in unpredictable situations. Eka (2020) argues that mental readiness, including self-confidence, is a decisive factor in athletic success. Tension, self-doubt, and emotional disturbances are among the primary psychological barriers that can interfere with performance if not properly managed. (Mulya & Lengkana, 2020) define confidence as the belief in one's own abilities and the effective use of those abilities. Taylor (2020) also notes that athletes who can manage their emotions tend to maintain a stable level of self-confidence. These athletes often engage in mental training techniques such as visualization, meditation, and breathing exercises to boost their psychological readiness. (Yulianto et al., 2020) emphasize that a confident individual is typically optimistic, responsible, and rational when facing difficult situations.

One approach commonly used to build athlete confidence is through match simulations and reward-based motivation. According to (Milati Ibrahim, 2021), giving rewards functions as positive reinforcement that enhances motivation and strengthens belief in one's abilities. Strong confidence does not stem from simply believing one can succeed but from experiencing success firsthand (Vega et al., 2019). Davis (2018) found that athletes with extensive competition experience tend to exhibit higher confidence, as they have become accustomed to the pressure of competitive environments.

Paragliding, as an extreme sport that relies on technical proficiency and mental resilience, presents a unique psychological dynamic. Supriyoko (2024) states that besides being a competitive extreme sport, paragliding is also known as a recreational aerial activity involving free flight using a specialized non-motorized parachute. Competitive paragliding events, such as accuracy landing and cross-country flying, test both physical endurance and psychological preparedness. In this context, self-confidence is not merely a complement but a foundational determinant of success during competition. Nisa (2021) emphasizes that belief in one's abilities is the key to achievement, and confident athletes are more resilient in the face of failure.

METHOD

This study employed a quantitative descriptive approach to illustrate the self-confidence levels of paragliding athletes. Data were collected using a questionnaire instrument and analyzed through statistical techniques such as mean, standard deviation, and percentage.

The population of this study consisted of all paragliding athletes in Indonesia, with a sample comprising athletes who had competed in League-level competitions and above. The main variable investigated was self-confidence, defined as an individual's belief in their own ability to face competitive situations. Measurement was conducted using a Likert-scale questionnaire, which assessed technical skills, emotional stability during competition, risk-taking courage, and pressure management. The instrument used was a self-confidence questionnaire adapted from Novian Wikas Andrianto (2016). The questionnaire was distributed via Google Forms to the selected athletes and was completed based on their competition experiences. Collected data were then verified to ensure validity and completeness. Data analysis was carried out using SPSS version 25, applying the following techniques: Mean to determine the average self-confidence score, standard deviation to measure the deviation from the average score. Percentage to calculate the overall level of self-confidence.

RESULTS AND DISCUSSION

Result

Table 1. Distribution of Athlete Self-Confidence

<i>Category</i>	<i>Frequency (n)</i>	<i>Percentage (%)</i>
<i>High</i>	45	10
<i>Moderate</i>	5	90
<i>Low</i>	0	0
<i>Total</i>	50	100
<i>Mean</i>		76.4
<i>SD</i>		5.894
<i>Minimum</i>		66
<i>Maximum</i>		98

Based on Table 1, the distribution of athletes self-confidence levels shows that the majority of respondents demonstrated a high level of self-confidence. Out of a total of 50 athletes sampled, 45 athletes (90%) were categorized as having high self-confidence, while 5 athletes (10%) fell into the moderate category. None of the athletes were categorized as having low self-confidence. These results indicate that, in general, the athletes possessed a strong sense of confidence when facing competitive situations or performance-related activities.

Statistically, the mean self-confidence score was 76.4, with a standard deviation of 5.894. The minimum score recorded was 66, and the maximum score reached 98, indicating some variation in self-confidence levels, although most scores clustered in the high category. These findings suggest that the athletes' psychological condition particularly in terms of self-confidence can be classified as highly positive.



Figure 1. Distribution Diagram of Athlete Self-Confidence Levels

Based on the bar chart above, it is evident that the majority of athletes possess a high level of self-confidence. This is illustrated by the number of athletes in the High category, which totals 45 individuals, dominating the overall dataset. Meanwhile, only 5 athletes fall into the Moderate category, and none are classified in the Low category.

This visualization supports the distribution results presented in the table, indicating that most athletes have a very strong level of self-confidence in carrying out their duties and responsibilities. The high number of athletes in the high self-confidence category reflects a positive psychological condition, which is a critical factor in achieving optimal performance in sports.

Discussion

Based on the results presented in Table 4 and supported by the bar chart, it can be concluded that the overall level of self-confidence among the athletes is categorized as very high. Out of 50 respondents, 45 athletes (90%) were classified as having high self-confidence, 5 athletes (10%) were in the moderate category, and none (0%) were in the low category.

The high proportion of athletes in the high-confidence category indicates that most of them possess strong belief in their abilities to face challenges and pressure in the world of sports. Self-confidence is a critical component of an athlete's mental readiness, as it significantly affects performance during training and competition, decision-making, perseverance, and mental resilience in the face of failure or difficult situations. Statistically,

the mean self-confidence score was 76.4 with a standard deviation of 5.894. This suggests relatively homogeneous data, with most scores clustered closely around the average. The minimum score recorded was 66, and the maximum was 98, indicating a range of variation, but still within a high-performance threshold. The absence of athletes in the low-confidence category further reinforces the conclusion that all respondents possess at least a sufficient to very high level of self-confidence.

Theoretically, these findings are in line with the Self-Efficacy Theory proposed by Albert Bandura (2016), which states that an individual's belief in their own capabilities plays a key role in determining how successfully they can carry out specific tasks. Athletes with high self-efficacy tend to set challenging goals, work persistently to achieve them, and do not easily give up when faced with setbacks. High levels of self-confidence are also associated with better emotional control and more effective decision-making on the field.

Other contributing factors to athletes' self-confidence include competition experience, past achievements, support from coaches and teammates, and the quality of training programs. Athletes with frequent positive experiences in competitions tend to develop higher levels of confidence, as they have demonstrated their competence in real-world situations. Social support from the surrounding environment also helps to reinforce a positive self-perception.

However, the presence of 5 athletes (10%) in the moderate confidence category should be noted. Although this number is relatively small, these individuals still require specific attention to help enhance their self-confidence. Interventions such as psychological training, mental conditioning, mentorship from senior athletes, or motivational support from coaches could be implemented to support this group. These efforts are essential to ensure a balanced level of mental readiness across the entire team and to maximize each athlete's contribution during competitions.

Overall, the results of this study provide a comprehensive picture of the athletes' psychological state, particularly in terms of self-confidence, which appears to be highly supportive of their performance. To maintain and even improve this condition, training programs should not only focus on physical and technical aspects but also continue to integrate mental and psychological training to ensure athletes' confidence remains stable and optimized in the long term.

CONCLUSION

The results of the study indicate that the majority of athletes possess a high level of self-confidence, with no athletes falling into the low-confidence category. This finding aligns

with Albert Bandura's Self-Efficacy Theory, which emphasizes the importance of an individual's belief in their own capabilities. It also highlights several contributing factors to athletes' confidence, such as competition experience, prior achievements, social support, and the quality of training programs. Overall, the self-confidence of the athletes is in a good condition.

ACKNOWLEDGMENT

I would like to express sincere gratitude to all parties who have contributed to the completion of this research. I appreciate to all paragliding athletes who participated in the study and willingly provided the necessary data. Your contribution was essential to the success of this research. Lastly, heartfelt thanks to family and close friends for their continuous motivation, encouragement, and understanding during the writing of this journal.

REFERENCES

- Alif, A., -, A., & -, N. (2023). survei tingkat kepercayaan diri pada tim futsal universitas muhammadiyah palopo (UMP). *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 7(2), 204–220. <https://doi.org/10.37058/sport.v7i2.7402>
- Amin, A. (2018). Hubungan Kepercayaan Diri Dengan Penyesuaian Diri Pada Remaja. *Jurnal Psikologi*, 5(2), 8-
- Davis, R., & Smith, L. (2018). The Role of Competitive Experience in Building Athlete Confidence. *Journal of Sport Behavior*.
- Eka Kurnia Darisman, & Muhammad Muhyi. (2020). Pengaruh Percaya Diri Terhadap Menurunnya Tingkat Kecemasan Menghadapi Pertandingan Tim Bolabasket Putri Unipa Surabaya. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 5(1), 20–24. <https://doi.org/10.36526/kejaora.v5i1.767>
- Gumantan, A., Sina, I., & Pratiwi, E. (2020). Olahraga Rekreasi dalam Peningkatan Prestasi Olahraga. *SPORT-Mu: Jurnal Pendidikan Olahraga*, 1(2), 103–114. <https://doi.org/10.32528/sport-mu.v1i2.8857>
- Lopez, A., Ramirez, G., & Cruz, M. (2019). Technical Proficiency as a Determinant of Confidence in Sports Performance. *Journal of Human Kinetics*.
- Milati Ibrahim, D. (2021). *Pengaruh Pemberian Reward Dan Ice Breaking Terhadap Motivasi Belajar Bola Basket kelas XI SMAN 1 Pegadon*. 6.
- Mulya, G., & Lengkana, A. S. (2020). Pengaruh Kepercayaan Diri, Motivasi Belajar Terhadap Prestasi Belajar Pendidikan Jasmani. *COMPETITOR: Jurnal Pendidikan Kepelatihan Olahraga*, 12(2), 83. <https://doi.org/10.26858/cjeko.v12i2.13781>
- Nisa, K., & Jannah, M. (2021). Pengaruh kepercayaan diri terhadap ketangguhan mental atlet bela diri. *Character: Jurnal Penelitian Psikologi*, 8(3), 36–45.
- Novian Wikas Andrianto. (2016). *TINGKAT KEPERCAYAAN DIRI SPRINTER 100 METER PESERTA JAWA TIMUR TERBUKA TAHUN 2016 DI SURABAYA*. 4(June), 2016.
- Rustika, I. M. (2016). Efikasi Diri: Tinjauan Teori Albert Bandura. *Buletin Psikologi*, 20(1–2), 18–25. <https://doi.org/10.22146/bpsi.11945>

- Supriyoko, A., Kristiyanto, A., Akhyar, M., & Riyadi, S. (2024). Potential sports industry Segorogunung village: a strategy for the paragliding sport tourism development model. *Retos*, 58, 700–706. <https://doi.org/10.47197/retos.v58.104842>
- Taylor, J., & Johnson, K. (2020). Anxiety Regulation and Confidence in Elite Athletes. *International Journal of Sports Psychology*.
- Vega, A. De, Hapidin, H., & Karnadi, K. (2019). Pengaruh Pola Asuh dan Kekerasan Verbal terhadap Kepercayaan Diri (Self-Confidence). *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 3(2), 433. <https://doi.org/10.31004/obsesi.v3i2.227>
- Wulandari, A., Fikri, H. T., & Natasia, K. (2021). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Bertanding Anggota Komunitas Tari Modern Di Kota Padang. *Psyche 165 Journal*, 14(2), 121–129.
- Yulianto, A., Nopitasari, D., Qolbi, I. P., & Aprilia, R. (2020). Pengaruh Model Role Playing Terhadap Kepercayaan Diri Siswa Pada Pembelajaran Matematika SMP. *Jurnal Studi Guru Dan Pembelajaran*, 3(1), 97–102. <https://doi.org/10.30605/jsgp.3.1.2020.173>
- Zulkarnain. (2017). Pengaruh Olahraga Futsal Terhadap Produksi Kadar Kreatinin Darah. *Biolgy For Life, November*, 26–30.