

Survey Of Anxiety And Self-Confidence Levels Of Badminton Athletes Before Competing In The Riau Kejurprov Championship

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Abstract

The study aims to determine the survey of anxiety levels and self-confidence of badminton athletes before competing in KEJURPROV Riau. This research method is a type of descriptive research. The population in this study were athletes who participated in the match with a research sample of 55 athletes. The analysis technique uses the formula: $P = \frac{F}{N} \times 100\%$, find P (as the value of intrinsic, extrinsic, and confidence factors) find the percentage. The results of the study, the level of anxiety of badminton athletes before competing that the intrinsic factor is in the low category of 74.54%, because the intrinsic factor is a factor that exists within the athlete so that it can be trained during the training process. Indicators that influence the intrinsic factor are morale, competition experience, negative thoughts, and complacent thoughts. While the extrinsic factor is in the high category of 87.27%, because the extrinsic factor is a factor that exists outside the athlete so that anxiety can occur at any time beyond the athlete's expectations. Indicators that influence the extrinsic factor are coaches, spectators, opponents, referees, and facilities. While the results for the level of self-confidence of badminton athletes before competing are influenced by intrinsic factors with a percentage of 85.45%. For the results of the low extrinsic factor analysis with a percentage of 70.90%. This means that the level of self-confidence of badminton athletes before competing is influenced by intrinsic factors

Keywords: *Anxiety; Self-confidence; Badminton*

INTRODUCTION

Sport has an important role in shaping national identity, uniting communities, and inspiring young people to achieve (Jeniva et al., 2024). One sport that has a great influence in Indonesia is badminton, which is not only a national pride but has also produced many achievements in the international arena (Renaldi, I., 2020). As a sport that unites the spirit and pride of the nation, badminton has become an integral part of Indonesian life. Badminton is a popular sport and has achieved many achievements in Indonesia. According to Supriyanto & Rasyid (2018), badminton is a sport that has long been recognized in the world and in Indonesia. There are many big clubs that produce very talented athletes, such as PB Djarum, Exist, Mutiara Cardinal, and many more clubs in Indonesia.

In Pekanbaru, for example, many talented athletes are born through intensive training at local clubs. These clubs provide training to help athletes train harder in order to be able to enter the category to the famous PB in Indonesia and realize their dreams. However, the journey to becoming a successful badminton athlete is not easy. Athletes who are new to the world of badminton must have a strong mentality, especially since they often face high anxiety before competing. This anxiety can affect an athlete's performance and self-confidence (Alexander, 2019). In addition, the most important factors related to athlete performance are motivation, self-confidence, intensity management, and anxiety.

Anxiety is an emotional response commonly experienced by athletes before competing (Listiana et al., 2024). From the level of anxiety of athletes can affect performance on the field,

both positively and negatively in KEJURPROV Riau. Badminton athletes get pressure from various intrinsic and extrinsic factors. Intrinsic factors are: athlete morale, competition experience, negative thoughts of athletes, and self-satisfied thoughts of athletes. While extrinsic factors such as: coach expectations, audience support, competition with opponents, referee decisions, and infrastructure (Darmawan & Susanto, 2021).

Self-confidence teaches athletes to be aware of their thoughts and regulate them during the game. Athletes can do this with thought-stopping techniques, positive body language, motivation, having goals, imagination, focusing on the process rather than the outcome and the ability to increase or decrease intensity. Self-confidence is the only component that has been shown to be superior to mental training interventions (Mamassis & Doganis, 2004). Self-confidence is the belief in oneself to achieve the desires and goals that you want to achieve. This situation provides a challenging effect for athletes, the process of adjusting needs to be trained for badminton athletes to avoid excessive anxiety and self-confidence is needed. Intrinsic factors are: controlling emotions, being able to adapt, targets, optimism, self-esteem, ability and effort. While extrinsic factors such as: support from the audience, facilities and infrastructure, and coaches (Jatmika & Linda, 2017). In research conducted by Meilia, A., & Rahmat, Z. (2022) with the title Survey of Adolescent Bulutangkis Athletes' Fear In The Advance of The Matching at PB. Pasha Jaya obtained the results of the anxiety level of adolescent badminton athletes at PB. Pasha Jaya before the match is mostly in the moderately anxious category (62.5%), with a small portion very anxious (37.5%), and no one is in the category of not anxious or less anxious. Factors that influence anxiety include intrinsic factors, such as morale (10.65%) and experience (6.69%), as well as extrinsic factors, such as coaches and managers (16.07%) and spectators (12.05%), where extrinsic factors have a greater contribution to overall anxiety levels.

Based on this research, it is expected to identify the factors that cause anxiety and the methods used by athletes to overcome anxiety. The results of this research will be a foundation for athlete supporters, especially those who are new to participating in the competition, both mentally and technical (Hardiyono, 2020). For that reason, the researcher is interested in conducting a study entitled "Survey of the Level of Anxiety and Self-Confidence of Badminton Athletes Before Competing in KEJURPROV Riau"

RESEARCH METHODS

The variables to be used in this study are the level of anxiety and self-confidence of athletes. This research is descriptive research which can be interpreted as a problem-solving procedure investigated by describing the state of the object of research (Fraydika, O., 2021). The method used in this research is the survey method. The population is all individuals to be studied. The population in this study were athletes who participated in KEJURPROV from various districts in Riau in 2024. While the sample is defined as part of the population so that 55 athletes are taken. Data collection technique is a way of collecting the data needed to answer the formulation of research problems. The data collection techniques used are: questionnaires designed to measure levels of anxiety and self-confidence (Islam, F., 2024). According to Sugiyono (2017), the data analysis used in this research data is descriptive analysis which is intended to obtain an overview of the anxiety level of athletes. By using analysis using the formula: $P = \frac{F}{N} \times 100\%$, looking for P (as the value of intrinsic, extrinsic, and self-confidence factors).

RESULT AND DISCUSSION

The results of the calculation to find the percentage of intrinsic and extrinsic factors that influence the level of anxiety and self-confidence of badminton athletes at KEJURPOV Riau, more details can be seen below:

1. Anxiety Level

a. Intrinsic Factors

The results of the calculation of intrinsic factors in the form of morale, competitive experience, negative thoughts, and complacent thoughts can be seen in the table below:

Table 1. Intrinsic Factor Anxiety Level

Intrinsic Factors	
Indicator	Frequency
Moral	10
Experience	9
Negative Thoughts	15
Self-Satisfied Mind	7
Amount	41

$$P = \frac{F}{N} \times 100\%$$

$$P = \frac{41}{55} \times 100\% = 74.54\%$$

b. Extrinsic Factors

The results of the calculation of extrinsic factors in the form of coaches, spectators, opponents, referees, and infrastructure can be seen in the table below:

Table 2. Extrinsic Factor Anxiety Level

Extrinsic Factors	
Indicator	Frequency
Coach	12
Viewer	14
Against	5
Referee	7
Infrastructure	10
Amount	48

$$P = \frac{F}{N} \times 100\%$$

$$P = \frac{48}{55} \times 100\% = 87.27\%$$

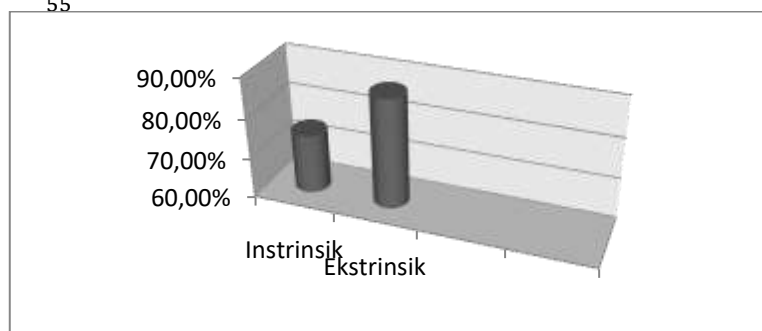


Figure 1. Diagram for Anxiety Level Factor Intrinsic and Extrinsic

Overall, from the analysis, it can be concluded that the intrinsic factor is in the low category with a percentage of 74.54%. This is because the intrinsic factor is a factor that exists within the athlete so that it can be trained during the training process. While the extrinsic factor is in the high category with a percentage of 87.27%. This is because anxiety can occur at any time beyond the athlete's expectations, extrinsic factors are factors that exist outside the athlete. Indicators that influence extrinsic factors are coaches, spectators, opponents, referees, and facilities.

2. Self Confidence Level

a. Intrinsic Factors

From the results of calculating intrinsic factors in the form of controlling emotions, being able to adapt, targets, optimism, self-esteem, ability and effort, this can be seen in the table below:

Table 3. Intrinsic Factor Self-Confidence Level

Extrinsic Factors	
Indicator	Frequency
Controlling emotions	8
Able to adapt	8
Target	6
Optimistic	11
Pride	9
Ability and effort	5
Amount	47

$$P = \frac{F}{N} \times 100\%$$

$$P = \frac{47}{55} \times 100\% = 85.45\%$$

b. Extrinsic Factors

The results of the calculation of extrinsic factors in the form of controlling support from the audience, facilities and infrastructure, and coaches can be seen in the table below:

Table 4. Level of Self-Confidence in Extrinsic Factors

Extrinsic Factors	
Indicator	Frequency
Support from the audience	13
Infrastructure	10
Coach	16
Amount	39

$$P = \frac{F}{N} \times 100\%$$

$$P = \frac{39}{55} \times 100\% = 70.90\%$$

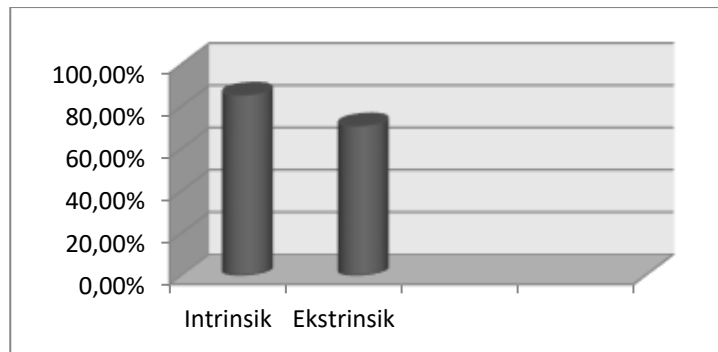


Figure 2. Diagram for Confidence Level Factor
Intrinsic and Extrinsic

Overall, from the analysis, it can be concluded that the intrinsic factor is in the high category with a percentage of 85.45%. This is because the intrinsic factor is a factor that exists within the athlete so that it can be trained during the training process. Indicators that influence the intrinsic factor are controlling emotions, being able to adapt, targets, optimism, self-esteem, ability and effort. While the extrinsic factor is in the low category with a percentage of 70.90%. This is because anxiety can occur at any time beyond the athlete's expectations, extrinsic factors are factors that exist outside the athlete. Indicators that influence the extrinsic factor are support from the audience, facilities and infrastructure, and coaches.

Based on the data results above, the percentage of intrinsic factors was 85.45%, while the percentage value of extrinsic factors was 70.90%. Therefore, the results of this study indicate that intrinsic factors cause a high level of self-confidence of badminton athletes before competing in KEJURPROV Riau

CONCLUSION

The results of the study of the level of anxiety and self-confidence of badminton athletes before competing in KEJURPROV Riau, facing the match have intrinsic and extrinsic factors. Overall, the level of anxiety from the analysis can be concluded that the intrinsic factor is in the low category with a percentage of 74.54%. This is because the intrinsic factor is a factor that exists within the athlete so that it can be trained during the training process. Indicators that influence intrinsic factors are morale, competition experience, negative thoughts, and complacent thoughts. While extrinsic factors are in the high category with a percentage of 87.27%. This is because extrinsic factors are factors that exist outside the athlete. Indicators that influence extrinsic factors are coaches, spectators, opponents, referees, and facilities and infrastructure.

Meanwhile, at the level of self-confidence from the analysis, it can be concluded that the intrinsic factor is in the high category with a percentage of 85.45%. This is because the intrinsic factor is a factor that exists within the athlete so that it can be trained during the training process. Indicators that influence the intrinsic factor are controlling emotions, being able to adapt, targets, optimism, self-esteem, ability and effort. While the extrinsic factor is in the low category with a percentage of 70.90%. This is because anxiety can occur at any time beyond the athlete's expectations, extrinsic factors are factors that exist outside the athlete. Indicators that influence the extrinsic factor are support from the audience, facilities and infrastructure, and coaches.

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