

Competitive Anxiety in Bantul District Athletes Who Have the Potential to Win Gold Medals in Porda Diy

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Abstract: - For an athlete, achieving optimal performance is of course the main goal besides health itself. There are three factors that can affect the optimal achievement of athletes, namely physical, technical, and psychological factors. Competitive anxiety is one type of anxiety that in recent years has been considered in the field of psychology, especially sports psychology. Competitive anxiety is a feeling of worry, anxiety, and restlessness by perceiving competition as something dangerous. This competition anxiety will usually interfere with the athlete's appearance because there is a feeling of fear of failure or creates a moral burden if you can't win. Thus, the purpose of this study was to determine the Competitive Anxiety of Bantul District Athletes with the Potential to Win Gold Medals in PORDA DIY. The benefits of this research are theoretically expected to increase knowledge in the field of sports psychology, while practically it is expected to provide information for athletes and coaches, especially regarding aspects related to competitive anxiety.

Keywords: - Competitive Anxiety, Athlete, Gold Medal

Introduction

Community activities at this time cannot be separated from sports, both as an arena for achievement and as a necessity to keep the body healthy. Facing the era of globalization and the rapid development of the era, it is very necessary for quality human beings. Namely humans who have a myriad of achievements, both academic and non-academic achievements. Sport will provide strength and nourish the soul and body, form a healthy personality so that it can face change as well as being tough and creative in finding solutions to any complex problems. To be able to improve performance or maximum achievement in sports, it does not only require physical training, techniques, tactics, and strategies, but mental training plays an important role to produce a good mental state (Algani et al., 2018). Likewise in the world of sports, all sports involve mental as well as physical. The mental form of the mind acts as a controller. The mind commands and the body follows. The achievements of athletes can be achieved not only by following what is instructed or drilled by the

coach, but they have positive thoughts that control their sports behavior (Fauzee et al., 2012).

Anxiety is one of the many problems faced by athletes, where anxiety is an emotional reaction to situations that are perceived as threatening and unpleasant which the individual does not clearly know the source of (Jamshidi et al., 2011). Athletes certainly have different levels of anxiety depending on the concerns experienced by each athlete (Gucciardi et al, 2009). There are several factors that can affect athletes' anxiety in sports which are divided into two, namely internal and external factors, where internal factors include self-confidence, innate anxiety, positive-negative-affect, while external factors include training, skill level, the sport involved, match situation, and competitive experience (Ardini & Jannah, 2017).

Competitive anxiety is one type of anxiety that in recent years has been considered in the field of psychology, especially sports psychology. Competitive anxiety is an athlete's negative emotional reaction when his self-esteem is felt threatened, because he considers the match as a formidable challenge, and will always remember his

performance ability, which has an impact on competing behavior. Competitive anxiety is a feeling of worry, anxiety, and restlessness by perceiving competition as something dangerous. This competition anxiety will usually interfere with the athlete's appearance because there is a feeling of fear to fail or cause a moral burden if you can't win (Miftah, 2017).

The psychological approach is expected to produce an athlete who in every appearance shows a strong drive (motivation) to play his best and win the match (Jones, 2010). This motivation needs to be not only for individual sports, but also for teams or what is called group (team) motivation. Strategy and mentality are needed in facing the match (Gunarsa, 2008). Proper mental preparation must be given to athletes (Raynadi, Dwi, & Sukma, 2016). Because mental functions as a driver, controller, controller and command to carry out motor activities. Athletes who have a good mentality are expected to achieve maximum performance.

Methods

This research is quantitative research. The research design used in this study is a survey method. Survey research is quantitative research. In survey research,

the researcher asks several respondents about past or present beliefs, characteristics of an object and behavior. This study provides the same treatment for each sample.

Population is an object/subject that has certain qualities and characteristics determined by the researcher to be studied and then drawn conclusions. The population in this study took the entire population of Bantul District Athletes with the Potential to Win Gold Medals in PORDA DIY.

This study uses a competitive anxiety scale which will be modified using a Likert scale. The Likert scale is a psychometric scale commonly used in questionnaires and the most widely used in survey research.

Results and Discussion

This analysis is to determine the description of variable data such as mean, minimum value, maximum value, and standard deviation. In this study, it is used to determine the assessment of the respondents' average answers for each variable. In the following, descriptive statistics are presented as a whole about the average respondents' answers, as follows:

Statistics		
N	Valid	133
	Missing	0
Mean		3.3068
Std. Error of Mean		.02927
Median		3.3400
Mode		2.78 ^a
Std. Deviation		.33754
Variance		.114
Skewness		-.470
Std. Error of Skewness		.210
Kurtosis		-.241
Std. Error of Kurtosis		.417
Range		1.67
Minimum		2.28
Maximum		3.95
Sum		439.80
Percentiles	25	3.0700
	50	3.3400
	75	3.5500

a. Multiple modes exist. The smallest value is shown

The scale range for the assessment of respondents uses the following formula:

$$\begin{aligned}RS &= \frac{\text{Maximum value} - \text{Minimum value}}{\text{Number of classes}} \\ &= \frac{4 - 1}{4} \\ &= 0,75\end{aligned}$$

Scale range:

- 1) 1 - 1,75 = say never
- 2) 1,76 - 2,51 = say sometimes
- 3) 2,52 - 3,27 = say often
- 4) 3,28 - 4 = say always

Based on the scale range above, it can be seen that the average respondents' answers per variable are anxiety variable on average respondents stated always, because the average value was in the range of 3.28 - 4.

Anxiety is an emotional state experienced by a person, where he feels tense without real causes and this situation has an unpleasant effect and causes changes in his body both somatically and psychologically. Anxiety is a situational reaction to various stress or tension stimuli. If the tensions that the athlete has are excessive and exceed the normal limits, the athlete will experience anxiety. Anxiety is a mental tension that is usually accompanied by bodily disturbances that cause the individual concerned to feel helpless and experience fatigue because he always has to be in a state of alert to threats that are not clear. The image of a stronger enemy, of not being in good physical condition, of a very big event or everyone's having excessive expectations can result in excessive anxiety. Anxiety is a common condition faced by anyone when facing something important, including athletes. Anxiety arises because there are wrong images or perceptions related to the match that will be faced. The match is very important for an athlete to show his achievements and abilities after doing various trainings by trying to achieve victory and beat every opponent in the match. Sports

competitions, especially competitive sports, will cause anxiety. This anxiety will always haunt both athletes and officials. This anxiety can appear before a match or during a match, and in turn this anxiety can interfere with their performance. Anxiety levels generally fluctuate before, during, and near the end of the game. Usually before the game, anxiety rises due to the foreshadowing of the weight of the task or the upcoming match. Meanwhile, during the game, anxiety usually decreases. This is because the athlete has begun to adapt himself to the competition situation so that the situation can be mastered, and near the end of the match, the level of anxiety usually starts to rise again, especially if the match scores are the same or only slightly different. Anxiety that arises when facing a match is caused because athletes think a lot about the consequences they will receive if they fail or lose the match.

Conclusion

Based on the description above, it can be concluded that operationally competitive anxiety is a behavior or action of a person, especially an athlete, to negative emotional reactions, such as anxiety, worry, restlessness, tension, and fear when his self-esteem is threatened, and considers the match as a threat. Something dangerous that results in defeat. In addition, competition anxiety comes from the word anxiety or psychologically is an unpleasant feeling and is a personality (trait anxiety) as well as subjective feelings from the outside (state anxiety) in athletes.

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