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ANALYSIS OF ANXIETY FACTORS IN PETANQUE UNJ ATHLETES IN FACING THE MATCH

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Abstract The psychological state of the athlete must be the main thing before the athlete participates in a match or championship. A strong mental condition will give you optimism and courage, while a weak mental condition will make you pessimistic and afraid. This study aims to analyze the anxiety factors of UNJ petanque athletes in facing competitions. This research uses qualitative research methods with a descriptive analysis approach. Data collection in this research includes observation, interviews, and document analysis. The sample used was 18 petanque athletes. The research results of the athlete's anxiety variable have an average value of 48, the highest value is 67 and the lowest value is 26, standard deviation is 11.5, variance is 131.4, mode is 40, median is 48. The anxiety level of UNJ petanque athletes is quite high. The factors that cause anxiety among athletes also vary, such as fear of failure, fear of missing out on points, fear of stronger opponents and so on. Anxiety levels that cannot be controlled will make it difficult for athletes because it will have an impact on the athlete's body and mind so that it is not uncommon for athletes to experience many obstacles when competing.

Keywords: anxiety athlete; petanque; match results



INTRODUCTION

Petanque is a traditional sport from France. Discovered in Marseille, France in 1958 (Pelana et al. 2021). This sport entered Indonesia in the 1990s, but petanque has developed and become known to the public since 2011 when Indonesia hosted the 26th SEA GAMES in Jakarta-Palembang (Hanief and Purnomo 2019).

As with other sports, petanque, apart from mastering technique, tactics and strategy, also requires good physical condition (Isknadar et al., 2019). An athlete's performance during a match cannot be separated from the underlying behavior and psychological aspects (Effendi 2016). A person's technical and physical abilities will not matter much if their mental state is unable to mobilize them to perform optimally (Sumarjo 2017).

Petanque as a precision sports practice, requires a combination of adequate psychological conditions to perform optimally (concentration, positive self-talk, perceived self-efficacy, attributional style, etc. (Jodrá, 1999; Dosil, 2005; Garcés de Los Fayos, Olmedilla and Jara, 2006), which can be trained with the help of a sport psychology specialist (Hernández and de

los Fayos 2009). The psychological state of the athlete must always be the main thing before the athlete participates in a match or championship. A strong mental condition will give you optimism and courage, while a weak mental condition will make you pessimistic and afraid (Suryanto & Priambodo, 2022). It is during this very short period of time that a critical moment occurs which determines whether an athlete will excel or not (Irwanto and Romas 2019).

This condition arises from physiological reactions in an athlete's body. The effects are many, including profuse sweating even though it is usually normal, hands and feet wet with sweat, shortness of breath, shaking, dizziness, nausea and even vomiting. These are all physical responses to an increasing mental state in which the athlete generally feels anxious (Wilson et al., 2009).

Many factors influence how UNJ petanque athletes are not optimal in facing competitions. Becoming an athlete requires hard work from start to finish, such as preparing your physical condition and psychological preparation. Sports performance does not only depend on the technical sports skills and physical health of the athlete concerned,

but also depends on his psychological conditions and mental health. The failures experienced by athletes are influenced by psychological factors in individual athletes, this can be seen in the differences in abilities between athletes when training and competing.

A person who has anxiety within himself means he has the thought that he does not have the ability to meet the demands of physical and technical abilities according to the tasks required in the sport. Anxiety for an athlete is a normal and human mental condition (Ong a & H.E. Chua, 2021), but if it is excessive and the athlete is unable to control himself, of course it will have a bad impact on the athlete (Khurram Bukhari et al., 2021).

METHOD

This study aims to analyze the anxiety factors of UNJ petanque athletes in facing competitions. The mental aspect is one of the factors that must be met to achieve maximum performance in the sport of petanque. This aspect will perfect the athlete's application of physical, technical and tactical skills when competing. To see how much impact anxiety has on kick results, further research needs to be done.

This research uses qualitative research methods with a descriptive analysis approach. A qualitative research design was used in order to provide a holistic narrative description relating to athletes' attitudes and decisions which can contribute to how coaches should prepare athletes for competition.

Data collection in this research includes observation, interviews, and document analysis. Then, these different data sources are compared by checking the correctness of the data or information obtained by the researcher from various informant points of view.

To obtain more in-depth data about how anxious UNJ petanque athletes are in facing competitions, researchers used interview and observation instruments on UNJ petanque athletes who competed in the National Petanque Championships.

RESULTS AND RESEARCH

Based on data obtained from data processing using descriptive statistical techniques, data descriptions were obtained in the form of minimum value, maximum value, mean, median, mode, standard deviation and variance. From this data, a frequency distribution table

of the research variables was created and a histogram graph was created.

In this section, research data is presented using descriptive statistics to provide a description of the anxiety variable data which can be seen from the lowest value, highest value, average value (mean), frequently occurring value (mode) and standard deviation, variance, frequency distribution and histogram of anxiety research variables.

Table 1.
Description of Anxiety Variable Data

Sum	864
Average	48
The highest score	67
Lowest Value	26
Standard Deviation	11,5
Varians	131,4
Median	48
Modus	40

This research was conducted on 18 Jakarta State University Petanque athletes. The research results of the athlete's anxiety variable have an average value of 48, the highest value is 67 and the lowest value is 26, the standard deviation is 11.5, the variance is 131.4, the mode is 40, the median is 48.

Table 2.
Classification of Athlete Anxiety Level Groups

Range	Absolute Frequency	Relative Frequency
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26-31	2	11%
32-37	0	0%
38-43	5	28%
44-49	3	17%
50-55	3	17%
56-61	3	17%
62-67	2	11%
Total	18	100%

The conclusion from this study was that if the anxiety questionnaire score was small, the athlete's anxiety level would be lower, but if the anxiety questionnaire score was high, the athlete's anxiety level would be greater. In table 4.2, there are 2 people (11%) who have an anxiety level score in the range of 26-31, there are no people who have an anxiety level score in the 32-37 range, as many as 5 people (28%) have a score of anxiety level in the range of 38-43, as many as 3 people (17%) had an anxiety level score in the range of 44-49, as many as 3 people (17%) had an anxiety level score in the range of 50-55, as many as 3 people (17%) had anxiety level scores in the 56-61 range, 2 people (11%) had anxiety level scores in the 62-67 range.

Apart from assessment questions, this questionnaire also contains questions about the factors that cause anxiety experienced by athletes.

These reasons vary according to what the athlete feels and experiences.

From some of the athletes' answers, because of the feeling of "fear", they felt afraid of failure, afraid of losing, afraid of making mistakes, afraid of missing out on points, afraid that their technique would not be optimal when competing.

These feelings of fear ultimately affect the athlete's performance when competing and if the athlete is unable to control this fear it will have an impact on the athlete's performance. Every athlete has their own way of dealing with pre-match anxiety. Following are several ways that athletes can reduce their anxiety and produce maximum performance. If athletes who have good physical, technical and tactical skills are unable to control their feelings of anxiety, it will be very detrimental to the athlete. Anxiety can cause the body to be difficult to control, stomach cramps, nausea and vomiting, even when the athlete is anxious it will be difficult to make good decisions regarding the outcome of the match.

DISCUSSION

Mental factors make an important contribution to the success of petanque athletes when competing. How

athletes make decisions, deal with situations, and manage the flow of the match are important factors in adding points. This can be done if the athlete has a low level of anxiety within himself. Anxiety during competition can have a bad impact if the athlete is unable to control himself so that his body and mind will lose control.

Anxiety in athletes is a common emotional reaction that occurs before, during, or after participating in sports competition or important training. Although anxiety can affect anyone, athletes often experience additional stress due to high levels of competition, their own expectations, and the expectations of coaches, teams, and fans.

Anxiety is an important factor that makes it difficult for athletes to achieve maximum performance. A structured, systematic and precise training process for physical, technical and tactical aspects will be useless if it is not balanced with psychological/mental training. Anxiety is a common condition faced by anyone when facing something important, including athletes (Indah 2015).

Anxiety for an athlete is a normal and human mental condition because anxiety usually arises when there is a

competitive element between opponents in a match or training partners. For an athlete's mental state to be able to compete and continue to improve the technical and mental quality of an athlete, they must experience stress or a stimulus that makes them unable to comfortable for him which will provide a stimulus to be able to resolve and overcome this anxiety.

However, an anxiety level that cannot be controlled will make it difficult for athletes because it will have an impact on the athlete's body and mind so that it is not uncommon for athletes to experience many obstacles when competing. Therefore, coaches must provide mental training programs so that athletes have knowledge about how to control their anxiety well and not interfere with their performance when competing.

CONCLUSION

The anxiety level of UNJ petanque athletes is quite high. The factors that cause anxiety among athletes also vary, such as fear of failure, fear of missing out on points, fear of stronger opponents and so on. Anxiety levels that cannot be controlled will make it difficult for athletes because it will have an impact on the athlete's body and mind

so that it is not uncommon for athletes to experience many obstacles when competing.

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