



RESEARCH ARTICLE

The Relationship Between Self-Confidence and Anxiety of Petanque Athletes in Facing Matches in Central Java

Mega Widya PUTRI¹, Gilang Nuari PANGGRAITA¹, Diyah PROBOYEKTI², Abdul Aziz Purnomo SHIDIQ³, Andri Wahyu UTOMO⁴, Fatkhur ROZI⁵, Ahad Agafian DHUHA⁶, Boy Sembaba TARIGAN⁷ and Edi SETIAWAN⁸

¹Physical Education Study Programme, Universitas Muhammadiyah Pekajangan Pekalongan / Indonesia

²Physiotherapy Study Programme, Institut Ilmu Kesehatan Bhakti Wiyata Kediri / Indonesia

³Faculty of Sports, Sebelas Maret University / Indonesia

⁴Faculty of Sport Science, Universitas PGRI Madiun / Indonesia

⁵Islamic Primary School Teacher Education Study Programme, Universitas Islam Negeri Salatiga / Indonesia

⁶Faculty of Sport Science, Universitas Muhammadiyah Semarang / Indonesia

⁷Sports Engineering, Institut Teknologi Sumatera / Bandar Lampung / Indonesia

⁸School of Education, Universiti Utara Malaysia / Malaysia

*Corresponding author: megawidyaputri@umpp.ac.id

Abstract

Participating in matches is one of the main goals of athletes training. An athlete's Essential components include technique, physical and strategy, and mental conditions that must be prepared to win a match. This study aims to determine the relationship between self-confidence and anxiety of Central Java petanque athletes facing the match. This study employs a quantitative descriptive approach with a product-moment correlation method. It utilized a questionnaire as a testing instrument, which was distributed to the respondents. The sampling method employed was purposive sampling. The population of this study was Central Java petanque athletes aged 12-24 years, with a total of 30 athletes. Data analysis in this study was conducted using SPSS 23 to determine the relationship between self-confidence and anxiety of Central Java petanque athletes facing the match. The results showed a significant relationship between self-confidence and anxiety of Central Java petanque athletes facing the match, with a value of $0.01 < 0.05$, so H_0 was rejected. The r or Pearson correlation value is negative, meaning the relationship between the two variables is negative. In this study, it can be concluded that there is a significant relationship between the level of self-confidence and anxiety of Petanque athletes in Pekalongan Regency. In other words, the higher the self-confidence of an athlete, the lower the level of anxiety in Central Java's Petanque athletes when facing competitions. Therefore, an athlete's mental state is very important to support performance during competitions. An athlete's mental strength can be trained through implementation the coach's training program.

Keywords

Self-confidence, Anxiety, Match, Petanque Athlete

INTRODUCTION

Sport can be defined as structured and planned physical activity to make the body physically and mentally healthier and to achieve achievement (Waluyo, 2022). Petanque is a game sport that

originated in France and is currently played in Indonesia (Loser, 2011). This sport can be played by various ages (Nurhasan, 2024). Petanque is a sport that uses an iron ball as a thrower and a wooden ball as a target to bring it closer. When the athlete throws, both feet must be inside a circle with a

Received: 02 August 2024 ; Revised : 04 October 2024 ; Accepted: 04 November 2024; Published: 25 November 2024

How to cite this article: Putri, M.W., Panggraita, G.N., Proboyekti, D., Shidiq, A.A.P., Utomo, A.W., Rozi, F., Dhuha, A.A., Tarigan, B.S., and Setiawan, E. (2024). The Relationship Between Self-Confidence and Anxiety of Petanque Athletes in Facing Matches in Central Java . *Int J Disabil Sports Health Sci*;7(6):1313-1321.<https://doi.org/10.33438/ijdsHS.1525377>

diameter of 50 cm (Fe, 2020). The sport of petanque requires very high accuracy to get points by throwing the bosu ball toward the wooden ball (Hidayah, 2024). To perform petanque techniques, high accuracy is needed so the iron ball is at the right point (Pelana, 2020).

To win a match, every athlete must perform well physically, technically, strategically, and mentally. An athlete must possess a good mentality to overcome opponents in a match. Petanque demands physical, technical, tactical, and mental strength (Widodo & Hafidz, 2018). An athlete must have a mentality formed early to bring athletes to their best achievements (Raievska et al., 2024). Peak performance when competing can be obtained by integrating the physical and mental aspects of sports skills through the right mindset, resulting in maximum achievement (Ben Ohuruogu et al., 2016). Sports psychology examines how mental factors affect athlete performance (Ita, 2022). Mental factors support petanque athletes' performance (Rony et al., 2021). Therefore, coaches, athletes, and sports teams must consider these components. Physical, technical, tactical, and mental aspects are influential in determining an athlete's success. However, the mental aspect must be addressed and is essential in training (Popovych et al. 2022).

Motivation is one of the drivers that requires a clear understanding of the goals and ways that control and regulate human activity (Ita, 2022). Motivational aspects are needed to support athlete confidence, especially in sports (Blynova, 2022). Anxiety is an emotional state experienced by humans in which the body is tense and accompanied by nervous system activity that affects negative feelings and thoughts (Sangervo, 2022). Anxiety can be divided into two, namely cognitive and somatic anxiety (Mercader-Rubio, 2023). Negative anxiety is anxiety that causes worry and fear and causes a decrease in concentration, which will undoubtedly affect performance (Yoon et al., 2022). Somatic anxiety is anxiety that affects emotional states and activities that use the autonomic nervous system (Mercader-Rubio, 2023).

Self-confidence is the most essential part of one's personality that can affect one's life. Self-confidence is a component that affects a person's self-esteem, where the concept of self-esteem can be interpreted as a person's perception of himself (Nader-Grosbois, 2012). In addition, self-confidence can be considered a measure of an

individual's ability to cognitively self-regulate under pressure (Tomé-Lourido, 2019). Athletes with a higher level of self-confidence will be more focused on carrying out tasks (Ita, 2022). Self-confidence has an essential impact on athletes (Mitić, 2020). Previous research suggests that athletes with high confidence levels usually have a greater desire to win than other athletes (Yoon et al., 2022). The level of self-confidence not only affects motivation in achieving sporting achievements but also affects emotional conditions during competition (Comeig, 2016). If someone feels less confident, it will unwittingly cause doubts about their abilities. It will tend to think negatively, so tension and thoughts arise that bring failure or defeat when facing a match against athletes who have balanced abilities.

Based on the observations of petanque athletes from Central Java, it was found that 80% of the athletes experienced symptoms of anxiety, both physically and emotionally, during competitions. Additionally, 76% of the athletes lacked confidence in their abilities. Interviews revealed that athletes often felt fear and worry about losing to their opponents. Some symptoms included sweaty palms, a racing heart, weakness, and nausea, which resulted in a lack of focus. This anxiety occurred due to the fear of losing to athletes with either superior or even inferior abilities.

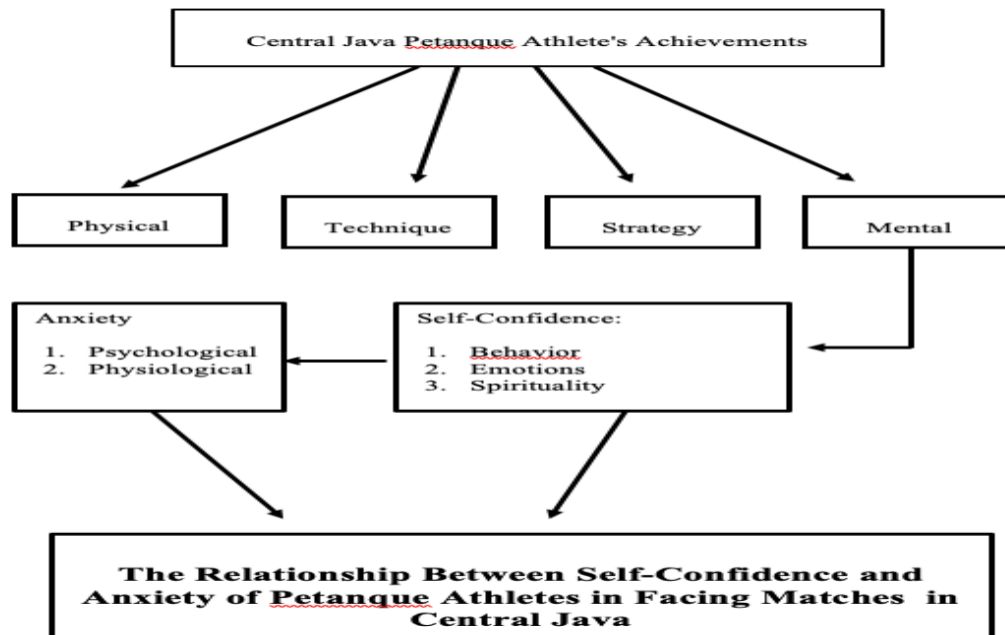
This study aimed to determine the effect of the relationship between self-confidence and anxiety of Central Java petanque athletes in facing the match. The findings of this study are anticipated to offer insights to athletes regarding the presence or absence of a correlation between self-confidence and anxiety among Central Java petanque players during competitions. Thus, sports players, coaches, athletes, officials, and sports organization administrators will have important information for developing athlete achievement, mainly the petanque sport in Central Java.

MATERIALS AND METHODS

Research Design:

This study uses a quantitative descriptive design to find numerical data and analyze the findings (Burhaein, 2020) with product moment correlation to determine whether or not there is a relationship between self-confidence and anxiety of Central Java petanque athletes when participating in

matches using a questionnaire. The data obtained will be processed using statistical analysis.



Picture 1. Flowchart the research design

Population and Sample

A population is a group of subjects who will be subject to the generalization of research results (Azwar, 2018). The population in this study were Central Java petanque athletes with 30 athletes. The sample is the number and characteristics of the population in a study (Sugiyono, 2019). This study uses a purposive sampling technique, where athletes with age criteria of 12-24 years will be sampled, totaling 30 athletes with details of 20 men and 14 women.

Research procedure

The initial preparation includes obtaining research permits from the FOPI Central Java and the research ethics committee at Universitas Muhammadiyah Pekajangan Pekalongan with the number No.095/KEP-UMPP/VII/2024, then preparing the necessary instruments and equipment. Conduct a briefing with research assistants who will help in the data collection process. The next step is to measure the athletes' self-confidence and anxiety by distributing questionnaires that have undergone validity and reliability tests.

Data Collection

The data collection techniques used in this study are as follows: (1) Collecting data on petanque athletes from Central Java. (2) Distributing questionnaires that have been tested for validity to respondents through Google Forms. (3) The researcher then collected the questionnaires

and transcribed the responses. (4) After obtaining the research data, the data was processed using statistical analysis, and the researcher drew conclusions and provided recommendations.

Data Collection Steps

Researchers provide athletes with an understanding of the research instruments used in the study. Two research instruments will be taken: self-confidence instruments and anxiety of Central Java petanque athletes in facing matches. The self-confidence instrument has aspects of behavior, emotions, and spirituality, with 36 questions. Meanwhile, in the anxiety instrument, there are psychological and physiological dimensions, which have a total of 31 questions. The questionnaire includes two types of items: favorable (positive statements) and unfavorable (negative statements), arranged randomly. Each question offers four response options: Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD). Respondents are required to read the statements thoroughly and answer based on their actual experiences to ensure that the data collected can be accurately measured and analyzed. If respondents encounter any confusion, they are permitted to seek clarification from the researcher.

Data Analysis:

Descriptive Statistics

In conducting research data analysis, researchers use percentage descriptive data

analysis. To determine the score criteria using the research norms (Memet Muhamad et al., 2022) as follows:

Table 1: Normality of assessment categories

NO	INTERVAL	CATEGORY
1	$Mi + 1,5 SDi \leq X \leq STi$	Very High
2	$Mi \leq X < Mi + 1,5 SDi$	High
3	$Mi - 1,5SDi < X \leq Mi$	Low
4	$SRi < X \leq Mi - 1,5 SDi$	Very Low

Inferential Statistics

In this study, the normality test was conducted using the Kolmogorov-Smirnov test. This test is employed to determine if the data distribution within the sample follows a normal distribution, utilizing parametric statistical hypothesis testing. The calculations were performed using SPSS 23. Decision-making is based on the following probability criteria:

If the probability is greater than 0.05, the population distribution is considered normal.

If the probability is less than 0.05, the population distribution is considered not normal.

Linearity Test

The linearity test aims to identify whether there is a linear relationship between the independent and dependent variables in the study, indicated by an increase in the dependent variable's score as the independent variable's score goes up. The criteria for making decisions in the linearity test are as follows:

"When the probability value is 0.05 or higher, the relationship between variables X and Y is regarded as linear."

Table 3. Descriptive statistics self confidence

	Statistics
N	30
Mean	670,87
Std Deviation	10,325
Minimum	51
Maxsimum	89

Table 4. Self-confidence assessment norm

NO	Interval	Category	Frequency	Percentage
1	$79,12 \leq X \leq 89$	Sangat Tinggi	8	26,67
2	$70 \leq X < 79,12$	Tinggi	8	26,67
3	$60,88 < X \leq 70$	Low	9	30,00
4	$51 \leq X < 60,88$	Very Low	5	16,67
TOTAL			30	100

"When the probability value is 0.05 or lower, the relationship between variables X and Y is considered non-linear.

Hypothesis Test

In this study using Pearson Correlation Product Moment, this analysis is used to determine the relationship between variables where other variables are considered to have an effect controlled or made fixed as a control variable.

RESULTS

The purpose of the results of this descriptive analysis is to find out how much the respondents' assessment of Self-confidence and Anxiety of Central Java petanque athletes in facing the match can be explained as follows:

Self-confidence

Descriptive statistics are methods used to describe and provide an overview of research data sets (Memet Muhamad et al., 2022). The descriptive statistics for the confidence data of petanque athletes from Central Java are as follows:

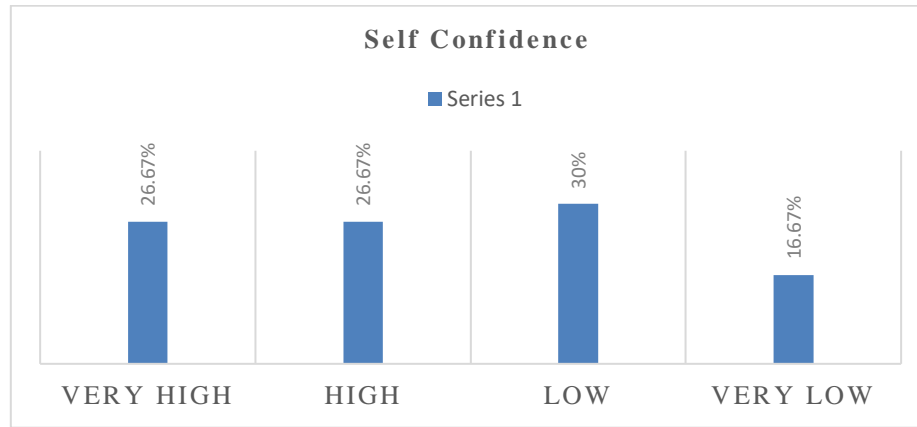


Figure 2. Histogram of self confidence

Based on the table and picture above, the level of self-confidence of Central Java petanque athletes is in CATEGORY: Very low by 16.67% or five athletes, Low by 30% or nine athletes, High by 26.67% or eight athletes, and very high by 26.67% or eight athletes.

Anxiety

Descriptive statistics are methods used to describe and provide an overview of research data sets (Memet Muhamad et al., 2022). The following are the results of the descriptive statistics of Anxiety of Central Java petanque athletes in facing the matc.

Table 5. Descriptive statistics of anxiety of petanque athletes of central java

Statistics	
N	30
Mean	82,20
Std Deviation	7,508
Minimum	64
Maximum	96

Table 6. Norms for rating anxiety facing the match

NO	Interval	Category	Frequency	Percentage
1	$87,68 \leq X \leq 89$	Very high	7	23,33
2	$80 \leq X < 87,68$	High	11	36,67
3	$72,32 < X \leq 80$	Low	9	30,00
4	$64 \leq X < 72,32$	Very low	3	10,00
TOTAL			30	100

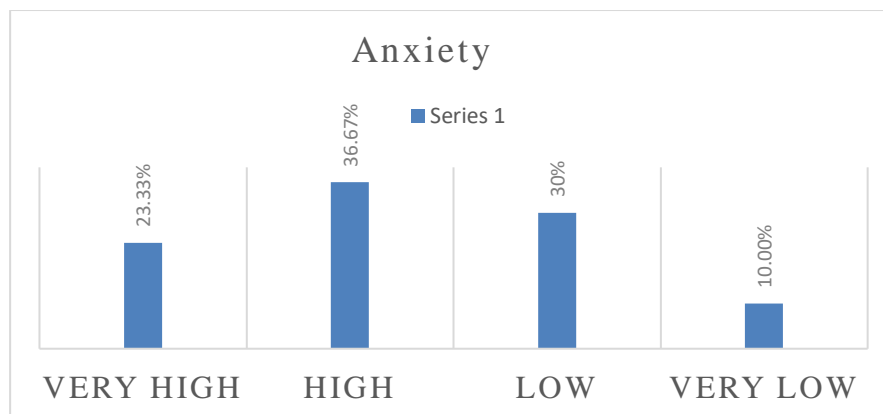


Figure 3. Histogram of anxiety facing the game

The table and picture above show that the level of Anxiety of Central Java petanque athletes when facing the match is in CATEGORY: Very low by 10% or three athletes, Low by 30% or nine athletes, High by 36.67% or 11 athletes, very high by 23.33% or seven athletes.

Prerequisite Test Results

Normality Test

This study employs the Shapiro-Wilk test for assessing normality. The researcher will assess the significance value of the residual variable; if it is greater than 0.05, the data distribution is regarded as normal (Memet Muhamad et al., 2022). On the other hand, if the significance value is below 0.05, the data distribution is considered non-normal. The results of the normality test are presented in the table below:

Table 7. Normality Test Result

Tests of Normality			
Shapiro-Wilk			
	Statistic	df	Sig.
Self Confidence	.955	30	.230
Anxiety	.971	30	.571

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Based on the statistical analysis of the normality test, the Shapiro-Wilk significance value for the Self-confidence variable is 0.230, and for the Anxiety variable, it is 0.57. Because both significance values exceed 0.05, this suggests that the data follows a normal distribution.

Linearity test

Researchers used the F test in this linearity test, and the X and Y variables were declared linear if the sig value was > 0.05 (Memet Muhamad et al., 2022). The following is the linearity test table:

Table 8. linearity test result

Anova Table							
		Sum of Squares	df	Mean Square	F	Sig.	
Anxiety * Self confidence	Between	(Combined)	1134.300	20	56.715	1.020	.515
	Groups	Linearity	560.376	1	560.376	10.077	.011
		Deviation from Linearity	573.924	19	30.207	.543	.874
Within Groups		500.500	9	55.611			
Total		1634.800	29				

According to the table, the significance value for the relationship between self-confidence and anxiety among athletes in matches is 0.874, which is greater than 0.05. Therefore, these results indicate that the relationship between the independent variable and the dependent variable is considered linear.

Hypothesis Test Results

The calculation in this research hypothesis test uses Pearson Correlation Product Moment,

which, if the value of $r_{count} > r_{Table}$ and significance < 0.05 , then the hypothesis will be accepted and vice versa (Memet Muhamad et al., 2022). The hypothesis in this study reads, 'There is a Significant Relationship Between Self-confidence and Anxiety Levels of Petanque Athletes in Central Java in Facing Matches. The outcomes of the hypothesis test analysis are displayed in the table below:

Table 9. Hypothesis test analysis results

Correlations		Self confidence	Anxiety
Self confidence	Pearson Correlation	1	-.585**
	Sig. (2-tailed)		.001
	N	30	30
Anxiety	Pearson Correlation	-.585**	1
	Sig. (2-tailed)	.001	
	N	30	30

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the table above, it can be seen that the results of the analysis of the calculated r-value

are 0.585 and r table 0.361, and the significance value is $0.01 < 0.05$, so H_0 is rejected.

Table 10. Correlation coefficient interpretation

Interval of Coefisien	Level of Relationship
0,00 – 0,199	Very low
0,20 – 0,399	Low
0,40 – 0,599	Medium
0,60 – 0,799	Strong
0,80 – 1,00	Very Strong

The level of closeness of the correlation coefficient in this study is 0.585, which means it is in the moderate category. The r or Pearson correlation value is negative, meaning the relationship between the two variables is negative. In other words, the higher the level of self-confidence of an athlete, the lower the level of anxiety in Central Java petanque athletes facing the match.

DISCUSSION

Based on the research results, it shows that the significance value of $0.001 < 0.05$, thus the hypothesis is accepted. The calculated R is greater than the table R. The R table at a significance level of 0.05 is 0.361. The calculated R obtained is 0.585, which is greater than the R table, so the hypothesis is accepted. The correlation level of 0.585 indicates a moderate relationship. The calculated r value or Pearson correlation is negative, meaning that the relationship between the two variables is negative; in other words, as the level of self-confidence of an athlete increases, the level of anxiety in Central Java petanque athletes decreases when facing competitions. Winners have significantly lower cognitive anxiety and higher self-confidence scores than losing players (Fratta, 2021). The relationship between anxiety and confidence in controlling attention in exercise can be confirmed in

competitive circumstances (Tomé-Lourido, 2019). Statistically significant differences in the physical capacity of athletes after undergoing functional training for eight weeks showed a relationship between self-confidence and each subscale in the face of the 1500-meter run (Waluyo, 2022). Athlete characteristics such as confidence and anxiety will affect attentional control during sports competitions (Liu, 2021).

Some may perceive an athlete's level of anxiety and confidence as facilitating and, by others, as debilitating. Still, it shows that the level needed to achieve good performance is subjective (Kim, 2019). Therefore, athletes need to properly manage their effective systems during competition, strengthening their confidence and self-efficacy when facing competition (Lopez, 2018). To reduce anxiety and increase self-confidence in athletes, it is essential to encourage optimism and reduce pessimism and maladaptive perfectionism so that stress will not interfere with sports performance (Paić, 2021). Self-control refers to the process by which individuals monitor and manage behavior, thoughts, and emotions in their interactions with the environment, including task performance but also social interactions (Richard, 2011). Learning self-regulation skills is essential for long-term development, so it will later transition to several stages to support a sporting career from junior to senior to competition level. Athletes must be able to

control their anxiety and confidence; the coach's role is needed to regulate the athlete's mentality in training and competition. Successful athletes have reasonable emotional control and will be effective even when they experience events that make them depressed (Siekanska, 2020).

An athlete with a high level of confidence and a low level of anxiety will feel confident and competent in facing challenges. Good self-confidence is indicated by a positive attitude based on enthusiasm and ability. By being positive, athletes will gain confidence and the ability to control fear and pressure in the match to help achieve maximum performance. A lack of self-confidence will make athletes doubt their skills and become tense and desperate. Self-confidence will positively impact the athlete's concentration, emotions, strategies, effort, momentum, and goals (Robert et al., 2024).

Anxiety can result in a lack of confidence for athletes. In the world of sports, athletes are often faced with situations that are full of pressure and tension. Failing athletes will usually be overwhelmed by hopelessness and the burden of being a winner. Anxiety facing the match is a form of adverse temperamental reaction when there is a sense of worry, loss of control, and a feeling of alertness that makes athletes afraid of failure. Based on this research, it is clear that one of the critical factors for achieving achievement is mental. Good mental conditions allow athletes to be ready to face matches with various problems. Self-confidence and anxiety are psychological factors that can be handled by familiarising themselves during training, one of which is by consulting with a coach.

Conclusion

This research concludes that there is a significant correlation, measured at 0.585, between self-confidence and anxiety among Central Java petanque athletes when facing competitions. To get the title of an athlete, they not only focus on technical, tactical, and strategic factors but also must prepare themselves mentally. With a strong mentality and mature techniques and strategies, athletes will be better prepared for the competition and have a greater chance of becoming champions. An athlete's mental strength can be trained using several mental training methods, and in this regard, the role of the coach is crucial. In future research, it may be beneficial for researchers to continue studying training programs to enhance athletes'

mental skills, so that their performance can improve.

ACKNOWLEDGMENT

The authors express their gratitude to the authors who have contributed to this research, which will help it produce reputable journals.

Conflict of Interest

We declare that the articles we write are not involved in any particular conflict of interest and adhere to the Declaration of Helsinki.

Ethics Statement

This study followed the guidelines outlined in the Declaration of Helsinki. Ethical approval was obtained from the Ethics Committee at Universitas Muhammadiyah Pekajangan Pekalongan on July 31, 2025 by number No.095/KEP-UMPP/VII/2024.

Authors Contribution

Research Design, MWP; Research Data Input, GNP, DP; Statistical Data Analysis, AAPS; Data Processing, AWU; Manuscript Preparation, FR; Journal Literacy, AAD, BST, ES. The Authors have Acknowledged and Agreed to the Manuscript.

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