



Analysis Of The Anxiety Level Among The Players Of Serpong City FC In Facing The 2023/2024 Indonesian Liga 3 Competition

Fathan Nur Ramadhan^{1*}, Muhammad Arief Setiawan², Dany Aulia³

^{1,2,3}Sports Science / Faculty of Health Sciences / Singaperbangsa University Karawang / West Java / Indonesia

^{1,2,3} Street. HS. Ronggo Waluyo, Puseurjaya, East Telukjambe, Karawang, West Java 41361

¹1910631240013@student.unsika.ac.id , ²muhammad.arief@fikes.unsika.ac.id ,

³dany.aulia@fikes.unsika.ac.id

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ABSTRACT

The sport of football is a branch of sports that has gained a lot of enthusiasts and competitors aiming to become high-achieving players. Therefore, players must train their mental resilience from an early age in order to be able to manage anxiety when facing a competition. This study falls under the category of a survey with a quantitative descriptive approach, using a questionnaire as the data collection tool. The focus of this research is to investigate the anxiety levels of players before facing the competition in the 2023/2024 Liga 3. There were 22 players selected as samples for this study. The instrument used for data collection was a questionnaire designed to measure the players' anxiety levels, utilizing the Sports Competition Anxiety Test (SCAT) as a sports anxiety instrument. The implementation phase involved providing instructions to the sample regarding the process of filling out the questionnaire regarding the profile of anxiety levels in players, and then collecting the data by distributing the questionnaire to the players. The results of this study showed that the anxiety levels of the Serpong City FC players for the 2023/2024 season before competing in the Liga 3 Indonesia 2023/2024 were as follows: 7 respondents (32%) experienced low anxiety levels with an average score of 15.14, 10 respondents (50%) experienced moderate anxiety levels with an average score of 19.5, and 5 respondents (22%) experienced high anxiety levels with an average score of 25.4. This provides insight to the coach and officials that they should focus on training the mental resilience of the players and help find solutions to the anxiety issues experienced by the Serpong City FC players, especially those participating in the Liga 3 competition for the first time. It also raises the question of whether the anxiety is intrinsic or extrinsic. Based on the results obtained, it can be interpreted that the anxiety levels of the Serpong City FC players for the 2023/2024 season fall into the moderate category, with an average score of 18.9.

Keywords: Football; Anxiety; Liga 3 Indonesia Competition.

INTRODUCTION

Sports have become one of the daily activities that benefit the fitness and health of individuals. One of the objectives of sports is to achieve excellence as a professional athlete (Hananto, 2017) (Firmana, 2017). This is evident through the development of

infrastructure by the government and the facilitation of research in the field of sports (Afriзал. S, 2018) (Raharjo et al., 2018), allowing graduates from sports programs in Indonesia to effectively apply their knowledge (Junaidi et al., 2018) (Zulwandi & Irawan, 2018). As a form of improving the quality of sports, it can be achieved by focusing on the development of mental and personality aspects in sports (Yoland & Komaini, 2019). Therefore, efforts have been made in the field of sports development, for instance, in football (P. F. Yulianto & Budiyoно, 2021).

Football is a sport highly favored by the Indonesian population (Nirwandi, 2017). The purpose of organizing football matches is not only to enhance motivation for achieving success but also to introduce the sport of football to the general public (Sinurat, 2019) (Sudirman et al., 2022), making it more recognized and enjoyable for everyone (Ishak et al., 2023). However, with the increasing popularity of football and growing competition to become successful players (Hammado et al., 2020), it is essential for athletes to train their mental toughness from an early age to be able to control anxiety when facing a match (Subandi & Sin, 2018).

To achieve the highest level of performance and excellence, athletes must put in significant effort, determination, and dedicated practice from an early age (Akhmad & Suriatno, 2018) (R. Yulianto & Haprabu, 2021). Athletes need to possess four essential skills: technical build-up, physical build-up, mental development, and the mentality of a champion (Pratama, 2019) (Meidiansya et al., 2021). These four fundamental elements can only be obtained through continuous and sustained training and competition (S. & Yulifri, 2019) (Putra, 2021).

Achieving excellence in sports requires a wealth of supporting knowledge, including anatomy, physiology, sports medicine, biomechanics, statistics, psychological testing and measurement, motor learning, educational science, nutrition, history, and sociology (Marimbuni et al., 2017) (Arham, 2019). Psychology plays a crucial role in the training process, assisting athletes in reaching their maximum potential (Hasibuan, 2020). However, in many cases, mental skills development is not emphasized during training. Coaches play a vital role in providing guidance, suggestions, and support, motivating players during training and competitions (Apriansyah et al., 2017).

In football, players need to master not only the basic techniques but also the physical, technical, tactical, and mental aspects (Ramadhan & Syafii, 2022). These four aspects are interrelated in the game of football and must be continuously developed through training. Psychological aspects are often neglected during training, yet they significantly influence a

player's performance (Sahabuddin, 2017). Even if a player has excellent physical and technical abilities, without proper mental preparation, they may underperform. This is why managing anxiety is critical for athletes when competing (Akhbar & Mahendra, 2021).

Anxiety is a negative emotional state characterized by nervousness, worry, and fear, affecting an individual's performance and enthusiasm (Roesdianto & Widodo, 2020). When athletes are anxious, their confidence may be low, and it can lead to decreased performance (Widyanti et al., 2023). Therefore, it is essential to monitor, assess, and plan to help athletes manage their anxiety levels effectively (Algani et al., 2018).

Mental development is equally important as physical and technical development because no matter how physically and technically prepared an athlete is (Sartono et al., 2020), if their mental state is not developed, achieving high performance is unlikely (Subandi & Sin, 2018). Players must learn how to handle their anxiety effectively to succeed in competition (Soleh & Hakim, 2019).

Ibrahim and Komarudin suggest that poor mental states such as restlessness and anxiety can affect an athlete's performance (Afrisal & Mistar, 2015). Visualization, relaxation in a quiet place, listening to music, playing games, controlled breathing, and focusing on the goal can help athletes alleviate tension (Putra Maiza Rianda et al., 2020). Coaches should also play a significant role in mental development by providing guidance and motivation to help athletes overcome anxiety (Rusdin, 2018) (Susokabasla et al., 2023).

In Indonesia, many football clubs, especially in Liga 3, tend to neglect mental development and anxiety management. However, this aspect is crucial, especially for young and inexperienced players who are just starting their careers. Coaches should be responsible for the mental development of their players, and it is essential to monitor their anxiety levels regularly to ensure that they perform at their best.

Based on a brief interview using the Sport Competition Anxiety Test (SCAT) instrument and observation of five Serpong City FC players, it was found that three of them experienced high anxiety, while two had low anxiety when facing the Liga 1 team Dewa United. Despite their potential to win, the Serpong City FC team struggles to control their anxiety. This shows that Serpong City FC still lacks attention to mental development, particularly in managing anxiety. The club should focus on psychological support and monitoring anxiety levels for their players.

METHOD

The research design used is a descriptive analytical method. The research location is at the training facility of Serpong City FC in the 2023/2024 Liga 3 Indonesia. The research will be conducted on August 1, 2023, during a single session. This is a non-experimental or observational research, and the tools and materials used for data collection include paper, writing instruments, questionnaires, mobile phones, and a camera. In this study, the instrument used for data collection is a questionnaire test to measure the anxiety level of players, using the Sport Competition Anxiety Test (SCAT) as the anxiety assessment tool. The sample consists of all the players in Serpong City FC Liga 3 Indonesia for the 2023/2024 season, with a total of 25 players included in the study.

The Preparation Phase involves observing the research location, which is the Serpong City FC club in Alam Sutera Serpong, to identify issues within the club. This phase also includes analyzing the phenomena occurring there and obtaining the necessary research permits. The Implementation Phase includes providing instructions to the sample about how to fill out the anxiety profile questionnaire and collecting data by distributing questionnaires to the players. Afterward, the completed questionnaires from each player are collected. In the final stage, data processing is carried out using statistical formulas to calculate the minimum score, maximum score, mean (average), standard deviation, and categorization of players into low, moderate, and high categories. The data is then presented in percentage form in the form of a pie chart.

RESULTS AND DISCUSSION

The data collected using the SCAT questionnaire from the 22 players were then analyzed, including a descriptive statistical analysis. The descriptive analysis involved calculating the minimum score, maximum score, mean (average), standard deviation, and categorizing the players into low, moderate, and high anxiety levels. The data was then presented in the form of a pie chart.

The anxiety level data was collected using a validated questionnaire. The validation of the questionnaire was based on the book titled "101 Performance Evaluation Tests" by Brian Mackenzie, published in 2005, pages 213-215. Additionally, the researcher also validated the questionnaire with sports psychology experts. The total number of questions in the questionnaire was 15. Out of these, 10 questions were considered valid, and 5 questions were considered invalid. Each question had three answer options with scores

ranging from 1 to 3. A detailed description of the research data is as follows: Number of Questions in the Questionnaire: 15, Valid Questions: 10, Invalid Questions: 5, Answer Options: Three choices with scores from 1 to 3

Table 1.
The SCAT Scores of Serpong City FC Players in 2023

Name	SCAT Score
Herlian Laksono	15
Aldino	16
M. Bahtiar	16
Busari	15
Arda Alfareza	18
Alvin Setiawan Saputra	19
Aris Fathur R.	15
Wahyu Coyy	25
Wahyu Anggara Indra Tanaya	14
Rahmad Dandi Sonriza	15
Muh. Haidir	21
Andi Arif Rahman	26
M. Dedem Z	18
M. Yusuf Saputra	21
M. Nur Fajriansyah	18
Ibrahim Salim	19
Ahmad Duwaidar	19
Andra	21
M. Subri Umarella	21
Muh. Azial	25
Zubair Nur Al Fadli	25
Zenifer Victor Lumbangaol	26

Subsequently, the questionnaire data was processed automatically using Excel. Here are the results of the SCAT calculations by Serpong City FC players for the 2023/2024 season.

Table 2.
Statistical Description of Serpong City FC Players in 2023

Statistical	Value
N	22
Mean	18.9
Median	18.5
Standard Deviation	3.95
Minimum	14
Maximum	26

From the table.2 , it is observed that the anxiety level of Serpong City FC football players has an average (mean) score of 18.9, a median score of 18.5, a standard deviation of 3.95, a minimum score of 14, and a maximum score of 26.

Subsequently, the data was analyzed using a descriptive percentage analysis, categorized into three levels: low, moderate, and high anxiety. The results of the data categorization are as follows:

Table 3.
 Frequency Distribution of Anxiety Levels among Serpong City FC Players in 2023

No	Interval	Category	Frequency	%
1	c	Low	7	32%
2	17-24	Moderate	10	45%
3	>24	High	5	23%
Total			22	100%

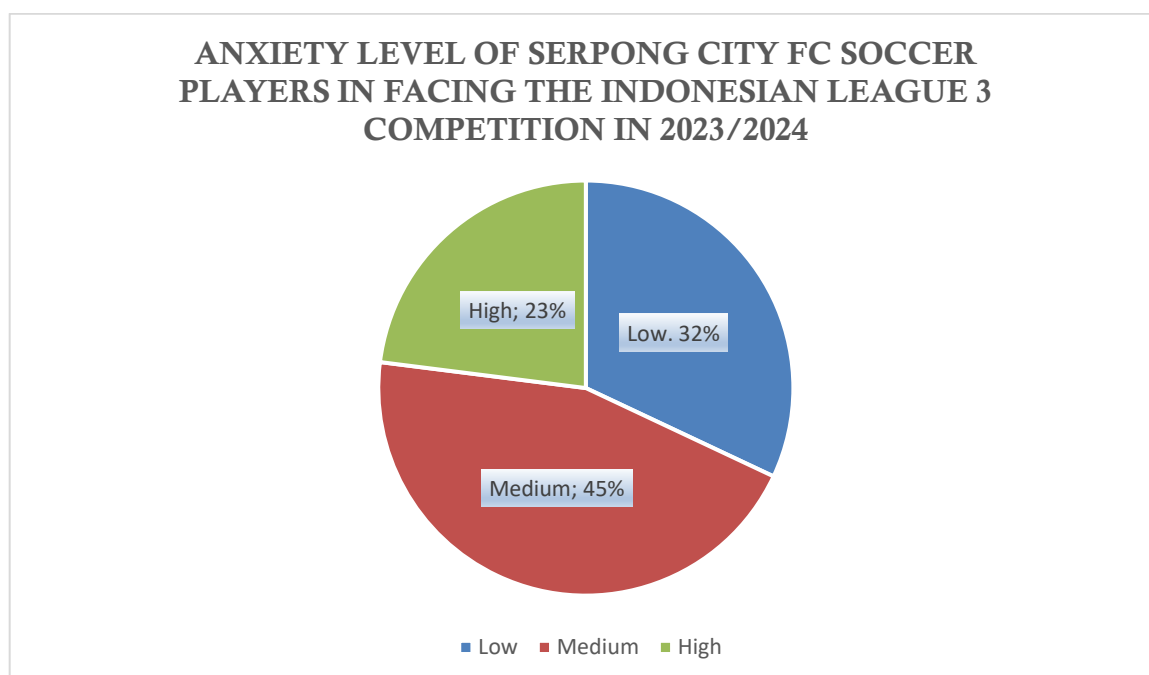


Image 1.

A pie chart displaying the percentage distribution of anxiety levels among Serpong City FC players in 2023

From Image 1, it can be elaborated as follows: the majority of Serpong City FC players in 2023/2024 have a low anxiety level, with 7 players (32%) falling into this category. Additionally, 10 players (45%) exhibit a moderate anxiety level, and 5 players (23%) experience high anxiety levels. Therefore, the majority of Serpong City FC players in 2023/2024 have a moderate anxiety level, with a total percentage of 45%.

Based on the results, it can be interpreted that the anxiety levels of Serpong City FC players in 2023/2024 fall into the moderate category. This suggests that players, especially the 5 players with high anxiety levels, need to increase their mental training to achieve better mental conditions before matches, ultimately optimizing their performance. As self-generated anxiety affects their actual performance, which may not be as good as during

training, this highlights the importance of the coach's role in addressing this issue.

Coaches and officials should focus on training the players' mental resilience and finding solutions to anxiety issues. This is especially important for players who are participating in the Liga 3 competition for the first time, as they may experience either intrinsic or extrinsic anxiety. The coach's role in handling this issue is crucial because they work with the players daily and understand their behavioral characteristics and attitudes. Each player has unique characteristics, so handling anxiety levels varies from one player to another. By identifying each player's anxiety levels, it is hoped that the symptoms that trigger anxiety in players can be addressed, leading to optimal performance and desired achievements. Many Serpong City FC players have potential, but anxiety during matches hinders them from performing at their best.

CONCLUSIONS AND SUGGESTIONS

The conclusion of this research is that the anxiety levels of Serpong City FC players in the 2023/2024 season before competing in the Liga 3 Indonesia competition are in the moderate category, with an average score of 18.9. The detailed results are as follows: 7 respondents (32%) fall into the low anxiety level category with an average score, 10 respondents (50%) are in the moderate anxiety level category with an average score of 19.5, and 5 respondents (22%) are in the high anxiety level category with an average score of 25.4.

Based on the results, it can be interpreted that the anxiety levels of Serpong City FC players in 2023/2024 fall into the moderate category. This suggests that the Serpong City FC team has made significant improvements in training the mental resilience of their players compared to when the researcher initially observed the research problem.

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