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Analysis of the Confidence Level of Male Futsal Players Aged 16-18 Years From the Gajah Agung Sumedang Team

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ABSTRACT

This research aims to find out how much self-confidence has increased in male futsal players aged 16-18 years from the Gajah Agung Sumedang Team. In this club, many futsal players lack confidence before the match. Self-confidence is a positive thing and influences a match. As a result, the match will become monotonous if the player has good performance but lacks mental confidence. This research uses a quantitative descriptive method which is an explanation, describing conditions and situations. This type of research uses the survey method. A survey is a research that attempts to collect data on one or several variables taken from members of the population in the research. Research design is all the processes required for planning and implementing research. The results of this research are in the form of a percentage analysis of the level of self-confidence in the high category of 66.66% (20 athletes) and the very high category of 33.33% (10 athletes) with an internal high category of 70% (21 athletes) and the very high category. 30% (9 athletes) and external factors in the medium category 3.33% (1 athlete), while for the high category, it was 70% (21 athletes), and in the very high category 26.66% (8 athletes). In the role of internal factors in achieving achievement, there are indicators of self-concept, self-esteem, and physical condition. Where the three of them show that self-confidence in internal factors is in the high category for male athletes. The role of external factors, which also contain three indicators, namely education, work, and environment, male athletes' level of confidence is in the high category. It is known from the analysis that the level of self-confidence of male futsal player Gajah Agung Sumedang aged 16-18 years is not low

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INTRODUCTION

Futsal for men, from children to adults, is a popular and popular sport (Pritama, 2023). The growth of futsal has been very rapid since 2000. Playing futsal is not much different from playing football in general. Futsal requires stamina, mentality, and strategy (Soleh & Hakim, 2019). Futsal is a type of team sport that is played indoors with



constant intensity. It increases aerobic power, running speed, and leg muscle strength (Nikolaidis et al., 2019). Apart from training technique, physicality, and tactics, futsal must also pay attention to the mental self-confidence of players so they can practice and compete with full confidence and high enthusiasm. However, up to now, there have been many Extracurricular or Futsal UKMs established (Santika et al., 2021). This also happens to the futsal players of the Gajah Agung Sumedang club, many futsal players lack confidence before the match. Players often feel anxious and worried before a match. Self-confidence is a positive thing and influences a match. Such as feeling optimistic about having strong achievements and having the courage to make decisions.

Futsal is a sports game played by two teams, each team consisting of five players, one of whom is the goalkeeper. The purpose of futsal itself can be for entertainment or can be a hobby that produces achievements and the way to play it is by putting the ball into the opponent's goal and preventing a goal from being scored into your own goal, by manipulating the ball at your feet. Apart from the 5 main players, each team is allowed to have reserve players (journal of sport). FIFA says futsal was first played in Montevideo, Uruguay, in 1930. The first futsal world championship was held with the help of FIFUSA (before its members joined FIFA in 1989) in Sao Paulo, Brazil in 1982 (Susanto & Mesnan, 2017). From a technical point of view, futsal skills are almost the same as grass fields, the only basic difference in futsal is that you control or hold the ball using the sole of your foot, because the surface is hard, the players must hold the ball not far from their feet, because if far from the foot with the small size of the field opposing players will easily seize the ball (Syafaruddin, 2019).

Futsal presents special requirements for good physical performance, where oxidative phosphorylation is responsible for approximately 76% of the total energy resynthesized during competition at high levels. The average oxygen consumption is approximately 48.6 mL/kg \cdot min⁻¹, suggesting that aerobic metabolism may be a limiting factor in futsal; Therefore, developing physical capacity is very important for athletes to achieve great sporting achievements. Meanwhile, the key moments of the match are high intensity and short duration, especially through repeated high intensity efforts. According to Castagna et al, the critical moment of the bout shows strong involvement of the anaerobic system (3 to 4 short sprints with 20 to 30 seconds of rest), with a moderate lactate concentration of about 5.3 mmol L⁻¹ and a peak of 80 – 85% of the concentration maximum. (Barbieri et al., 2016)

The peak performance of each futsal team does not only depend on the playing tactics, basic techniques and skills of each player, but also depends on their psychological conditions and mental health. The psychological state of the athlete must always be the main thing before the athlete participates in a match or championship. It is not enough to train the ability to play futsal only at school. There needs to be regular sparring between schools or clubs to practice playing skills (Nugraha et al., 2019). According to (Tuwianto, 2018) in (Dwi Agustin et al., 2023). One of the main factors that hinders the coaching process, especially in the 11 – 16 year age category, is that there is only one coach who coaches or coaches. For this reason, psychologically a coach must be stronger in his approach to his

athletes, in addition to training technical sports skills, which is very important. Of course, the psychological condition and mental health of the coach himself must be in good condition when providing guidance and mental training to his athletes (Irawan. YF & Limanto. D., 2021). To better understand the load experienced by players over time, internal load (IL) and external load (EL) must be measured and characterized (Buchheit, 2014; Fox et al., 2017; Klemens et al., 2019). Although IL describes the effects of physiological training on athletes, EL describes physical training requirements measurements obtained from location data and/or inertial measurement units (Ribeiro et al., 2020).

Self-confidence is a feeling of confidence or having a level of certainty about an ability to be successful in sports (Purnomo et al., 2020). Self-confidence focuses on what can be done with a player's abilities. The level of self-confidence is determined and influenced by internal and external factors. Pratama (2019) Defines self-confidence as a belief in oneself to achieve the targets that have been set (Pritama, 2023). Confidence in playing futsal has a big influence during the match. Currently, futsal is a sport that is popular with both children and adults. You can play indoors or outdoors, any time in the morning, afternoon or evening. The influence of self-confidence when exercising on controlling and reducing negative emotions has been confirmed by various schools of thought (Lombardo dkk. 2018). Based on this, feeling confident in exercising can have an influence in reducing negative emotions in athletes, especially in sports competitions, such as: B. Controlling and reducing fear of sports (Juezan & Osorno, 2022).

Self-confidence means not being too afraid of action, being free to act according to one's wishes, being responsible for one's actions, treating others politely, having the desire to achieve, and being able to act according to one's wishes and ability to do something. Get to know your strengths and weaknesses, as well as your shortcomings. Lauster explains that confident people are characterized by being selfish (forgiving), not needing encouragement from others, and being optimistic and happy (Tanjung & Amelia, 2017). There are three factors that influence self-confidence in sports, namely (1) Organizational culture which is the structural and cultural aspect of sports subculture which can include things such as level of competition, motivational climate, coaching behavior, and expectations from different sports programs, (2) Demographic characteristics related to gender and race, and (3) personality characteristics focused on goal orientation and optimism (Bogor, 2002). Rahayu (2013) explains that the characteristics of self-confidence are divided into two, namely individuals who have high self-confidence and those who have low self-confidence. Individuals who have high self-confidence are individuals who are able to know their abilities, can carry out and complete the tasks given well, do not hesitate in acting, and think positively about themselves. Meanwhile, individuals who have low self-confidence are individuals who are not confident in their abilities, hesitate in acting, depend on other people, and tend to avoid things because they are not confident in their abilities (Sulistiyowati & Indrawati, 2019). Athletes often use sports psychology interventions to increase self-confidence. However, there is little evidence to suggest a link between self-confidence and athletic performance. Self-confidence is a huge benefit for athletes, according to some studies, but other studies have not found this benefit. Nearly two decades ago, a quantitative summary of self-confidence in the sports

literature was published in the form of two meta-analyses. Since then, many new studies have shown that an updated meta-analysis is timely (Lochbaum et al., 2022).

The intensity of futsal is high and the field is small, players and athletes must have a strong spirit to win the match. One of the reasons why this problem needs attention is because most clubs only train players on technique and ability without considering their mental confidence. As a result, matches will become monotonous if players have good performance but lack mental confidence. Therefore, to find a solution to this problem and find out how much improvement there will be after filling out the questionnaire. Based on the statement above, researchers want to know the level of confidence of male futsal players based on their age.

METHODS

This research uses a quantitative descriptive method which is an explanation, describing conditions and situations (Arikunto, 2013). This type of research uses the survey method. A survey is research that attempts to collect data on one or several variables taken from members of the population in the research (Maidiana, 2021). According to Suchman in (Nazir, 2014) research design is all the processes required for planning and implementing research. The research design is as follows:

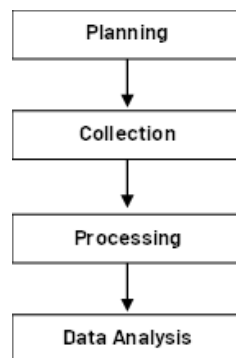


Figure 1.

This research design adopts the research scheme of Apta Mylsidayu (2016)

Research Target/Subject

Sugiyono (2018) states that population is a generalization area consisting of subjects or objects that have certain attributes and qualities that researchers choose to study before making conclusions. This research will utilize 30 players from the Gadjah Agung Sumedang Team. Both the number and characteristics of the population comprise the sample. The sampling method is known as sampling technique (Soegiyono, 2010). Saturated sampling is a sampling method where each member of the sample is considered as the population. Thus, the sample used in this research was 30.

Data, Instruments, and Data Collection Techniques

To collect data for this research, a self-confidence instrument will be used by measuring the research variables. The self-confidence instrument has been described

in terms of indicators and factors for each variable which refer to theory (Ghufron and Rini, 2011) using instruments from (Andrianto, 2016).

Tabel 1.
 Description of Research Instrument Indicators

Internal factors	
Self concept	
No	Question
1	I always believe in myself every time I take part in a competition
2	I will not make a mistake that will result in my disqualification
3	I always convince myself that I can record the best score
4	The winning target given by the coach made me unsure of my abilities
5	I am always optimistic that I will win the race if I face stronger opponents.
6	When I don't achieve the specified target, I easily become discouraged
7	I am sure I will get perfect results by trying and praying.
Pride	
1	My confidence increases if during the preliminaries I compete very well.
2	I will not give up even if I am in last place.
3	I feel optimistic when I compete against opponents whose abilities are far above mine.
4	I felt embarrassed and unsure if during the preliminary round, my performance was not good.
5	I feel inferior when I see my opponent's sparring equipment is better.
Physical condition	
1	I am always ready when I am involved in a competition even though I am not in good shape.
2	I still feel optimistic even though my training is lacking
3	When I was injured, I forced myself to take part in the race, because it was a prestigious race.
4	The increased training portion will improve my performance when competing
5	I felt confident taking part in the competition even though during practice my score was not good.
Experience	
1	Participating in various competitions made me even more enthusiastic to a higher level.
2	Participating in competitions at various levels made me doubt my abilities.
3	This competition is my first competition, so I will show my best abilities.
4	I feel optimistic when racing because I have a lot of racing experience.
5	I felt doubtful because I had lost in the previous competition.
External Factors	
Education	
No	Question
1	I feel confident taking part in competitions that are classified based on educational level.
2	I feel that the level of education influences the results of the race.
3	I feel I have more abilities with my educational status.
4	Even though my education only reaches high school, I am still confident in participating in competitions.
Work	
1	I will perform to the best of my ability even though I have to divide my training and work time.
2	I am embarrassed because my profession is only an athlete.
3	I am proud to be an athlete because I am able to meet my daily needs.
Environment	
1	All kinds of ridicule and ridicule that were given to me during the competition did not affect my performance.
2	I am excited when my parents, friends and relatives come to see me compete.
3	I feel confident when the coach gives me motivation before competing.
4	I became even more enthusiastic when I was accompanied by a coach during the competition.
5	The absence of a coach will affect my performance when competing.
6	I became nervous when many spectators came to see the race.

The method used to obtain data from certain natural places involves treatment in data collection, for example by distributing questionnaires and structured interviews. The data collection technique uses a questionnaire. The scores obtained from the questionnaire were then analyzed using quantitative descriptive techniques expressed in percentage form.

The analysis technique used is descriptive statistical analysis technique. The calculations were assisted using Microsoft Excel 2013, the questionnaire used in the research was a Likert Scale with positive scores and negative scores, the questionnaire contained five answer level categories, namely Strongly Agree, Agree, Disagree, Disagree and Strongly Disagree. Then the maximum and minimum scores must be determined first, after that determine the average value and standard deviation of the scores obtained. Next, the data is presented in the form of a frequency distribution table and then categorized and presented in the form of a bar chart. The Anas formula (Sudjono, 2010) is used in the calculation technique for each questionnaire item.

$$P = x 100\% \frac{f}{n}$$

Management of research results is then converted based on assessment criteria categories. In (PRANADITYA et al., 2020), the data is then interpreted in five levels, namely:

Table 2.

Interpretation Value

No	Range	Category
1.	81% - 100%	Very high
2.	61% - 80%	Tall
3.	41% - 60%	Currently
4.	21% - 40%	Low
5.	0% - 20%	Very low

RESULTS AND DISCUSSION

The results of this research aim to describe information about the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team. The level of self-confidence is divided into two factors, namely internal factors and external factors. Internal factors include sub-indicators such as self-concept, self-esteem, physical condition, and experience. education, workplace, and environment are external indicators.

Table 3.

Calculation of the percentage analysis of the confidence level of male futsal players
 16-18 years old Gadjah Agung Sumedang team

Player	Real Score	Max Score	%	Category
Boys 16-18 years old	4,118	5,250	78.43	Tall

From the data above, if formulated into a frequency distribution, the results of the research data regarding the analysis of the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team are in the form of a frequency distribution as follows.

Table 4.

Frequency distribution analysis of the level of confidence of male futsal players
 16-18 years old Sumedang Gadjah Agung team

Category	F	Male Players %
Very high	10	33.33
Tall	20	66.66
Currently	0	0
Low	0	0
Very low	0	0
Amount	30	100

Above is the frequency distribution **Table 4** data on the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team which can be shown in Figure 2 as follows.

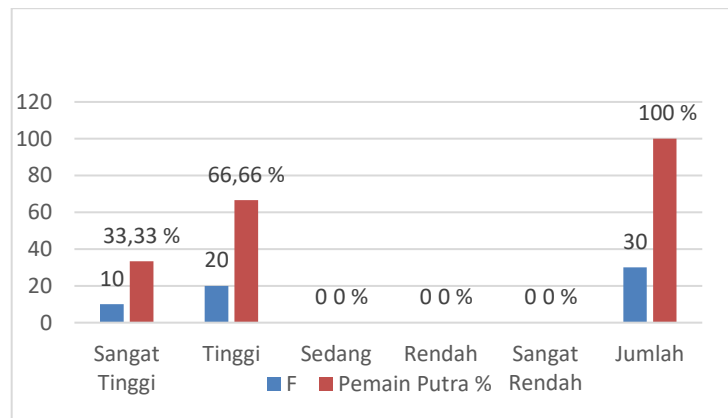


Figure 2.

Bar chart of confidence levels for male futsal players aged 16-18 years
 Gadjah Agung Sumedang team

Data from the analysis from **Table 4** and **Figure 2** above shows that the data obtained regarding the percentage analysis of the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung team in the very low category is 0%, the low category is 0%, the medium category is 0%, while for the high category it was 66.66% (20 athletes) and the very high category was 33.33% (10 athletes).

Internal factors

The results of research data analyzing the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team are presented in the percentage calculation table as follows.

Table 5.

Calculation of the percentage analysis of the confidence level of male futsal players
 16-18 year old Sumedang Gadjah Agung team based on internal factors

Player	Real Score	Max Score	%	Category
Boys Aged 16-18 Years	2,593	3,300	78.57	Tall

From the percentage calculation **Table 5** above, if it is displayed in frequency distribution form then the dataanalysis of the level of confidence of male futsal players

aged 16-18 years from the Gadjah Agung Sumedang team based on internal factors, namely as follows.

Table 6.

Frequency distribution analysis of the level of confidence of male futsal players 16-18 year old Sumedang Gadjah Agung team based on internal factors

Category	F	Male Players %
Very high	9	30
Tall	21	70
Currently	0	0
Low	0	0
Very low	0	0
Amount	30	100

From the percentage calculation **Table 6** above, if it is displayed in bar chart form then the data analysis of the level of confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team based on internal data factors such as the following.

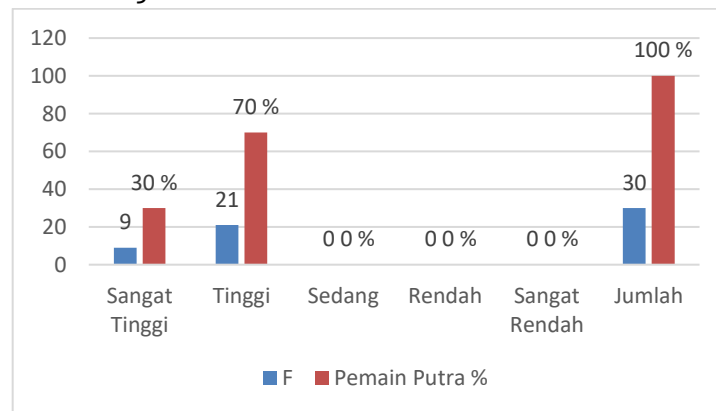


Figure 3.

Bar diagram of the confidence level of male futsal players aged 16-18 years Gadjah Agung Sumedang team based on internal factors

The data from the analysis from table and **Figure 2** above shows that data was obtained regarding the percentage analysis of the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung team in the very low category 0%, low category 0%, medium category 0%, while for the high category was 70% (21 athletes) and the very high category was 30% (9 athletes).

External Factors

Data results analysis of the level of confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team based on external factors is shown in the percentage table as follows.

Table 7.

Calculation of the percentage analysis of the confidence level of male futsal players 16-18 year old Sumedang Gadjah Agung team based on external factors

Player	Real Score	Max Score	%	Category
Boys aged 16-18 years	1,525	1,950	78.20	Tall

From the percentage calculation **Table 7** above, if it is displayed in frequency distribution form then the dataanalysis of the level of confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang teambased on external factors, namely as follows.

Table 8.

Frequency distribution analysis of the level of confidence of male futsal players aged 16-18 years of the Gadjah Agung Sumedang team based on external factors

Category	F	Male Players %
Very high	8	26.66
Tall	21	70
Currently	1	3.33
Low	0	0
Very low	0	0
Amount	30	100

From the percentage calculation **Table 8** above, if it is displayed in bar chart form then the dataanalysis of the level of confidence of male futsal players aged 16-18 years from the Gadjah Agung Sumedang team based on external factors, namely as follows.

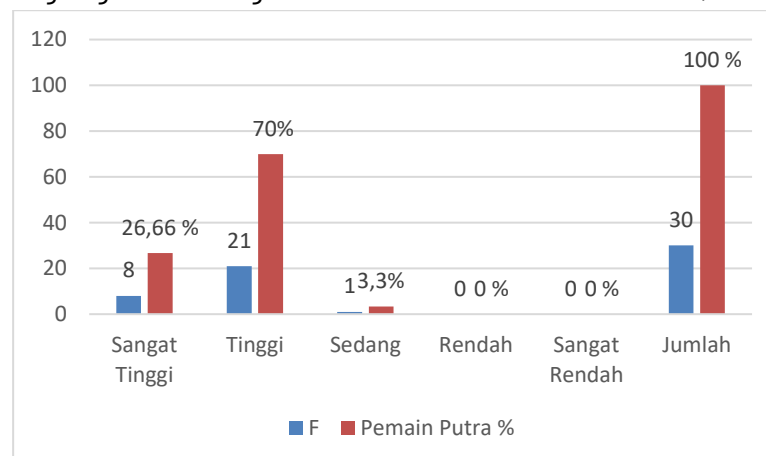


Figure 4.

Bar chart of futsal players' confidence level boys aged 16-18 years from the Gadjah Agung Sumedang team based on external factors

Data from the analysis from table and **Figure 4** above shows that the data obtained regarding the percentage analysis of the level of self-confidence of male futsal players aged 16-18 years from the Gadjah Agung team in the very low category is 0%, the low category is 0%, the medium category is 3.33% (1 athlete), while for the high category it was 70% (21 athletes) and the very high category was 26.66% (8 athletes).

CONCLUSION

Based on the explanation above, it can be concluded that the role of internal factors in achieving achievement are indicators of self-concept, self-esteem and physical condition. Where the three of them show that self-confidence in internal factors is in the high category for male athletes. The role of external factors, which also contain three

indicators, namely education, work and environment, male athletes' level of confidence is in the high category.

It is known from the analysis that the level of self-confidence of male futsal players Gadjah Agung Sumedang aged 16-18 years is not low. This is because they are athletes who are highly trusted internally and externally. Self-confidence is very important for athletes so they can do their best. Athletes are quite confident when competing. Optimal self-confidence is when someone can control himself during the game. Optimal self-confidence can encourage better achievement and strong motivation. Conversely, when someone cannot control themselves during a game, they lack strong motivation, have below average skills, and cannot achieve optimal results.

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