



**CONFIDENCE AND ANXIETY FACING THE COMPETITION OF KYOURUGI
TAEKWONDO ATHLETES SALATIGA: A CORRELATION STUDY**
*Kepercayaan Diri Dan Kecemasan Menghadapi Pertandingan Atlet Kyourugi Taekwondo
Salatiga: Studi Korelasi*

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ABSTRACT

Background: Anxiety over competition is one of the things that is stressful with mental symptoms interpreted as a feeling of anxiety, uneasiness, and worried. Self-confidence is the belief in one's abilities, so one does not feel anxious when carrying out an activity, has a feeling of freedom in doing something one wants, and a sense of responsibility for the decisions and actions taken. **Purpose:** This study aims to determine whether there is a relationship between self-confidence and competition anxiety among kyourugi taekwondo athletes in Salatiga city. **Methods:** Used quantitative with a correlation design. A total of 37 kyourugi taekwondo athletes in Koni Salatiga were used as research participants using a saturated sampling technique. **Results:** Confidence was measured using the SAS-2 Sport Anxiety Scale ($\alpha = 0.901$) and competition anxiety was measured using the Self-Confidence Scale ($\alpha = 0.907$). The results of this study prove that self-confidence and competition anxiety have a negative relationship ($r = -0.757$ and $\text{sig} = 0.000$). **Conclusion:** These results mean that the higher the athlete's confidence, the lower the athlete's competition anxiety. Meanwhile, the lower the athlete's self-confidence, the higher the athlete's competition anxiety.

Keywords: anxiety, competition, self-confidence.

ABSTRAK

Latar Belakang: Kecemasan menghadapi pertandingan merupakan salah satu hal yang listres dengan gejala mental dapat diartikan sebagai perasaan gelisah, tidak tenang dan khawatir. Kepercayaan diri ialah keyakinan atas kemampuan yang dimiliki, sehingga tidak merasa cemas ketika melakukan suatu kegiatan, memiliki perasaan bebas dalam melakukan sesuatu hal yang diinginkan, dan rasa tanggung jawab atas keputusan dan tindakan yang dilakukan. **Tujuan:** Penelitian ini bertujuan untuk mengetahui adanya hubungan antara kepercayaan diri dan kecemasan menghadapi pertandingan pada atlet kyourugi taekwondo di kota Salatiga. **Metode:** Metode yang digunakan yaitu kuantitatif dengan design korelasi. Sebanyak 37 atlet kyourugi taekwondo Koni Salatiga dijadikan sebagai partisipan penelitian dengan menggunakan teknik sampling jenuh. **Hasil:** Kepercayaan diri diukur menggunakan SAS-2 Sport Anxiety Scale ($\alpha = 0,901$) dan kecemasan bertanding diukur menggunakan Self-Confidence Scale ($\alpha = 0,907$). Hasil dari penelitian ini membuktikan bahwa kepercayaan diri dan kecemasan bertanding memiliki hubungan negatif ($r = -0,757$ dan $\text{sig} = 0,000$). **Kesimpulan:** Hasil tersebut memiliki arti bahwa semakin tinggi kepercayaan diri atlet, maka semakin rendah kecemasan bertanding atlet tersebut. Sedangkan, semakin rendah kepercayaan diri atlet, maka semakin tinggi kecemasan bertanding atlet tersebut.

Kata kunci: kepercayaan diri, kecemasan, pertandingan

INTRODUCTION

According to Muharram dan Puspondari (2018), sport is a physical activity, or an activity carried out professionally to increase and produce maximum performance, especially Taekwondo. Taekwondo is a martial arts sport that is growing rapidly in Indonesia. According to Suryadi (in Murniwati, et al. 2019), taekwondo consists of 3 words. The first one is *tae* which means foot by using a kick technique, *kwon* means a hand that defends with hand techniques, and *do* which means a way to discipline. Thus, taekwondo is a martial art that only relies on foot techniques to attack and hand techniques to defend. Taekwondo matches are divided into 2 types which are Kyourugi and Poomsae matches. The Kyourugi competition is a basic exercise that applies basic movement techniques. It is conducted between two athletes who fight each other practicing hand and foot attack techniques. While the Poomsae Competition is a battle for two or four individuals to practice combined movements designed without the use of an instructor.

According to Deaux in Febrian (2015), competition is an activity to achieve goals by beating other people or groups. Able ment au the group chooses to work together or compete depending on the structure of the competition. Djamrah (2015) explained that matches or competitions can be used as a motivational tool to encourage athletes to be passionate about training. Meanwhile, Komarudin (2013) argued that competition is mutual overcoming and struggle between two teams or between groups to fight over the same object to be the best.

Any able have been prepared and able m has been done as much as possible to get maximum results and to be the best to beat opponents who, according to athletes, have more abilities than these athletes. Athletes

experience various feelings of worry when they are going to compete, such as worrying that they will lose a match, will not be able to perform optimally, and other bad things. Feelings that arise such as fear and worry for no reason are a form of anxiety (Khusniyah, 2019).

Martens, et al. (1990) defined that anxiety is a mental symptom that is synonymous with negative feelings. Competition anxiety is a feeling of worry, anxiety, and nervousness so that viewing a competition becomes a dangerous thing resulting in physiological changes such as a fast heart rate, increased blood pressure, cramps that occur in the stomach, faster breathing, and reddened face. The factors that can affect anxiety are internal factors and external factors. Internal factors are too fixated on their technical abilities, the emergence of negative thoughts, and the athlete's mind will be greatly influenced by satisfaction that is subjectively felt within the athletes. While external factors include the influence of the masses, other competitors who are not rivals, coaches, things that are not technical in nature, such as field conditions, weather, or equipment that is considered inadequate and the emergence of several impulses that cause confusion. This can be in the form of demands or expectations so that it can trigger doubts in athletes to fulfill this. This causes athletes to experience confusion in determining how they look or perform and can cause loss of confidence in Tangkudung dan Mylsidayu (2017).

Athletes' anxiety when competing is self-confidence Tangkudung dan Mylsidayu (2017). This is supported by previous research conducted by Triana, et al. (2019) which showed that there is a significant negative relationship between self-confidence and competition anxiety. When the score of the self-confidence variable increases, the match anxiety score will

decrease. However, if the confidence score decreases, then the match anxiety score will increase.

Based on initial interviews with Kyourugi athletes, researchers obtained information that some athletes feel anxiety when they are going to compete, this anxiety causes athletes to not be confident in the abilities they have possessed and trained so far. As a result of the emergence of anxiety, the athlete's performance is not optimal when facing a competition. This can affect the athlete's performance in the next match. One athlete said that the symptoms experienced when anxiety arises include sweaty hands, palpitations, irrational thoughts, the urge to urinate and the fear of losing.

Komarudin (2013) said that athletes with low self-confidence tend to doubt their abilities. Low self-confidence causes athletes to be tense and hopeless. This can be detrimental to athletes because they cannot display their best abilities. Low self-confidence causes athletes to worry in a match because of the feeling of tension they experience.

Several studies have proven that there is a negative relationship, one of which is the research conducted by Rachmawati, et al. (2016) entitled "The relationship between self-confidence and anxiety about competing in karate athletes at the Indonesian able men karate-do Student Activity Unit at Sebelas Maret University" with results of 27.9% and 72.1%. Another study conducted by Triana, et al. (2019) entitled "The Relationship Between Confidence and Anxiety in Competing Pencak Silat Athletes in Facing the 2018 Salatiga Cup".

Based on the explanation above, it shows that there are problems regarding anxiety related to self-confidence and two previous studies that are interrelated. Thus, the authors are interested in analyzing about

the negative effects appeared between confidence and anxiety while doing competition in kyourugi taekwondo athletes.

Regarding the previous studies, the authors found several publications regarding the variables of self-confidence and anxiety with sample populations of different study focuses in the Solo, Salatiga and Samarinda cities. Previously, research in Salatiga city had been conducted using a sample population of pencak silat athletes, but no research had been found using a sample population of taekwondo athletes.

METHOD

The method used in this study was quantitative research with a correlational design. This research was conducted in Salatiga City in early 2023. The population in this study were taekwondo athletes at KONI Salatiga with a sample of 37 athletes. The criteria for participants in this study were taekwondo athletes at Koni, Salatiga City who had participated in taekwondo for about a year. Participants in the study were asked to fill out a Google Form containing informed consent regarding the research procedure. This research was approved by the Faculty of Psychology at Satya Wacana Christian University with letter number 036/PU-F.Psi/II/2023.

This research used a saturation sampling technique. The dependent variable studied was competition anxiety as measured by Smith et al's (2006) ability such as SAS-2 (Sport Anxiety Scale) which was compiled from somatic, worry, and concentration disruption aspects. While the independent variable was self-confidence as measured using Lautser's (2002) able ment, namely the Self-Confidence Scale which was compiled on aspects of belief in one's abilities, optimism, objectivity, responsibility, and rationality. The reliability of the measuring instruments owned by each measuring

instrument was 0.907 on the able ment Self-Confidence Scale and 0.901 on the able ment SAS-2.

The analysis used in this study was the Pearson correlation test using the IBM SPSS version 22 program. However, before carrying out the Pearson correlation test, the data obtained will be tested for assumptions using the normality and linearity tests as a condition for the Pearson correlation test.

RESULT

Participants in the research conducted were 18 male athletes and 19 female athletes. Based on the research conducted, the scores on the self-confidence variable are as follows.

Table 1. Categorization of Self-Confidence Variables.

Interval	Category	Mean	N	Percentage
76 – 87	High		16	43%
64 – 75	Medium	73.24	15	41%
52 – 63	Low		6	16%
TOTAL			37	100%

Table 1 showed that 16 subjects were in the high category with a percentage of 43%, 15 subjects were in the medium category with a percentage of 41%, and 6 subjects were in the low category with a percentage of 16%. Based on this ability, it can be said that the self-confidence of "kyourugi" taekwondo athletes in Salatiga City was in the high category.

While the scores obtained on the competitive anxiety variable were as follows.

Table 2. Variable Categorization of Competition Anxiety.

Interval	Category	Mean	N	Percentage
34 – 44	High		4	11%
23 – 33	Medium	25.59	23	62%
12 – 22	Low		10	27%
TOTAL			37	100%

Table 2 portrayed that 4 subjects were in the high category with a percentage of 11%, 23 subjects were in the medium category with a percentage of 62%, and 10

subjects were in the low category with a percentage of 27%. Based on the results obtained from the table, it can be said that the anxiety of competing taekwondo athletes "kyourugi" in Salatiga City was in the moderate category.

The results of the normality test showed that sig. (2-tailed) of 0.585 ($P > 0.05$). The variable of competition anxiety was sig. (2-tailed) of 0.897 ($P > 0.05$). Thus, it can be concluded that the distribution between self-confidence and competition anxiety was said to be normal.

Table 3. Normality Test.

		Confidence	Competition Anxiety
N		37	37
Normal Parameters ^{ab}	Mean	73.24	25.59
	Std. Deviation	9.096	7.492
Most Extreme Differences	Absolute	.127	.094
	Positive	.118	.077
	Negative	-.127	-.094
Kolmogorov -Smirnov Z		.775	.574
Asymp. Sig. (2-tailed)		.585	.897

The results of the linearity test showed that both variables were said to be linear because they have $P = 0.118$. Based on the table above, it can be concluded that the variables of self-confidence and competition anxiety can be said to be linear.

Table 4. Linearity Test.

		F	Sig.
	(Combined)	5.047	.001
Competition Anxiety * Confidence	Between Groups	Linearity	69.408
		Deviation from Linearity	1.829
	Within Groups		.118

The hypothesis in this study was that there was a negative relationship between self-confidence and competition anxiety in taekwondo athletes in Salatiga.

Table 5. Hypothesis Test.

		Confidence	Competition Anxiety
Pearson Correlation	EI	Correlation Coefficient	1
		Sig. (2-tailed)	-.757**
	QM	N	.000
			37
	EI	Correlation Coefficient	1
		Sig. (2-tailed)	-.757**
	QM	N	.000
			37

Based on the Pearson Correlation and Sig on table above, it was known that $r = -0.757$. Hence, it can be concluded that self-confidence has a negative relationship with competition anxiety and Sig 0.00 ($p < 0.05$). This analysis has a negative value, which means that if you have high self-confidence, your competition anxiety will be low. Thus, the hypothesis in the study was accepted.

DISCUSSION

The results of testing the correlation variables of self-confidence and competition anxiety using the Pearson Correlation showed $r = -0.757$ and Asymp. Sig. (2-tailed) that is $p = 0.000$. It indicated a negative relationship between the 2 variables. This shows that the variable (x) Confidence has a contradictory relationship with the variable (y) competition anxiety Taekwondo athletes "Kyourugi" in Salatiga City. Thus, the hypothesis in this study can be accepted. These results mean that the higher the athlete's self-confidence, the lower the athlete's competition anxiety. Meanwhile, the lower the athlete's self-confidence, the higher the athlete's competition anxiety*.

This research was conducted on 37 taekwondo athletes in the city of Salatiga. The subjects showed that 16 subjects (43%) have self-confidence at a high level, which means that individuals have high self-confidence, optimism, objectivity, responsibility, and rationale in participating in taekwondo competitions. Then, the subject's competition anxiety showed that 23 subjects (62%) were at a moderate level, which means that they felt anxious several

times when they were doing a taekwondo match.

Based on the data above, it is known that 45% of Kyourugi Taekwondo athletes in Salatiga City have high self-confidence. It can reduce anxiety about facing matches. This result is supported by Viderman's statement (in Triana et al, 2019), which showed that self-confidence has an important role in reducing the anxiety experienced by participants. Meanwhile, based on the data above, it shows that Kyourugi Taekwondo athletes in Salatiga City have moderate competition anxiety. This is because when going to face a competition the coach prepares his athletes by practicing regularly and conducting match trials so that athletes are always ready to take part in the matches they will face. Even if the athlete has prepared well, anxiety can occur without exception. It is possible for athletes to experience physiological and psychological disorders, so that techniques in matches that have been planned before cannot be carried out properly. This is because when athletes perceive something it tends to cause emotional upheaval (Gunarsa, 2004).

The results in this study are in line with the results of previous studies. In a study conducted by Rachmawati, et al. (2016) who obtained the result that there was a negative relationship between self-confidence and anxiety in facing karate matches in the Sebelas Maret University student activity unit with a correlation coefficient of $r -0.528$; $p = 0.00$ ($p < 0.01$). The research results from Triana, et al. (2019) which also shows that there is a significant negative relationship between self-confidence and anxiety competing in pencak silat competitions with a correlation coefficient (rxy) of -0.732 and $p = 0.000$ (< 0.01).

The results in this study can show that self-confidence contributes to competition anxiety in athletes. Athletes with high self-

confidence tend to have low competition anxiety. This is because athletes have high confidence to compete and score achievements for themselves. Rachmawati, et al. (2016). This is in line with research conducted by Amaliyah, et al. (2018) that there is a very significant relationship between athlete self-confidence and anxiety before taekwondo matches.

In a match, an athlete is advised to have high self-confidence. Because high self-confidence makes athletes feel optimistic and objective during the match (Amaliyah, et al., 2018). Having optimism and high objectives can create a calmer feeling so that an athlete doesn't feel anxious about the match he will take part in (Amaliyah, et al., 2018). Apart from that, an athlete must be able to take responsibility and think rationally (Wulandari, et al., 2021). This is because by being responsible and thinking rationally an athlete will feel that he has a way to finish the match well and calmly so as to reduce the anxiety that will arise (Wulandari, dkk., 2021).

Cox., (2002) defined that factors that can influence anxiety are fear of defeat, fear of physical injury, social judgment, disruption of routine training, and experience. This was experienced by a taekwondo athlete in Salatiga City based on interviews conducted by researchers. Thus, minimizing anxiety in athletes must be implemented so that the athletes can play with a feeling of calm so that they can show their best performance. Ways to minimize anxiety include focusing on controlling emotions, thinking practically, focusing on the competition, keeping moving and thinking positively (Pradipta., 2007). When an athlete is able to manage anxiety and play well, with good tricks and strategies, it can produce satisfying achievements.

This research has a drawback since the research was only conducted in Salatiga,

therefore it remains uncertain whether the results of this study can describe subjects outside Salatiga Island because each region has a different way of dealing with competitions.

CONCLUSION AND SUGGESTION

Based on the results of the research that has been done, it can be concluded that there is a negative relationship between self-confidence and competition anxiety. This indicates that athletes' competition anxiety is influenced by self-confidence. It was found in this study that competition anxiety was in the moderate category and self-confidence was in the high category.

Suggestions for Kyourugi Taekwondo Athletes are expected to minimize anxiety so they can show maximum performance when facing matches and get satisfying results. It is hoped that coaches and KONI of Salatiga City will have sensitivity to the athletes they train and provide support for athletes with low self-confidence to minimize anxiety when competing. Suggestions for future researchers are expected to further research not only taekwondo sports but other sports because the Salatiga City KONI also oversees several other sports so that they can carry out further research and obtain more reliable and accurate data.

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AUTHOR CONTRIBUTION

Aulya Salsa Happy Wulandari is responsible for compiling and collecting data for the research that has been done. While Emmanuel Satyo Yuwono is responsible for providing criticism, suggestions, and input, as well as being a reviewer in the research conducted.

CONFLICT OF INTEREST

Researchers do not have a conflict of interest in research or writing articles.

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