Anxiety Analysis of Petanque Athletes from West Java

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ABSTRACT

The purpose of this study was to analyze the levels of anxiety of West Java petanque athletes before, during, and after the Provincial Sports Week (PORPROV) XIV match in Ciamis Regency. This study used a quantitative descriptive research design. The population in this study were 146 Petanque athletes who participated in the West Java PORPROV XIV Year 2022 in Ciamis regency. This study used a purposive sample technique with the criteria of medal winners at the West Java PORPROV in 2022. The number of samples obtained was 78 athletes. The study used a closed questionnaire as a research instrument. The results of this study show that female athletes of West Java have a relatively high level of anxiety while male athletes have a relatively medium level of anxiety. In general, the participants have medium level of anxiety before and after the match. On the other hand, the participants were shown to have a high level of anxiety during the match.

Keywords: Anxiety, Athletes, Petanque
INTRODUCTION

One of sports that have highly competitive matches is petanque. Petanque is a game with boules/balls whose aim is to throw the iron ball as close as possible to the wooden ball called Jack and both feet must be in a small circle (F. A. Irawan & Pangesti, 2020). The sport of petanque entered Indonesia in 2011 at the 26th SEA Games in Jakarta-Palembang. However, it was only in 2012 that the sport of petanque was socialized to universities that have sports study programs in cities such as Bali, Yogyakarta, Riau, Bandung, Jakarta and Surabaya. The introduction of this sport led to the establishment of the main petanque organization, namely FOPI (Indonesian Petanque Sports Federation) on March 18 2011 (Wulandari & Wibowo, 2022). In West Java, the sport of pétanque was competed at the XIII West Java Provincial Sports Week (PORPROV) 2018 in the District Bogor (Iskandar et al., 2019).

In order to reach achievements in pétanque, training athletes becomes important. A training process to achieve a better level of ability in sports requires a certain amount of time and requires precise and careful planning in order to achieve optimal performance (Hanafi & Prastyana, 2020). To achieve this feat, a very unique and risk-filled process was required. This can be considered unique because the object of training is humans who are a totality of complex psycho-physical systems. In this case, the existence of humans as athletes in the training process cannot be treated like robots, which must obey every command from their central control. In this regard, an athlete is a person who is involved and actively carries out training to achieve achievements in the sport they choose (Jariono et al., 2020). To support training activities, the condition of athletes is influenced by various readiness factors needed to participate in the training process, including physical, technical, tactical and psychological factors (Fikri & Fahrizqi, 2021; Khodijah & Putra, 2020).

However, the actualization of each athlete's activity is greatly influenced by factors such as feelings, thoughts, emotions and physical condition. There are four aspects of achievement that need to be considered; physical training, technical training, tactics and mental capacity. However, in reality, there are still many coaches who...
emphasize training only on physical, technical and tactical training while the mental capacity factor is often ignored. This is confirmed by research by Imro’ah et al., (2019) which states that when competing, athletes use 80% of their mental capacity, while tactics and strategy only account for 20%. Therefore, mental training when approaching a match must be prioritized so that the athlete's performance can be maximized.

Psychological disorders such as stress, arousal, anxiety and aggressiveness can disrupt psycho-physiological balance and disrupt concentration which will have an impact on the athlete's performance and performance. Against this backdrop, anxiety can be concluded as one of the determining factors for an athlete's success. Therefore, coaches must be able to explain, understand, predict and control the symptoms of anxiety experienced by athletes (Basri et al., 2023; Juniariani & Saputra, 2020; Kumbara et al., 2018).

Anxiety is a psychological symptom that is synonymous with negative feelings (Tangkudung & Mylsidayu, 2015). Anxiety can appear at any time. One of the causes of anxiety is excessive tension that lasts a long time. Meanwhile, Spielberger (2013) defines anxiety as a feeling disorder characterized by deep and continuous feelings of fear and worry, not experiencing disturbances in assessing reality, and personality still remaining intact (Haqiyah & Azhari, 2022). Strengthened by Weinberg, (2003) who state that anxiety is a negative emotional state characterized by nervousness, worry and fear associated with activation or excitement in the body. Everyone has anxiety at different levels and levels. The sources of anxiety come from within and outside the self (Dey & Goon, 2020).

Anxiety is divided into state anxiety and trait anxiety. State anxiety is anxiety that fluctuates, changing from one time to another, influenced by current conditions and situations (B. Poornima et al., 2016). In contrast, traits anxiety is a basic tendency in a person to prepare themselves for danger or threats in certain situations in their environment and respond to these situations with increased state anxiety (Kumbara et al., 2018). The relationship between anxiety and matches generally increases before a
match due to the thought of the severity of the task and the upcoming match. During the match, anxiety levels of athletes begin to decrease because they have begun to adapt, and as the end of the match approaches while anxiety levels begin to rise again, especially if the match score is the same or only slightly different (Tangkudung & Mylsidayu, 2015). Regarding the significance of anxiety levels toward the athletes' performance, this research aims to analyze the levels of anxiety among the pétanque's athletes before, during and after the match.

RESEARCH METHOD
This research uses a quantitative descriptive research design. This type of research is a structured research with a hypothesis testing, while the type of research is descriptive (Tangkudung, 2016). The population in this study were 146 Petanque athletes who took part in PORPROV XIV West Java in 2022 in Ciamis Regency. To determine the number of samples in this research, the authors took a purposive sampling technique with the criteria for winning medals at PORPROV West Java in 2022. After determining the criteria, the author determined a sample size of 78 athletes who met the criteria mentioned above. The participants consist of 39 male athletes and 39 female athletes. The instrument in this research used a closed questionnaire. Data processing techniques for questionnaire trials use validity tests with person moment products and reliability tests with Cronbach's alpha (Ansori & Iswanti, 2014; Martens, 2012). The data analysis technique was descriptive statistical analysis. Descriptive statistics were used to determine the anxiety level of West Java petanque athletes who competed in West Java PORPROV XIV in Ciamis Regency.

RESULTS & DISCUSSION
Results
The results of athlete anxiety research amounted to 78 West Java petanque athletes with a classification of 39 male petanque athletes and 39 female petanque
athletes. Analysis of the overall anxiety level of West Java petanque athletes can be seen in the following:

Table 1. The Results of Anxiety Levels Test of West Java’s Athletes

<table>
<thead>
<tr>
<th>No</th>
<th>Value range</th>
<th>N</th>
<th>Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>68 – 77</td>
<td>21</td>
<td>Very High</td>
</tr>
<tr>
<td>2.</td>
<td>58 – 67</td>
<td>26</td>
<td>High</td>
</tr>
<tr>
<td>3.</td>
<td>48 – 57</td>
<td>24</td>
<td>Medium</td>
</tr>
<tr>
<td>4.</td>
<td>38 – 47</td>
<td>5</td>
<td>Low</td>
</tr>
<tr>
<td>5.</td>
<td>28 – 37</td>
<td>2</td>
<td>Very Low</td>
</tr>
</tbody>
</table>

Table 1 shows that 21 athletes experienced very high levels of anxiety. High levels of anxiety were suffered by 26 athletes while 24 athletes experienced moderate levels of anxiety. Whereas 5 athletes experienced low levels of anxiety, 2 athletes experienced very low anxiety. In addition, table 2 shows a comparison of the anxiety levels between male and female athletes.

Table 2. The Comparison of Anxiety Levels Between Male and Female Athletes

<table>
<thead>
<tr>
<th>No</th>
<th>Value Range</th>
<th>N (females)</th>
<th>N (Males)</th>
<th>Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>68-77</td>
<td>13</td>
<td>8</td>
<td>Very High</td>
</tr>
<tr>
<td>2.</td>
<td>58-67</td>
<td>11</td>
<td>15</td>
<td>High</td>
</tr>
<tr>
<td>3.</td>
<td>48-57</td>
<td>12</td>
<td>12</td>
<td>Medium</td>
</tr>
<tr>
<td>4.</td>
<td>38-47</td>
<td>3</td>
<td>2</td>
<td>Low</td>
</tr>
<tr>
<td>5.</td>
<td>28-37</td>
<td>0</td>
<td>2</td>
<td>Very Low</td>
</tr>
</tbody>
</table>

Table 2 shows that 13 female participants had very high levels of anxiety, while 11 female participants experienced high levels of anxiety. 12 female participants experienced medium levels of anxiety and 3 female participants experienced low levels of anxiety. There were no female participants who experienced very low levels of anxiety. On the other hand, 8 male participants experienced very high levels of anxiety while 15 male participants showed high levels of anxiety. 12 male participants experienced medium levels of anxiety. 2 male participants experienced low and very low levels of anxiety.
The research also examined the anxiety levels of West Java pétanque athletes before, during and after the match to determine the athlete's highest and lowest anxiety conditions during the match. The results of these calculations are shown in table 3.

Table 3. The Anxiety Levels of the Participants Before, During, and After the Match

<table>
<thead>
<tr>
<th>No</th>
<th>Before Value Range</th>
<th>Total</th>
<th>During Value Range</th>
<th>Total</th>
<th>After Value Range</th>
<th>Total</th>
<th>Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>25-22</td>
<td>19</td>
<td>29-34</td>
<td>26</td>
<td>23-25</td>
<td>5</td>
<td>Very High</td>
</tr>
<tr>
<td>2.</td>
<td>21-18</td>
<td>14</td>
<td>24-28</td>
<td>22</td>
<td>20-22</td>
<td>7</td>
<td>High</td>
</tr>
<tr>
<td>3.</td>
<td>17-14</td>
<td>25</td>
<td>19-23</td>
<td>24</td>
<td>17-19</td>
<td>44</td>
<td>Medium</td>
</tr>
<tr>
<td>4.</td>
<td>13-10</td>
<td>17</td>
<td>14-18</td>
<td>4</td>
<td>14-16</td>
<td>15</td>
<td>Low</td>
</tr>
<tr>
<td>5.</td>
<td>8-6</td>
<td>3</td>
<td>9-13</td>
<td>2</td>
<td>11-13</td>
<td>7</td>
<td>Very Low</td>
</tr>
</tbody>
</table>

Table 3 shows that before competing, 19 athletes felt very high levels of anxiety, 14 athletes felt high levels of anxiety, 25 athletes felt moderate levels of anxiety, 17 athletes felt low levels of anxiety, and 3 athletes experienced very low levels of anxiety. During the competition, 26 athletes felt very high levels of anxiety, 22 athletes experienced high levels of anxiety, 24 athletes felt moderate levels of anxiety, 4 athletes felt low levels of anxiety, and 2 athletes experienced very low levels of anxiety. After the match, 5 athletes felt very high levels of anxiety, 7 athletes felt high levels of anxiety, 44 athletes felt moderate levels of anxiety, 15 athletes felt low levels of anxiety, and 7 athletes experienced very low levels of anxiety. It can be concluded that the participants experienced a medium level of anxiety before and after the match, while the athlete's anxiety level during the match was in the very high category.

Discussions

The overall level of anxiety of the participants was relatively high. This is because athletes are too ambitious to win and achieve their targets. The desire to win in a match is one motivation, but if it is too much it will result in miscalculations. The results of this research are in line with Hindiari & Wismanadi (2022) regarding the anxiety level of karate athletes which shows a high level of anxiety among the participants. It was concluded that the high level of participant anxiety in Hindiari & Wismanadi's (2022) research results from a lack of mental capacity development in athletes. Apart from
that, Irawan, (2021) also explained in his research that pencak silat athletes have a high level of anxiety due to a lack of practice in developing aspects of pencak silat. The results of this research are related to the sport competition anxiety test theory which states that if an athlete is too focused on his technical abilities, the athlete's mind will be greatly influenced by the satisfaction that is subjectively felt within him. This gives rise to external stimuli in the form of demands and expectations, creating doubts in athletes. The factors above can also influence the emotional intelligence of West Java pétanque athletes.

On the other hand, a comparison of anxiety levels based on gender shows that female athletes' anxiety levels are classified as very high, while male athletes show high levels of anxiety. Women's anxiety levels are higher because they have a much greater level of sensitivity than men. These results are in line with previous studies which stated that female athletes have higher levels of anxiety compared to male athletes (Efendi, 2016; Rahmah et al., 2023). On the other hand, Jayantika's research (2020) shows that psychologically there is no significant change in students' levels of mathematical anxiety in terms of gender differences. This is because as students get older, they will experience higher levels of difficulty, making them more able to endure anxiety.

**CONCLUSION**

This study aimed to analyze the anxiety level of a group of petanque athletes in West Java, Indonesia. This research used a quantitative research design. The results of the study concluded that the average anxiety level of petanque athletes was in the high anxiety category. This is because petanque matches experience a competitive competition and create high pressure to achieve victory. It leads to high levels of anxiety among petanque athletes. The athlete's anxiety level before and after the match is in the medium category, while the athlete's anxiety level during the match is in the very high category. Anxiety in petanque athletes or other athletes is a natural part of the experience of high-level sports competition. Thus, it is important to render
strategies in managing anxiety in order to stay focused and perform optimally in the match.

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