

## LEVEL OF ANXIETY OF TABLE TENNIS ATHLETES PRIOR FACING A MATCH AT THE NATIONAL CHAMPIONSHIP IN SEMARANG

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### ABSTRACT

This study has a purpose in figuring out the level of anxiety from table tennis athletes who compete at national championship before struggling in the game. This research was the descriptive. the method used was survey data retrieval technique using a questionnaire. The population in this study was table tennis athletes who joined the national championship in 2014 in Semarang, with the total of 350 athletes. The sampling technique in this research was proportional random sampling for about 71 athletes. The technique of data analysis used descriptive analysis set forth in the form of a percentage. Based on the research results, it can be concluded that the level of anxiety on table tennis athletes before facing the match at the national championships in Semarang in 2014 is in several categories. The athletes who are in the category of “very low” are at 7,04% (5 athletes), the category of “low” are at 30,99% (22 athletes), the category of “moderate” are at are at 29,58% (21 athletes), the category of “high” are at 25,35% (18 athletes), the category of “very high” are at 7,04% (5 athletes). While based on the average value, which is 9,0 the level of anxiety on table tennis athletes before competing in the match at the national championships in Semarang in 2014 is in the category of “moderate”.

**Keywords:** Level of anxiety, table tennis athletes, national championship.