

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.

INTRODUCTION

Sports is growing in Indonesia, this is proven by the existence of match events especially in the field of table tennis. There are many events in the field of table tennis in Indonesia, one of which is the Table Tennis National Championship. The Table Tennis Championship itself was held in 14-16 November 2014 at the Semarang University Sports Hall. With this championship, it will give birth to reliable table tennis seeds and they are expected to be able to achieve at the National and International level. The National Championship (KEJURNAS) is one of the channels where athletes can achieve. An athlete will excel if he maximizes his efforts. There are two factors that affects an athlete’s success which come from within and outside of the athlete himself, which includes physical, technical, tactical, psychological, coaching, training facilities, social, and other factors. In the world of sports there are still many coaches who think only by continued and directed practice, the desired achievement will be accomplished. Coaches only tend to pay attention to the intelligence, courage, talent, intellect, emotions, attention, willingness, and so on supporting factors that are external athletes are coaches (Massimo & Massimo, 2012). The point is that the athlete must be able to defeat all the non-technical pressures that come to him. This is intended to achieve the highest achievement. Many sports experts argue that the highest level of achievement is determined by the athlete’s mental maturity and toughness in overcoming various difficulties during a match, this is an ideal performance condition and develops the athlete’s psychological skills (Harmison, 2006). Many athletes who fail to realize their optimal abilities are only due to anxiety and fear of excessive failure.

The reality is when the table tennis tournament is in the last rotation, researchers saw that the table tennis tournament between clubs in Yogyakarta in 2013 often saw an athlete or team who already had good physical aspect and skills and forget other aspects that play a role, namely psychological aspect or giving less attention regarding the mental aspect of a table tennis athlete. Thus it seems due to the physical aspects that the psychological issues are often overlooked. In this case, it does not mean that the physical development must be reduced, but attention to the psychological aspects should be balanced. According to Alderman (Utama, 2014), the appearance of athletes can be observed in psychology dimensions, including: motivation, confidence, aggressiveness, discipline, anxiety, Required psychological skills training as a way to improve the performance of athletes in high-intensity sports (Birrer & Morgan, 2010).

Those aspects need to get attention from the coach, if the guidance is still fixed on physical factors, then it will cause weakness or deficiencies that can interfere with provided the training process. An athlete as a human being in general, during competition has fear, anxiety, worry, confusion, and a declining self-confidence or decreased resilience in facing trials, for example when losing matches.

Researchers assume that one reason that may often cause failure in coaching table tennis athletes is due to a lack of attention to psychological development. According to Sukadiyanto (2005), psychological symptoms that will arise are anxiety in athletes, source of worry in athletes namely excessive self-confidence, negative thinking, easily satisfied, or an appearance that is not as expected. Meanwhile, source of worry coming from outside of the athlete, namely confusing stimuli, audience influence, mass media, opponents who are not his match, facilities and infrastructure, and weather. Furthermore according to Sukadiyanto (2005), in reality, the athlete's condition when experiencing worry can be seen physically such as with tense muscles, increased heart rate, cold sweat, and breathing difficulties. Meanwhile, the psychological conditions include agitation, pacing, uneasiness, sensitivity, easily disturbed, not paying attention, and hard to concentrate (Heinrich, et al., 1985).

Based on the explanation above, it is explained that the mental or psychological aspects greatly affect an athlete's performance, so the pressure physical abilities, perfect techniques, and had been equipped with various tactics, but could not realize them well in the arena of matches/competition, and finally suffered defeat. Anxiety in athlete not only harms themselves, but also results in disrupted play on the team. There are factors that influence athlete's performance through the perceptions of athletes and coaches so as to motivate the team to succeed or fail to compete (Gould et al., 1999). Attention and stress on athletes also affect performance in competition (Gustafsson et al., 2015).

Anxiety will accompany every human life especially when faced with new things. Actually, anxiety is a condition that has been experienced by almost everyone, only with different level. At the moderate level, anxiety actually increases alertness to the individual. Vice versa, if anxiety is at an excessive level, it will eliminate concentration and decrease coordination between the brain and motor function. Anxiety is a mixture of feelings of fear and mental concern that occurs in athletes in a match that needs to be handled by the athlete concerned or related parties. This study aims to figuring out the level of anxiety from table tennis athletes who compete at national championship before struggling in the game.

METHODOLOGY

This research is a descriptive research. The method used in this study is a survey method with data collection technique using questionnaires. The population used in this study were table tennis athletes who participated in the 2014 National Championships in Semarang, totaling 350 athletes in collecting data using a questionnaire. The questionnaire used was a closed questionnaire. In this study, the research instrument grid referred to Sukadiyanto (2005), and Husdarta's theory (2011). Prior to testing, the questionnaire first went through expert judgment for validation. The expert in this research is Mr. Agus Supriyanto, M.Si.

The trial was conducted on 9-12 October 2014 in Klaten with respondents comprising of 29 table tennis National Championship athletes. Based on the results of the trial, one of the items is invalid, namely number 13, thus there are 29 valid items. 2014 is disclosed with 29 statements and there are two factors, namely intrinsic and extrinsic factors. From the data analysis, the level of anxiety of table tennis athletes before facing a match at the National Championship in Semarang in 2014 obtained the lowest score (minimum) of 2.0, the highest score (maximum) of 20.0, the mean 9.0, and standard deviation (SD) 3.78.

Sample is partially or representative of the population being studied (Arikunto, 2006). The sampling technique in this study uses the proportional random sampling. The sample of this study is 20% of the population, which is 71 athletes. With details of the "Early Age" age group, there are 5 athletes, "Beginners" 12 athletes, "Cadets" 24 athletes, "Juniors" 11 athletes, "Youth" 11 athletes, and "Seniors" 8 athletes. Based on the trial results, it shows that the questionnaire instrument is reliable, with a reliability coefficient of 0.962. The data obtained in this research will be analyzed using descriptive analysis. The method of calculating data analysis seeks the magnitude of the relative frequency percentage.

RESULTS AND DISCUSSION

The level of anxiety of table tennis athletes before facing a match at the National Championship in Semarang in the year. Whereas based on the average value, which is 9.0, the anxiety level of table tennis athletes before facing a match at the National Championship in Semarang in 2014 falls into the category of "moderate." The percentage level of anxiety of table tennis athletes before facing a match at the 2014 National Championships in Semarang based on age group will be as follows:

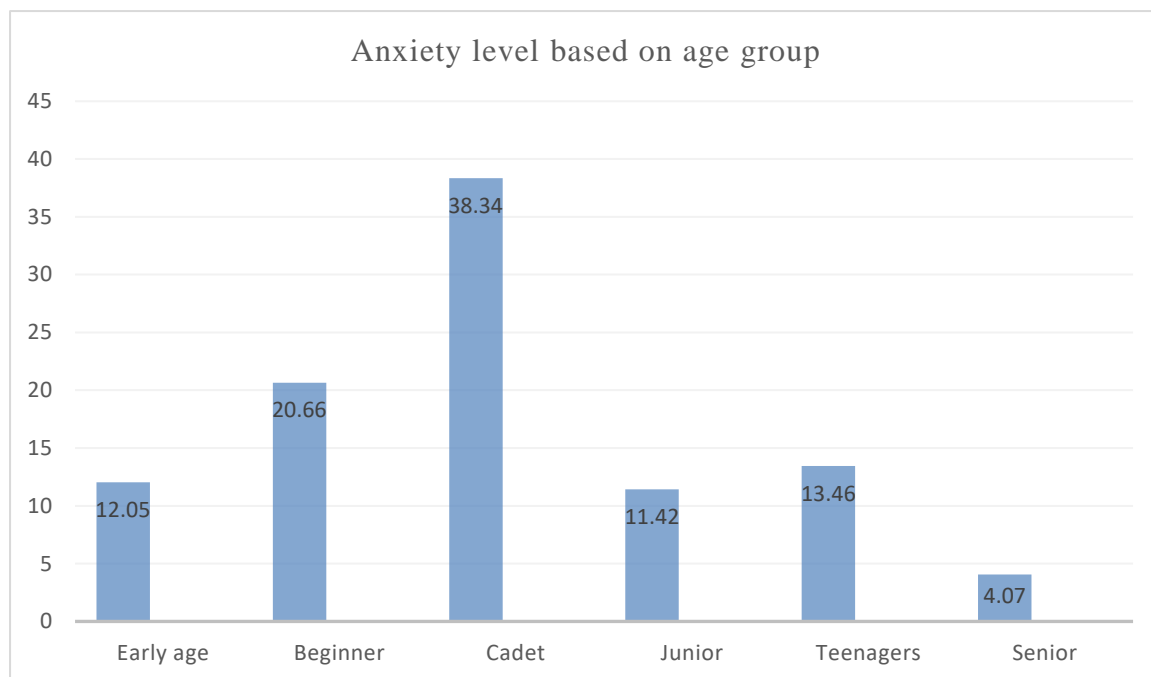


Figure 1. Bar Diagram of the level of Anxiety of Table Tennis Athletes Based on Age Group

Based on the graph above shows that the percentage level of anxiety of table tennis athletes before a match at the National Championships in Semarang in 2014 based on age group were 12.05% for early age, 20.66% for beginners, 38.34% for cadets, 11.42% for juniors, 13.46% for youth, and 4.07% for seniors. Based on the results of the analysis, the level of anxiety of table tennis athletes before facing a match at the National Championship in Semarang in 2014 was in the “moderate” category close friends, or other close family, because they will feel more nervous. From opposing factors, for example, athletes feel pessimistic about winning a match, if they face a stronger opponent. On the external factors that cause anxious subject is intimidation from the opponent’s supporters, cheers, taunting, and degrading words, increasing the subject’s anxiety.

The level of anxiety of table tennis athletes before facing a match at the National Championships in Semarang in 2014 based on the early age group had the highest anxiety level compared to other age groups, with a percentage of 53.10% in the “moderate” category. This is because for early age athletes, they still have less experience in participating in matches, athletes are also less able to adapt to match situations, for example, with so many spectators, athletes feel nervous.

The lowest level of anxiety is in the seniors group, with a percentage of 11.21% in the category of “very low,” due to senior athletes already have mature experience in dealing with match situations. Senior athletes also feel capable of controlling themselves, so the level of anxiety can be controlled. From the results of the competition, it proves that senior athletes have a low level of anxiety (able to reach a better performance than other athletes who have a high level of anxiety).

Anxiety that consumes athletes has a significance influence physically and psychologically. The impact physically is fatigue and decreased body condition. The impact psychologically is indecisiveness, and unwell coordination of the brain and muscles. The anxiety of table tennis athletes before facing a match at the National Championships in Semarang in 2014 was in the “moderate” category.

Anxiety in facing tournaments is a negative emotional reaction of athletes in assessing match situation that are characterized by losing control, worrying, anxiety, causing athletes to feel helpless and quickly feel tired because they are always in a perceived threatening state. In the 2014 National Championship in Semarang there are 7.04% (5 athletes) who are in the level of “very high” anxiety, due to the athlete had less experience in participating and not yet accustomed to the atmosphere of the match, especially at the level of the National Championship. High levels of anxiety can affect performance in matches if athletes are not able to control, for example athletes do not concentrate, the ability to read the game becomes dull, thus hesitant in making decisions. This is in accordance with Gunarsa (2008), that anxiety affects the decision making ability of athletes who tend to be hasty and should not be done quickly.

Based on the research results shows that the level of anxiety was more influenced by extrinsic factors, which amounted to 37.14%, such as coaches and managers, viewers, opponents, referee facilities and infrastructure, and weather. From the coach factor, if the coach does not accompany on the side of the field, an athlete will feel more anxious. From the audience factor, it can also lead to increased levels of anxiety, for example, all forms of taunting and ridicule from the audience can affect the athlete’s appearance to give the best when competing, the athlete’s anxiety level will also increase if the match is witnessed by parents Gunarsa (2008) states, the use of energy of athletes who are experiencing excessive anxiety becomes wasteful, therefore, athletes become tired quickly.

There have been several attempts to reduce anxiety, such as relaxation, cognitive diversion, and team support. Relaxation is listening to music and playing games. Whereas cognitive diversion can be done by talking and playing games. A support team is a coach’s support for both advice and trust. The coach should give moral trust and encouragement, help reduce the anxiety of players by doing methods of muscle relaxation, breathing relaxation, and anxiety has been shown to be reduced through visualization. In harmony with this but with a different name, Husdarta (2011) argues, the closeness of the coach to the athlete helps reduce anxiety when facing a tournament by giving support or motivation. Conversely for players who have excessive anxiety, they should try to be more calm by diverting attention to positive things and praying.

RESEARCH RESULT LIMITATIONS

Even though researcher has tried hard to meet all the requirements, this does not mean that the research is without weaknesses or shortcomings. Some weaknesses and shortcomings that can be stated include: (1) It is difficult to know the sincerity of respondents in filling out the questionnaire. Efforts are made to minimize errors by giving an overview of the goal and purpose of this research. (2) Data collection in this study is based solely on the results of the questionnaire resulting in a possibility that there are less objective elements in the filling of the questionnaire such as concurrent filling of questionnaires. In addition to filling out the questionnaire, the existence of the respondent’s own characteristics was obtained such as honesty and fear in actually answering. (3) This data was taken using a closed questionnaire, it would be better if accompanied by data retrieved using an open questionnaire or interview. (4) While taking the research data, namely when distributing research questionnaires to respondents, it cannot be monitored directly and carefully whether the answers given by the respondents actually match their own opinions or not.

CONCLUSION

The results of this study indicate that the level of anxiety of table tennis athletes before facing a match at the National Championship in Semarang in 2014 was in the “very low” category of 7.04% (5 athletes), “low” category of 30.99% (22 athletes), “moderate” category of 29.58% (21 athletes), “high” category of 25.35% (18 athletes), and “very high” category of 7.04% (5 athletes). While based on the average value, namely 9.0, level this research indicate that in order to develop deeper research about the level of anxiety of table tennis athletes before facing the National Championship in Semarang in 2014 and using another method. The instruments used still need to be repaired so that they can measure the level of anxiety of athletes more thoroughly.

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