

## Pre-Match Anxiety Levels in Pencak Silat Athletes

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### Abstract

**Background and aim.** Anxiety is a psychological factor that can affect athletes' performance, especially in competitive sports such as pencak silat. Athletes often experience increased anxiety when facing matches, which may interfere with their physical and technical abilities. This study aimed to identify and describe the level of anxiety experienced by PSHT pencak silat athletes in Sumber Jaya Village when facing competitions.

**Methods.** This study used a survey research design involving 15 PSHT pencak silat athletes. Data were collected through field surveys and observations, then analyzed descriptively to determine anxiety levels based on intrinsic and extrinsic factors.

**Results.** The results showed that the overall anxiety level of athletes was categorized as high, with an average score of 83.47. Intrinsic factors such as match experience (85.33%), negative thoughts (86%), and satisfaction (75.33%) were in the high category. Extrinsic factors also contributed significantly, including coach influence (84%), spectators (86%), opponents (88%), and non-technical factors (82%), all classified as high to very high.

**Conclusions.** Both intrinsic and extrinsic factors significantly influence athletes' anxiety levels. High anxiety is a common condition before competition, but it can negatively affect performance. Therefore, psychological preparation and training are important to help athletes manage anxiety and improve performance.

**Keywords:** *Anxiety; Athletes.*

### 1. Introduction

Sports comes from two words, namely "olah" which means to process, improve, and perfect "body" meaning body, physical or physical. So the word sport means to process or improve the physical or physical. Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System Chapter I Article I, explains that: "Sport is all systematic activities to encourage, foster, and develop physical, spiritual, and social potential."

Sports can also be used as an educational tool in schools and included in intracurricular activities, so these activities are called educational sports or physical education (penjas). While recreational sports are sports that are carried out both individually and in groups that are done in free time, aiming to improve health, freshness and fun. Meanwhile, sports carried out by sports clubs through the parent sports branch that aim to improve achievement are called achievement sports. (Sukirno, 2012, pp. 12-13) There are

various kinds of achievement sports in Indonesia, for example football, basketball, volleyball, athletics, swimming, pencak silat and so on. Of the several types of sports, pencak silat is one of the sports that is developing today in Sumber Jaya Village, one of which is pencak silat psht.

Pencak silat is a martial arts method that was created to defend oneself from dangers that can threaten safety and survival. In the Indonesian dictionary, pencak silat is defined as a game (skill) in defending oneself with the ability to fend off, attack and defend oneself with or without weapons. Pencak silat is also a martial art, so there are elements of beauty and action in it. Pencak silat is the result of human mind and intellect, born from a process of contemplation, learning and observation. (Kriswanto, 2015, pp. 14-15).

One of the factors that affect athletes in matches is the feeling of anxiety before competing. This is felt by athletes when they are going to participate in matches, especially in the

competition category where their anxiety will increase when they are going to face opponents. (Sari & Irawan, 2020, p. 1).

Anxiety is one of the factors that can affect an athlete's performance in facing a match. A high level of anxiety can have a bad impact on the perception of the response so that it results in the disruption of the athlete's ability to bring out the techniques and physical abilities that he has so that the athlete will not perform optimally, and if this happens, there will be a decrease in performance so that the athlete is likely to lose.

## 2. Materials and Method

According to research methods, it is defined as a scientific way to obtain data with a specific purpose and use. In this study, the method used, namely the survey method, Kerlinger stated that, survey research is research carried out on large and small populations, but the data studied is data from samples taken from the population, so that relative

## 3. Results and Discussion

### Results

This study aims to find out and describe how much anxiety the PSHT pencak silat athletes in Sumber Jaya Village have in facing the match. This study involved 15 pencak silat people. The research process began on June 18, 2021, where previously researchers conducted a survey in the field to inform about the research schedule. On June 19, 2021, the researcher conducted a research assisted by several colleagues and trainers there. During the research process, there were no obstacles that hindered the researcher's research. Considering that everything has been well planned. Based on its implementation, this study reveals data in the field regarding the level of anxiety of PSHT pencak silat athletes in facing matches in the sections below.

**Table 1.** Percentage of Verbal Aspects

Aspects	Percentage	Information
Match Experience	85,33	Very High
Negative Thoughts	86	Very High
Satisfaction	75,33	Tall

Furthermore, the above table can be illustrated through the bar chart below:

Since 2019, Pencak Silat PSHT Sumber Jaya Village has sent its athletes classified as teenagers and adults to participate in various kinds of pencak silat championships, especially in the competition category, and the last time in January during the SH CUP 3 BANYUASIN 2021 match there were some athletes who failed to bring home victories. After I reviewed the match, it seemed to show some symptoms related to anxiety reactions. Therefore, the author is interested in conducting research on the anxiety level of PSHT pencak silat athletes in Sumber Jaya Village.

events, distributions, and relationships between sociological and psychological variables are found. The sample in this study is those who are members of PSHT pencak silat athletes in Sumber Jaya Village, which only number 15 people (Sugiyono, 2019, p. 2; Sugiyono, 2019, p. 24).



**Figure 1.** Intrinsic Aspects

Based on the table above, it can be seen that the feeling of anxiety in facing the match because of the competition experience factor is very high because the percentage of the count is 85.33%. The feeling of anxiety in facing the match due to the negative thought factor is very high because the percentage of the count is 86%. Feelings of anxiety in facing the match due to the high satisfaction factor because the percentage of the count was 75.33.

**Table 2.** Percentage of Non-Verbal Aspects

Aspects	Percent	Criterion
Coach	84	Tall

Audience	86,22	Very High
Enemy	87,55	Very High
Non-Technical	81,77	Very High

Furthermore, the above table can be illustrated through the bar chart below:

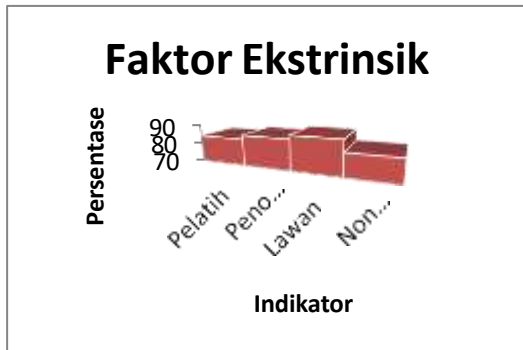


Figure 2. Non-Verbal Aspects

Based on the table above, it can be obtained that the feeling of anxiety in facing the match due to the coach factor is high because the percentage of the count is 84%. The feeling of anxiety in facing the match because the spectator factor is very high because the percentage of the count is 86%. The feeling of anxiety in facing the match because of the opponent's factor is very high because the percentage of the count is 88%. Feelings of anxiety due to high non-technical factors due to the percentage of count of 82%.

**Discussion**

This study aims to identify and describe the level of anxiety experienced by PSHT pencak silat athletes in Sumber Jaya Village when facing competitions. The study involved 15 athletes. The research process began on June 18, 2021, with a preliminary field survey to inform participants about the research schedule. Data collection was conducted on June 19, 2021, assisted by several colleagues and local trainers. The research was carried out smoothly without any significant obstacles, as all procedures had been well prepared. The findings present data regarding the athletes' anxiety levels when facing matches.

Based on the results, it was found that intrinsic factors contributing to anxiety were

**4. Conclusion**

Based on the findings of the research data, the conclusions in this study are, the intrinsic factor of feeling anxious in facing the match because the

generally in the high category. Anxiety related to match experience reached 85.33%, while negative thinking factors reached 86%. Additionally, anxiety influenced by satisfaction factors was also categorized as high, with a percentage of 75.33%.

Extrinsic factors also showed a high contribution to anxiety levels. The coach factor reached 84%, while the spectator factor was recorded at 86%. Anxiety caused by opponents showed the highest percentage at 88%, and non-technical factors were also high at 82%.

Overall, the level of anxiety among PSHT pencak silat athletes in Sumber Jaya Village reached an average score of 83.47, which is categorized as high. This indicates that athletes experience considerable anxiety when facing competitions.

These findings suggest that both intrinsic and extrinsic factors significantly contribute to athletes' anxiety levels. Such conditions are considered natural, as anxiety commonly arises when athletes face competitive situations. Physiological responses such as increased heart rate, feelings of tension, emotional instability, and nervousness are typical reactions experienced before or during a match.

Anxiety can disrupt athletes' performance, especially in critical moments, such as when scores are close at the end of a match. According to Cratty (in Sukirno, 2012; Adisasmito, 2007), several forms of anxiety commonly experienced by athletes include fear of failure, fear of social consequences related to performance, fear of injury, doubts about physical ability to complete the match, and even fear of winning.

Previous studies support these findings. Febiaji (2014) reported that anxiety among POMNAS XIII football athletes was more influenced by extrinsic factors (78.06%) compared to intrinsic factors (21.94%). Similarly, Putri (2020) found that pencak silat athletes in Semarang City experienced high anxiety levels, with an average score of 56.53 (75.5%). Furthermore, Sanjaya (2019) revealed that 59% of athletes experienced anxiety before competition, while 41% did not, based on cognitive, somatic, and competitive anxiety aspects

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The extrinsic factor of feeling anxious in facing the match due to the high coach factor because the percentage of the count was 84%. The feeling of anxiety in facing the match because the spectator factor is very high because the percentage of the count is 86%. The feeling of anxiety in

facing the match because of the opponent's factor is very high because the percentage of the count is 88%. Feelings of anxiety due to high non-technical factors due to the percentage of count of 82%.

The level of anxiety of PSHT Pencak Silat athletes in Sumber Jaya Village in facing the match is 83.47, which means that the anxiety of facing the athlete's match in imitating the athlete to train is high.

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