

# Pre-Match Anxiety Levels in Pencak Silat Athletes

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## Abstract

**Studi Purpose** The problem in this study is that the level of anxiety of PSHT pencak silat athletes in Sumber Jaya Village has not been dictated in facing the match. This study aims to determine the level of anxiety of PSHT pencak silat athletes in Sumber Jaya Village in Facing Matches. **Method** in this study uses quantitative descriptive. The study population was 15 people, while the sample used the total population. Data collection was done using a likert scale questionnaire. Data analysis uses a percentage description. **Result** of this study is that the level of anxiety of PSHT Pencak Silat athletes in Sumber Jaya Village in facing matches is 83.47%, this is that the anxiety of facing athletes' matches in imitating their athletes to practice is high.

**Keywords:** Anxiety; athlete

## 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.

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.

## 2. Materials and Methods

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 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)

## 3. Result

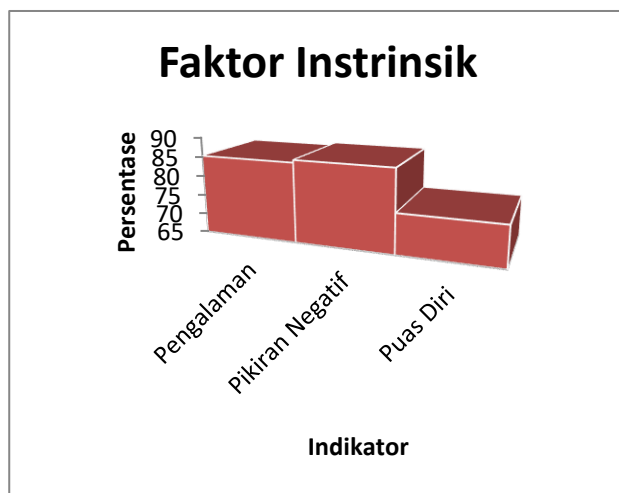
This study aims to find out and describe how much anxiety the PSHT pencak silat athletes in Sumber Jaya Village have in facing the match. This study involved 15 pencak silat people. The research process began on June 18, 2021, where previously researchers conducted a survey in the field to inform about 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:



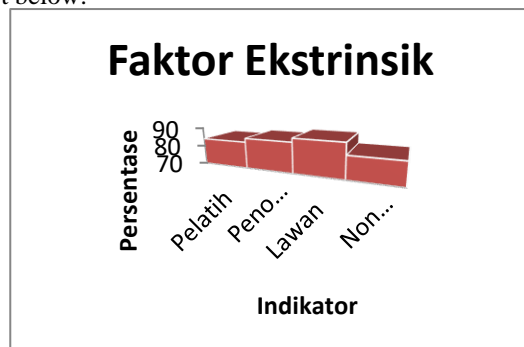
**Figure 1.** Intrinsic Aspects

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%.

## 4. Discussion

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.

Based on the findings of the research data, the results were obtained that:

The intrinsic factor of feeling anxious in facing the match because the match 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.

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**.

Based on the results mentioned above, every indicator in both intrinsic and extrinsic factors was found to indicate the anxiety of PSHT Sumber Jaya pencak silat athletes in facing a match of high meaning, these results are certainly very natural in the athlete's personality when facing a match, considering that anxiety comes to every athlete when facing something new. This means that something new is an event that will be carried out when facing a match. Suffocating feelings, whether they affect the physiological condition of athletes, such as heart palpitations, pale feelings, uncontrollable emotions are very common to occur and be faced by athletes.

According to explaining the feeling of anxiety can bother the athlete at decisive moments, for example in

situations of very thin and decisive scores at the end of the game. Cratty explained several things that can be classified as anxiety, including: (Sukirno, 2012, hal. 103) (Adisasmito, 2007, hal. 92)

Fear of failing in a match.

Fear of social consequences for the quality of their achievements.

Afraid of getting hurt or injuring the opponent.

Fear that his physique will not be able to complete his task or the match well.

Believe it or not, there are athletes who are afraid to win.

Some previous studies have shown the same incidence and results as researchers' research, for example the research of Febiaji (2014) of Yogyakarta State University entitled "The Anxiety Level of Pomnas XIII Branch Athletes.

football before facing the match" with the results of the analysis of intrinsic factors in the low category of 21.94%, and the results of the analysis of extrinsic factors in the high category of 78.06%. This means that the anxiety of POMNAS XIII athletes in the football branch before facing the match is greatly influenced by extrinsic factors, Research by Anisa Febiana Putri (2020) Semarang State University entitled "Survey of the Anxiety Level of Pencak Silat Athletes in Semarang City at the Semarang Residency Popda in 2020". With the results of the anxiety of women's pencak silat athletes in Semarang City at the Semarang Residency Regional Student Sports Week (POPDA) in 2020 with a high criterion with an average of 56.53 with a percentage of 75.5%, then Research by M. Oco Sanjaya (2019) Universitas PGRI Palembang entitled "Analysis of Anxiety Levels Ahead of Matches in Extracurricular Participants of SMK N 2 Muara Enim Football". With the results of 59% or 12 athletes experiencing anxiety before competing and 41% or 8 athletes did not experience anxiety before competing from the competitive aspects of competitive anxiety, cognitive anxiety and somatic anxiety.

## 5. 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 match 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.

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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