

Anxiety Soccer Players of Soccer Academy Fajar South Bolaang Mongondow District Following Training during the Covid-19 Pandemic



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ABSTRACT: During the Covid-19 pandemic, there was a decline in the attendance of athletes who took part in the training. Athletes always experience anxiety every time they go to soccer practice. Anxiety is indicated by an increasingly fast heart rate, cold sweat, stomach feeling uncomfortable, restless during training, and decreased focus. This study aims to determine the anxiety of Soccer Academy Fajar Selatan football players, South Bolaang Mongondow Regency following training during the Covid-19 pandemic. This research is quantitative descriptive. The population in this study were Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency, Age Group 12-15 years, amounting to 72 athletes who were taken based on total sampling. The instrument in this research is a questionnaire. Data analysis used descriptive percentages. The results showed that the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic was in the "very low" category of 0.00% (0 athletes), "low" 33.33% (24 athletes), "high" by 66.67% (48 athletes), and "very high" by 0.00% (0 athletes). It can be concluded that the anxiety of Soccer Academy Fajar Selatan soccer players in South Bolaang Mongondow Regency following training during the Covid-19 pandemic was in the high category.

KEYWORDS: anxiety, training, Covid-19 pandemic.

INTRODUCTION

The pandemic period has had many impacts on society, including psychological impacts, such as anxiety because the virus can be transmitted from someone who is not in a good or unhealthy condition and is transmitted to people who are healthy (Wheaton et al., 2021); (Stankovska et al., 2020). The pandemic has also had a very significant impact on sports on a global scale, including the cancellation of various sporting events including professional sports leagues around the world, and championships, including the postponement of the 2020 Olympics in Tokyo. In Indonesia, the implementation of The National Sports Week 2020 has also been postponed to 2021. This postponement of course has an impact on all athletes and sportspeople, considering that the implementation of events regularly has an important role in the lives of athletes (Grix et al., 2021); (Oblinger-Peters & Krenn, 2020); (Stambulova et al., 2022); (Taku & Arai, 2020). Cancellation and postponement of sporting events can have an impact on athletes including on their mental health (Şenışık et al., 2021); (Liu, 2020); (Scerri & Grech, 2021); (Jia et al., 2022).

Prevention of transmission measures in the form of strict control of activities in the community, one of which is the soccer practice process at Fajar Selatan Soccer Academy, South Bolaang Mongondow Regency. Soccer is the most popular sport in the world, especially in Indonesia. The training process must continue to be carried out because athletes have a responsibility to practice and maintain their appearance or performance to still produce their best performance. In the implementation process, of course, athletes experience various conditions that affect the training process, both physiological physique and physiologically, especially amid the Covid-19 pandemic, especially anxiety is quite disturbed.

Anxiety is a psychological element that describes the feelings, emotional states that a person has when facing reality or events in his life (Urcos et al., 2020); (Perrotta, 2019). Anxiety often arises when athletes are unsure or afraid to do something related to performance. Anxiety faced by athletes can affect performance on a different scale from each individual athlete. Anxiety is a condition that occurs when the physiological condition of the athlete's body seems to feel depressed. As a result, his heart rate increases excessively (Sobhani et al., 2022); (Côrte et al., 2020). Anxiety is a psychological problem that arises in every individual. The state is often unclear, but the anxiety itself is often felt.

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The significant impact of excessive anxiety can affect the physical condition. When a person experiences anxiety, it will indirectly increase his heart rate. The physical impact of anxiety will cause dizziness, headaches, and others. A physical impact will affect a person's performance; this impact will also affect a person's immunity because anxiety will stimulate an increase in the production of the hormone cortisol in the body. This hormone will further suppress the body's immunity (Chu et al., 2021); (Hinds & Sanchez, 2022).

Soccer athletes during the Covid-19 pandemic experienced difficult times because they could not carry out regular training, and even training facilities were closed due to this pandemic. As a result, many athletes experienced training anxiety for fear of being exposed to this deadly virus. Entering the Adaptation of New Habits or its global language is entering the New Normal period; several activities can already be carried out with health rules or protocols that must be obeyed by people who will carry out activities. The importance of following the health protocol rules that must be implemented during the New Normal is to reduce the spread of the Covid-19 virus—always wearing a mask when outside the house, diligently washing hands, and keeping a distance, are health protocols that must be obeyed by everyone who does activities outside the home (Yulistiana et al., 2022); (Kahar et al., 2020).

The South Fajar Soccer Academy trainer, South Bolaang Mongondow Regency, always requires athletes to wash their hands, check their temperature, and wear masks when leaving for training. The trainer also stated that during the Covid-19 pandemic, there was a decline in the attendance of athletes who took part in the training. Every training is carried out; some athletes will not attend the training. This is because the Soccer Academy Fajar Selatan, Bolaang Mongondow Selatan Regency, appealed to its athletes not to train when their body is not feeling well or sick. The trainer stated that parents have serious concerns when their children take part in training; there are even athletes who are prohibited from participating in training during the Covid-19 pandemic.

METHOD

This research is quantitative descriptive. Descriptive research design is a research design that aims to describe or describe systematically, factually, and objectively accurately an object of observation that occurs in the present. This study was to determine the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency following training during the Covid-19 pandemic. The population in the study was Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency, Age Group 12-15 years, totaling 72 athletes. The sampling technique is total sampling, meaning that the entire population is taken as a sample. The instrument or tool used is a closed questionnaire. A closed questionnaire is a questionnaire that is presented in such a way that the respondent only needs to give a checklist mark (v) in the appropriate column or place, with a direct questionnaire using a multilevel scale. The stratified scale in this questionnaire uses a modified Likert scale with four answer choices. The anxiety instrument in this study is adapted from the theory (Tangkudung, 2022). instrument grid in Table 1:

Table 1. Instrument Guidelines

Variable	Factor	Indicator	Items	
			Favorable	Unfavorable
Anxiety of soccer players attending training during the Covid-19 pandemic	Before Training	Dramatic changes in behavior	2, 4	1, 3, 5
		Physical changes and psychology dramatically	8, 11, 13	9, 10, 12
		<i>Trait Anxiety</i>	15, 16	14, 17, 18
	During Training	Dramatic changes in behavior	20	19
		Physical changes and psychology dramatically	21, 23, 26	22, 24, 25, 27
		<i>State Anxiety</i>	30, 33, 34, 35	28, 29, 31, 32
Total			35	

The instruments in this study have been validated by expert lecturers. Furthermore, before being used for research, this instrument was piloted with 28 athletes. The results of the validity analysis contained 1 to 35 statements on the questionnaire sheet. All of the questions are valid, as evidenced by (r count > r table). Based on the results of the reliability test, Cronbach's Alpha value was 0.966 0.70, it can be said that the research instrument has high reliability.

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FINDING

Descriptive statistical data from the anxiety research of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic, the lowest score (minimum) was 72.00, the highest score (maximum) 111.00, the average (mean) 98, 13, median (median) 99.00, frequently occurring value (mode) 103.00, standard deviation (SD) 8.33. The complete results can be seen in table 2:

Table 2. Descriptive Statistics of Anxiety Soccer Academy Soccer Players Fajar Selatan South Bolaang Mongondow Regency Attending Training During the Covid-19 Pandemic

Statistic	
<i>N</i>	72
<i>Mean</i>	91,32
<i>Median</i>	91,50
<i>Mode</i>	94,00
<i>Std, Deviation</i>	6,92
<i>Minimum</i>	72,00
<i>Maximum</i>	105,00

When displayed in the form of an assessment norm, the anxiety of Soccer Academy Fajar Selatan football players in South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic is presented in table 3:

Table 3. Anxiety Assessment Norms Following Training During the Covid-19 Pandemic

No	Interval	Category	Frequency	Percentage
1	$114 < X$	Very high	0	0,00%
2	$88 \leq X < 114$	High	48	66,67%
3	$62 < X \leq 88$	Low	24	33,33%
4	$X \leq 62$	Very low	0	0,00%
total			72	100%

Based on table 3 above, shows that the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic is in the "very low" category of 0.00% (0 athletes), "low" of 33.33% (24 athletes), "high" was 66.67% (48 athletes), and "very high" was 0.00% (0 athletes).

Factors Before Training

A descriptive statistical description of the anxiety of Soccer Academy Fajar Selatan football players, South Bolaang Mongondow Regency following training during the Covid-19 pandemic based on the complete pre-training factor, can be seen in table 4:

Table 4. Descriptive Statistics Factors Before Training

Statistic	
<i>N</i>	72
<i>Mean</i>	45,51
<i>Median</i>	46,00
<i>Mode</i>	43,00
<i>Std, Deviation</i>	4,92
<i>Minimum</i>	35,00
<i>Maximum</i>	54,00

When displayed in the form of an assessment norm, the anxiety of Soccer Academy Fajar Selatan football players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on internal factors in table 5:

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Table 5. Assessment Norms Based on Factors Before Training

No	Interval	Category	Frequency	Percentage
1	$59 < X$	Very High	0	0,00%
2	$45 \leq X < 59$	High	37	51,39%
3	$31 < X \leq 45$	Low	35	48,61%
4	$X \leq 31$	Very Low	0	0,00%
Total			72	100%

Based on the five above, it shows that the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on factors before training was in the "very low" category of 0.00% (0 athletes), "low" of 48.61% (35 athletes), "high" 51.39% (39 athletes), and "very high" 0.00% (0 athletes).

Table 6. Anxiety-based Indicators on Pre-Training Factors

No	Indicator	Mean	Category
1	Perubahan tingkah laku secara dramatis	2,57	Tinggi
2	Perubahan fisik dan psikologi secara dramatis	2,55	Tinggi
3	<i>Trait Anxiety</i>	2,46	Rendah

Based on Table 6 above, shows the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on indicators of dramatic behavioral changes of 2.57 high categories, dramatic physical and psychological changes of 2.55 high category, trait anxiety of 2.46 low category.

Factor During Training

A descriptive statistical analysis of the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on factors during training in full, can be seen in table 7:

Table 7. Descriptive Statistical Factors During Training

Statistic	
<i>N</i>	72
<i>Mean</i>	45,81
<i>Median</i>	46,00
<i>Mode</i>	51,00
<i>Std, Deviation</i>	5,50
<i>Minimum</i>	33,00
<i>Maximum</i>	56,00

When displayed in the form of an assessment norm, the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on internal factors in table 8 below:

Table 8. Norms of Assessment Based on Factors During Training

No	Interval	Categori	Frequency	Percentage
1	$72 < X$	Sangat Tinggi	0	0,00%
2	$43 \leq X < 72$	Tinggi	47	65,28%
3	$31 < X \leq 43$	Rendah	25	34,72%
4	$X \leq 31$	Sangat Rendah	0	0,00%
Total			72	100%

Based on table 8 above, shows that the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on factors during training were in the "very low" category

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of 0.00% (0 athletes), "low" of 34.72% (25 athletes), "high" 62.58% (47 athletes), and "very high" 3.64% (2 athletes). The anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on indicators of dramatic changes in behavior, dramatic physical and psychological changes, and state Anxiety is presented in table 9:

Table 9. Anxiety by Indicator on Factors During Training

No	Indicator	Mean	Categori
1	Dramatic changes in behavior	3,00	High
2	Dramatic physical and psychological changes	2,86	High
3	State Anxiety	2,47	Low

Based on Table 9 above, shows the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic based on indicators of dramatic behavioral changes of 3.00 in the high category, dramatic physical and psychological changes of 2.86 high categories, state anxiety of 2.47 low category.

DISCUSSION

The results showed that 66.67% of athletes had high anxiety. Football athletes during the Covid-19 pandemic experienced difficult times because they could not carry out regular training, and even training facilities were closed due to this pandemic. As a result, many athletes experienced training anxiety for fear of being exposed to this very deadly virus. The presence of the Covid-19 virus makes athletes more easily panicked, anxious, worried, and even causes excessive anxiety, especially during soccer practice (Bhattarai et al., 2021); (Reardon et al., 2021); (Woodford & Bussey, 2021).

Anxiety is a psychological element that describes a person's feelings and emotional states when facing reality or events in his life (Lang, 2019). Anxiety often arises when athletes are unsure or afraid to do something related to performance. Anxiety faced by athletes can affect performance on a different scale for each athlete. Anxiety is a condition that occurs when the physiological condition of the athlete's body seems to feel depressed. As a result, his heart rate increases excessively (Sutcliffe & Greenberger, 2020). Anxiety is a psychological problem that arises in every individual. The state is often unclear, but the anxiety itself is often felt.

Furthermore, the results showed that 33,33% of athletes had low anxiety. This is because the prevention of transmission is in the form of strict control of activities in the community, one of which is the soccer practice process at SOCCER ACADEMY Fajar Selatan, South Bolaang Mongondow Regency. Covid-19 has been running for about three years in Indonesia, most people have been vaccinated three times, so it is quite effective in suppressing the transmission of the Covid-19 virus. The anxiety of athletes in the low category is possible because athletes have more confidence in the presence of vaccines that have been received and strict controls carried out by the club. Football is the most popular sport in the world, and Indonesia is no exception. The training process must continue to be carried out because athletes are responsible for practicing and maintaining their appearance or performance to produce their best performance still. In the implementation process, athletes experience various conditions that affect the training process, both psychologically and physiologically.

Anxiety reactions have three components, namely: (1) the emotional component namely the anxiety component related to individual perceptions of the psychological effects of anxiety. (2) Cognitive component, namely the existence of individual concerns about the consequences that may be experienced or negative expectations and assumptions about oneself. If anxiety increases, it will interfere with the individual's ability to think clearly, solve problems and meet environmental demands. (3) Physiological components, namely the body's reaction to the presence of anxiety that arises, can encourage the emergence of movements in certain body parts. The movements that occur are mostly the result of the work of the autonomic nervous system, which controls various muscles and glands of the body (Spielberger, 2019).

Based on research (Marsha & Wijaya, 2021) that the factors that cause anxiety during this pandemic consist of internal and external. Internal factors of anxiety during a pandemic include genetics, less strong adaptation mechanisms such as when wearing a mask, staying at home, keeping a distance, and other changes during a pandemic like this, certain personality types such as anxiety types, weak physical factors (comorbid disease) which becomes the weight of the emergence of anxiety. External anxiety factors during the Covid-19 pandemic include social media information, environmental stigma, food, clothing, finances, work problems, and physical and social activities limitations.

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Factor Before Training

Descriptive statistical anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency following training during the Covid-19 pandemic based on pre-training factors in the high category. The anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency, was participating in training during the Covid-19 pandemic based on indicators of dramatic behavioral changes of 2.57 high categories, physical and psychological changes of 2.55 high categories, trait anxiety of 2,46 low categories.

The significant impact of excessive anxiety can affect physical condition because when a person experiences anxiety, it will indirectly increase his heart rate. In addition to impacting psychology, anxiety's consequences also affect a person's physical condition. This impact will cause dizziness, headaches, and others. A physical impact will affect a person's performance; this impact will also affect a person's immunity because anxiety will stimulate an increase in the production of the hormone cortisol in the body. This hormone will further suppress immunity (Chu et al., 2021); (Hinds & Sanchez, 2022).

The characteristics of anxiety are as follows. (1) Physical reactions, namely sweaty palms, tense muscles, racing heart, flushed cheeks, and dizziness; (2) Behavioral reactions, namely avoiding situations when anxiety can occur, leaving situations when anxiety begins to occur, trying to do things perfectly, or trying to prevent harm; (3) Thought reactions, namely overthinking about danger, thinking that you are unable to solve problems, not attaching importance to available help, worrying, and thinking about bad things; (4) Mood like nervous, irritated, anxious, and panicked.

Faktor During Training

Descriptive statistics on the anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency, was participating in training during the Covid-19 pandemic based on factors in the high category training. The anxiety of Soccer Academy Fajar Selatan soccer players, South Bolaang Mongondow Regency, was participating in training during the Covid-19 pandemic based on indicators of dramatic behavioral changes of 3.00 high category, physical and psychological changes of 2.86 high categories, state anxiety of 2,47 low categories.

Based on the observations at Soccer Academy Fajar Selatan, South Bolaang Mongondow Regency, the training process is still carried out according to the training schedule. Training are also carried out by health protocols such as mandatory wearing masks, maintaining distance, checking body temperature, and washing hands with soap or hand sanitizer. Based on an interview with the coach of Soccer Academy Fajar Selatan, Bolaang Mongondow Selatan Regency, he stated the coach admitted that he experienced anxiety when going to train, even though the coach had carried out the health protocol accordingly, the anxiety remained. The coach stated that the training schedule often changed when the Covid-19 pandemic hit; this was done by Soccer Academy Fajar Selatan, Bolaang Mongondow Selatan Regency, to respect the decision of the local institution.

The South Fajar Soccer Academy coach, South Bolaang Mongondow Regency, always requires athletes to wash their hands, check their temperature, and wear masks when leaving for training. The coach also stated that during the Covid-19 pandemic, there was a decline in the attendance of athletes who took part in the training. Every training is carried out; some athletes will not attend the training. This is because the Soccer Academy Fajar Selatan, Bolaang Mongondow Selatan Regency, appealed to its athletes not to train when their body is not feeling well or sick. The coach stated that parents have high concerns when their children take part in training; there are even athletes who are prohibited from participating in training during the Covid-19 pandemic.

Trait anxiety is a feeling of anxiety that is a personal trait / innate (anxiety nature). Trait anxiety is a predisposition to perceive environmental situations that threaten him. An athlete has trait anxiety, so the manifestation of anxiety will always be excessive and dominate the psychological aspect. his is a serious obstacle for the athlete to look good (Marsico et al., 2019); (Yu et al., 2018).

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that the anxiety of Soccer Academy Fajar Selatan soccer players in South Bolaang Mongondow Regency participating in training during the Covid-19 pandemic is in the "deficient" category of 0.00% (0 athletes), "low" of 33,33% (24 athletes), "high" 66.67% (48 athletes), and "very high" 0.00% (0 athletes).

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