

## Analysis of Athletes' Anxiety Levels Before Special Matches in Martial Arts



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**ABSTRACT:** Anxiety in athletes before the game makes the athlete's performance not optimal and results in the athlete's performance decreases. This study aims to determine the level of anxiety of athletes before special matches in martial arts in sports that can arise in athletes and non-athletes studied through literature reviews. The method in this study uses a literature review with a qualitative approach from 15 research articles on pre-match anxiety in sports. The results of the literature review analysis conducted stated that the athlete's anxiety level increased higher before starting the game. It is concluded that in order for the athlete's performance to be maximized in the match, athletes must have good psychology before the match by paying attention to emotional factors, psychology, and athlete training that has been maximized.

**KEYWORDS:** Sports, Anxiety, Martial Arts

### I. INTRODUCTION

Sport is a complex thing, sports can be seen from various points of view, related to the achievement of achievements as one of the goals of sports (Hardiyono, 2020; Rohmansyah, 2017). There are many influencing factors in achieving these achievements, including physical, psychic, environmental, and other factors that can influence a person in the process of achieving achievements. Appearance at the time of exercise and furthermore, of course, the results or achievements in sports are greatly influenced by the presence of psychic factors, one of which is anxiety (Singgih & Gunarsa, 2008). In doing excessive exercise or when athletes do overtraining, it will experience physical fatigue and psychic factors, namely anxiety. Psychic factors originate within the athlete himself, such as emotional problems, motivation, intelligence, high anxiety, excessive stress (Verawati, 2016). These factors will certainly affect the athlete's performance, but in this case it will only be discussed about the problem caused, namely anxiety. Anxiety can affect the physical and mental condition of the athlete concerned such as increased heart rate, palms grinding, dry mulu which causes thirst, disturbances in the stomach or stomach and muscles of the shoulders and neck become stiff (Gunarsa, 2004).

In some areas there are still many coaches who do not understand about sports psychology so that coaches cannot see the psychological condition of their athletes both on and off the field. Therefore, the coach cannot overcome the anxiety of his athletes when attending the competition. Especially in Indonesia, there is still a lack of coaching staff who can read the situation of athletes' conditions on the psychological side so that it can affect team performance (A. Maulana & Rusdiana, 2019). In the world of sports that one of the components of sports psychology is anxiety. Anxiety is a problem arising from the emotions that often face athletes, especially in individual sports with fairly high difficulties (Setiabudi & Santoso, 2020). Human beings there are positive and there are negative feelings. Positive feelings such as happiness, joy, joy. Negative feelings such as disappointment, disappointment, worry and so on. Anxiety is a psychological aspect that is normal for a person to experience (Jannah, 2016).

Ali, (2012) Control of anxiety levels is very important to do. (Eskandari & Al, 2013) Anxiety control requires special methods. Anxiety in sports is related to mental toughness (Raynaldi et al., 2016). Many sports experts argue that the psychological factors that play an important role in the achievement of achievements are determined by maturity and mental toughness (Clarasati & Jatmika, 2017). Anxiety problems experienced by an athlete such as, problems caused by external factors, namely problems that come from outside the athlete, for example the presence of opponents, referees, spectators, and the environment (Verawati, 2016). The environment in this case of the sports field is always full of anxiety and conflicts, full of fear. At a game, it is clear that anxiety greatly affects the coaches and athletes' achievements. Although an athlete is a former champion, it is rare for the

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athlete to be able to control and adjust all his emotions in the face of a match. One of the emotional states that affect the performance of athletes is anxiety (Jannah, 2016; M. Y. A. Maulana et al., 2017). Anxiety as a lack of unpleasant feelings that can be caused by situations that are considered threatening. In the sphere of sports, the threat situation in question can be pressure directed at the athlete to perform at his best. Anxiety in the game will cause excessive emotional pressure so that the athlete's concentration to face the page will be reduced (Wismanadi, 2017). This means that the athlete's performance decreases, then anxiety will also increase and cause the athlete's performance to decrease. At the time of competing, a very decisive aspect is the mental or psychological athlete. Physical condition, technique, tactics are prepared long before the game, but all of that will be in vain if the athlete cannot control his anxiety.

In sports, anxiety exists within every athlete. "anxiety as an emotional reaction to a stimulus perceived as dangerous." Anxiety is an emotional reaction to a stimulus that is considered dangerous (Huber, 2013). Players who cannot overcome anxiety can certainly interfere with performance in the match. The player will think a lot about the things he will receive if he fails or loses. Anxiety also arises from thinking about things that are not desired to happen, including the player performing poorly, his opponent being seen as better than himself so that the athlete experiences anxiety in the game (A. Maulana & Rusdiana, 2019).

### II. MATERIAL AND METHODS

The method used in this study is literature review with a qualitative descriptive approach. Literature review is a method that prioritizes literature research, such as books and journals (Wirawan, 2021). Meanwhile, the qualitative descriptive approach is research carried out in the steps of compiling theories from data, where the design of qualitative approach methods is universal, flexible, and continues to be developed in the research process (Thomas et al., 2001).

The data used in this study is using secondary data. Sugiyono, (2015) states that secondary data is indirectly retrieved data that can provide information to the data collector. The source of the data obtained is in the form of original scientific reports derived from published scientific articles and accredited and indexed journals, both printed and non-printed, which are interrelated in the analysis of the anxiety level of athletes before special martial arts matches. The data collection method used in this study is the documentation method. The documentation method is a method of collecting data by digging and searching for data from the literature related to what is in the formulation of the problem. The data that has been obtained from various literature is then collected as a unit of documents that will be used in answering the problems that have been formulated.

The article search technique in this study is through web access mendeley, google scholar, and scinece direct as well as on other journal search access with keywords learning models, blended learning, and physical education in health sports. Articles or journals that match the criteria are then taken for further analysis and a journal summary is made including the name of the researcher, the year of publication of the journal, the study design, research objectives, samples, instruments, and a summary of the results or findings. The summary of the research journal is entered into a table sorted according to the alphabet and year of publication of the journal and according to the format mentioned above. This review literature uses literature that can be accessed in fulltext in pdf and scholarly formats (peer reviewed Journal). To further clarify the abstrack and full test journals are read and scrutinized. The journal summary is analyzed on the content contained in the research objectives and research results/findings. The analysis method used is the analysis of the contents of the journal.

### III. RESULTS AND DISCUSSION

This review of the literature review was conducted to determine the analysis of the anxiety level of athletes before a special martial arts match. The collected literature was analyzed with a critical Appraisal table to answer the measurement objectives compared to the results of simple measurements. There are as many as 15 literatures that discuss the anxiety level of athletes before a special martial arts match., all of these journals are nationally accredited journals as well as internationally accredited journals that are searched on the google scholar, mendeley, science direct.com portals by typing the keyword "analysis of the anxiety level of athletes before a special game of martial arts." which was then analyzed using critical apparsial analysis to analyze from the core of the journal, as well as the results or findings of those journals. The following is a table of critical apparsial analysis from 15 journals:

#### RESULT

No	Researchers	Article Title	Research Results
1	(González et al., 2020).	Resilient resources in young athletes and relationships with anxiety	The results of this study show that anxiety is negatively related to resilience in the dimension of acceptance. It can be seen

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		in different sports (2020)	that girls show higher levels of somatic anxiety, while boys show higher levels of acceptance. Statistically significant differences were found in resources for acceptance in favor of boys, while there were significantly different indicators in somatic anxiety Sports experiences that were positively related to resilience and negative to anxiety.
2.	(Verawati, 2016)	Athlete's Anxiety Level in Participating in Sports Matches (2016)	The results of this study concluded that anxiety can have both positive and negative influences. Positive influences can provide motivation and strength for athletes in competing. Negative anxiety can be detrimental to the alet itself because the athlete cannot control the anxiety he experiences. Athletes who can control their anxiety will show optimal performance.
3.	(Safitri & Jannah, 2020)	The Relationship Between Emotional Regulation And Sports Anxiety In Judo Athletes (2020)	The results showed that the results of the studies that had been carried out showed a correlation coefficient value of 0.387 with a significant level of 0.046 or ( $p < 0.05$ ). Based on the results of the hypothesis analysis carried out, it can be concluded that there is a relationship between emotional regulation and sports anxiety in judo athletes.
4.	(Auliani et al., 2021)	Anxiety Level of Garuda Sumbawa Dojo Karate Athletes at the 2020 Provincial Kosn Games	The results showed that the results of the anxiety level of the Garuda Sumbawa Dojo karate athletes at the 2020 Provincial Level KOSN Games in the "high (heavy)" category were 72.80%
5.	(Anira et al., 2017)	Athlete's anxiety level before, during breaks and after games	The results of the decision were based on a hypothesis test that showed significance ( $p < 0.05$ ), then $H_0$ was rejected, namely there was a significant difference between the level of anxiety before competing and after competing and there was a significant difference between the level of anxiety during the break of the match and after the match. While the results of the decision are based on a hypothesis test that shows significance ( $p > 0.05$ ), then $H_0$ is accepted, that is, there is no significant difference between the level of anxiety before competing with after the match.
6.	(Dongoran et al., 2021)	Analysis of Anxiety Levels and Aggressiveness of Pon Martial Arts Athletes	The results showed that the level of anxiety at a moderate level had an average score of 37.73 with a frequency of

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		Papua	36 athletes with the highest dimensions of cognitive anxiety. Likewise at the level of aggressiveness at a moderate level with an average score of 78.7 with the highest dimension of verbal aggression.
7.	(Rohman & Wahyudi, 2019)	Anxiety Level of Pencak Silat Athletes Fraternity Setia Hati Terate at Siti Aminah Junior High School Surabaya	The results of the study that the average total of all indicators obtained 43.6%, this shows that the Anxiety Level of Athletes of the Loyal Heart Terate Fraternity at Siti Aminah Junior High School Surabaya is included as having a rather low level of anxiety.
8.	(Loveyama & Achmad, 2019)	Anxiety Levels of Taekwondo Athletes of Lumajang Regency In Participating in the 2019 Provincial Championships	The results of research conducted by researchers show that overall taekwondo athletes in Lumajang Regency have a rather high level of anxiety with a score of 45.5%.
9.	(Hindiari & Wismanadi, 2022)	Karate Athlete's Anxiety Levels Ahead of Games On Koarmatim Chakra Members.	The results showed that the anxiety level of athletes before competing in the very low category was 13% (2 athletes), the low category was 7% (1 athlete), the medium category was 13% (2 athletes), the high category was 27% (4 athletes) and the very high category was 40% (6 athletes). From the results of the data, it can be explained that the level of anxiety in members of the Koarmatim Chakra ahead of the match in the category is very high.
10.	(Mahardika & Suropto, 2022)	Anxiety Levels of Salatiga City Judo Athletes Before Facing Match.	The results showed a concern rate of 73.5%, being in the high category. The rate of concentration disorders of 60.2%, is in the high category. And the somatic anxiety rate of 68.9%, is in the high category. Obtained data on the level of anxiety of athletes, 15 athletes (75%) were at high anxiety levels and 5 athletes (25%) were at very high anxiety levels. The average anxiety level of Salatiga City Judo athletes is 49.2, which is in the high category.
11.	(Soltani et al., 2016)	Comparative Analysis Of Competitive State Anxiety Among Team Sport And Individual Sport Athletes In Iran	The results indicated that the mean score of somatic anxiety and cognitive anxiety among individual sport athletes was significantly higher than that of team sport athletes ( $p < 0.05$ ). The levels of self-confidence of individual sports athletes was higher than that of team sports athletes, but the difference was not significant ( $p > 0.05$ )
12	(Dimiyati et al., 2020)	Exploring the Psychological	The results show that the psychological

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		Skills of Indonesian Pencak Silat Athletes at the 18 th Asian Games	skills of motivation, confidence, anxiety control, mental preparation, team emphasis, and concentration in a Pencak Silat athlete are high.
13.	(Widyastuti & Dimyati, 2019)	Comparison of Psychological Skills Between Pencak Silat and Karate	Result. The research showed the value of Mann-Whitney Count = 129 with the Sig.value = 0.914. So the Sig.value = 0.914 > 0.05. Conclusion. There are no significant differences in the characteristics of the psychological skills of pencak silat and karate athletes. However, by examining more deeply the psychological skills that can be used as a reference for developing strategies, and in order to obtain the best results in competition it is better to use an experienced psychology coach in martial art teams to prepare the athletes mentally and psychological
14.	(Nopiyanto & Alimuddin, 2020)	Are there difference the psychological characteristics of Indonesian sea games athletes in terms of team sports based on sex?	The research findings revealed that there were significant differences in the psychological characteristics of Indonesian SEA Games athletes in terms of team sports based on sex with the mean score of male athletes = 150.1395 and female athletes = 139.3500 and sig. values = 0.000 < 0.05. There were significant differences in the psychological characteristics of Indonesian SEA Games athletes in terms of team sports based on sex.
15.	(Yang et al., 2020)	The Influence of Positive Emotion and Sports Hope on Pre-competition State Anxiety in Martial Arts Players	The findings of the present study showed that (1) positive emotions have a significant positive correlation with path and emotive force ideas, anxiety orientation, ability to cope, goal attainment, and sense of control; (2) path and emotive force ideas were significantly positively correlated with anxiety orientation, ability to cope, goal attainment, and sense of control and significantly negatively correlated with anxiety intensity and self-handicapping; and (3) the path idea acted as a partial negative mediator between positive emotion and anxiety intensity, and the sense of control played a partial negative mediator between the emotive force idea and self-handicapping.

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### **PEMBAHASAN**

Within the world of sports today the problem of anxiety is the highlight of special attention of psychologists (Singgih & Gunarsa, 2008). It has been acknowledged that anxiety develops in line with sporting events and is certainly unavoidable. Anxious situations that cross the stress threshold will cause unfavorable things for the athlete in question. An athlete to achieve maximum achievement requires physical, technical, and tactical readiness, besides that psychological readiness is also needed to be able to achieve the best game ability (Verawati, 2016). In good or bad conditions, an athlete's ability on the field will affect the psychological state of the athlete, especially on feelings such as anxiety. Athletes who have been prepared with good conditions in good physique, technology and tactics but there is always a problem in the athlete when anxiety arises in the athlete.

Anxiety is a state of erratic feeling felt by a person in the face of something worrying. Anxiety can arise in the run-up to the game. Anxiety is the hardest thing for an athlete at every game that is done and must be prepared when facing any situation on the field (A. Maulana & Rusdiana, 2019). Husdarta, (2009) Anxiety can be divided into two, namely anxiety felt by athletes in the last time, such as during the approach to the game (state anxiety) and anxiety felt because athletes are classified as trait anxiety. Anxiety is formulated as a subjective feeling of apprehension and heightens physiological arousal (Setiabudi & Santoso, 2020). Anxiety is different from ordinary fear such as fear which as a threat is in the form of something objective, specific, and centered.

Sports anxiety is found to be one of the important factors in athletes (Kalinin et al., 2019). Sports anxiety there is a normal limit because it serves as a mechanism of self-control over what will happen. If an athlete feels a high level of sports anxiety, this will have the effect of making it difficult for the athlete to control movement to have a bad influence on performance. Inside an athlete must have a stable psychic meaning that the athlete can beat any non-technical pressure that comes to him. The level of achievement is largely determined by the maturity and mental toughness of the athlete in overcoming various difficulties in competing.

Rohmansyah, (2017) Anxiety has two components, namely cognitive anxiety and somatic anxiety. Cognitive anxiety is characterized by anxiety and fear of something that will happen, while the second is somatic anxiety characterized by the level of physical activation carried out. The signs shown are seepert, increased urinary frequency, dizziness, dry mouth and so on.

Symptoms of anxiety that can be used as an indicator of a person experiencing anxiety can be seen from the symptoms of physical, psychic and behavioral changes. Physical symptoms are changes due to physiological activation in a person experiencing anxiety. Such physical symptoms include: hands become cold, increased frequency of urination, sweating, fireflies, dry mouth, abdominal pain, increased pulse. Psychic symptoms are symptoms of anxiety that can be seen from a person's psychic changes due to anxiety. These psychic symptoms include reduced attention and concentration, decreased self-confidence, nervousness, worry. In addition to physical and psychic symptoms in anxiety, there are behavioral symptoms, namely anxiety symptoms that can be seen based on changes in the behavior of someone who experiences anxiety. Symptoms of such behavior include: biting fingernails, changing facial features, being quiet or talkative, moving or shaking feet (Rohmansyah, 2017).

Anxiety in sports that occurs in athletes is usually because the athlete feels afraid of failing a match, is afraid of experiencing injury, and considers his opponent better than himself. If the athlete is in a state of anxiety then the coach looks for ways to make the athlete able to put out his best performance by motivating his athlete to stay focused on the match to be held and focus on each match. Yane, (2013) There are five ways to overcome anxiety in sports, namely:

#### **Visualization**

This visualization is done by elite athletes to improve performance, develop trust, and manage the anxiety that exists within them. Visualization, also known as a method or way of mental exercise that involves imagining oneself successfully competing inside a match.

#### **Goal Setting**

From within the athlete determines a clear goal to be able to achieve the success to be achieved. The goals to be achieved become smaller parts with a series of short-term or near-term goals to be achieved.

#### **Relaxation Techniques**

Relaxation techniques are helpful to reduce physical fatigue from anxiety such as increased heart rate, tense muscles and rapid and shallow breathing. This technique can be used whenever going into a match or competition, and can be helpful when practiced the night before or in the hours before the game to help maintain nerves and muscles. Two of the most common relaxation techniques are diaphragmatic breathing and progressive muscle relaxation.



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### Cognitive restructuring

Cognitive restructuring refers to a change in the habitual way of thinking. In anxiety about sports activities, cognitive restructuring helps to evaluate the body in lowering the sense of anxiety and positive thinking can generate feelings of calm, controlled emotions and is also key to managing the cognitive symptoms of anxiety.

### Developing Self-Confidence

Developing self-confidence can be done by looking at the focus of past successes instead of failures that can improve training and priority preparation and continue to be carried out until there is no doubt about the abilities possessed at the time of the match to become a champion and can control the anxiety that exists in him. Verawati, (2016) Anxiety can have both positive and negative influences. Positive influences can provide motivation and strength for athletes in competing. Negative anxiety can be detrimental to the athlete itself because the athlete cannot control the anxiety he experiences. Athletes who can control their anxiety will show optimal performance. Cognitive anxiety can have a direct effect on an athlete's concentration, but somatic anxiety can also have an impact on decreasing the athlete's ability to concentrate.

Calming down from anxiety attacks is the task of the parasympathetic nervous system. In some people, especially when they are over-stimulated for a long time (such as by playing sports) calming down can become increasingly difficult. In cases like this, calming down may require exercises such as imagery exercises. It is generally agreed among neuroscientists that the long-term effects of anxiety on human cognition are detrimental. It can therefore be said that short-term anxiety may also have a negative effect on cognition, for example by making it more difficult to mentally focus on playing sports. The pressure that athletes feel makes them show physical symptoms of anxiety, namely somatic anxiety. One of the influences of somatic anxiety on the physical-physiological athlete can be seen from the restless and difficult look in his eyes staring at one object with focus in a certain time.

## IV. CONCLUSION

Anxiety as one of the psychic factors that can influence the appearance of athletes in games. High levels of anxiety can be fatal to the performance of athletes in training and matches. In order for the athlete's performance to be maximized in the match athletes must have good psychology before the match by paying attention to emotional factors, psychology, and athlete training that has been maximized.

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