



THE RELATIVITY OF SELF-CONFIDENCE IN THE SUCCESS OF ATHLETES AT PORPROV BALI 2022

Wasti Danardani¹, Syarif Hidayat², Suci Nanda Sari³

^{1,2}Fakultas Olahraga dan Kesehatan, Universitas Pendidikan Ganesha, Indonesia

³Fakultas Ilmu Keolahragaan, Universitas Negeri Padang, Indonesia.

lsntl@mail.edu.tw

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ABSTRACT

The purpose of this study was to see the relationship between the success rate of the athletes from the Buleleng Regency contingent in the PORPROV Bali event through the confidence possessed by the athletes. This study used all athletes who were registered as the Buleleng Regency contingent as subjects. This research is basic research that will get a description of the condition of the subject. The survey method uses a questionnaire that takes data on the level of confidence. The observation method is used to collect information through document data and events in the field. The data presented from this study is that 80.5% of athletes have high self-confidence and 17.3% moderate. Experience as an athlete > 7 years 33%, 4-7 years 39%, and 0-3 years 28%. Age group 30.25% over 22 years, 54.36% aged 22-17 years, and 15.12% aged under 17 years. This study concludes that the level of self-confidence in the success of athletes is relative, and influenced by the age and experience of the athlete.



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Penulis Korespondensi:

Author Wasti Danardani, Syarif Hidayat, Suci,

Affiliation Universitas Pendidikan Ganesha

Email: lsntl@mail.edu.tw

INTRODUCTION

Professional athletes have a good physical conditions, proficient skills, and mature techniques (Gauron in Setyobroto, 2001:89). The success of a team or an athlete is not the performance of good physical condition and athlete skills alone. The psychological side of the athlete can also help in his success. According to (Satiadarma, 2000) the higher the level of competition followed, the greater the mental role in it. The skills and physical condition of athletes at a certain level are seen as the same so the mental and psychological strength of the athlete is the final determinant.

Regional sports championships (Provincial Sports Week/PORPROV) are multi-event sports competitions held at the provincial level. The purpose of this activity is to spur the development of sports in the region and recruit talented athletes who will compete at the national level. PORPROV is held every two years, this time holding 41 sports. Some of them are sports that are still newly recognized. This is very possible to be followed by new athletes, so the athletes involved may be young athletes or athletes who have little experience. Not a few athletes involved in it are experienced athletes but the achievements shown from time to time do not show good changes.

The Buleleng Regency contingent has a target to increase the champion ranking by increasing the number of medals won. This increase was not accompanied by an increase in the number of athletes. They set a small number of athletes who have to reach a predetermined target. So the motto "small is gold" was coined, as an illustration of the quality of the Buleleng district contingent. Carrying 484 athletes and 155 coaches and official teams participating in 41 sports.

The condition of the athletes on the field underwent many significant changes, namely the number of senior athletes who had resigned and the inclusion of junior athletes in the Buleleng district contingent squad.

These changes have led to friction among sports administrators, where high targets must be met with the support of junior athletes who of course lack experience.

The implementation of the PORPROV event this time is the first sporting event held in Bali after the Covid-19 pandemic. This condition is also a preparation that is quite difficult because of the many challenges that must be faced. Among them, many sports facilities have been closed in the last two years, because it was allegedly used as a location for the spread of the Covid-19 virus. Part of the training process is carried out online, which makes it impossible for athletes to maintain their condition, let alone improve. A good training program pays attention to multilateral physical development, sport-specific physical development, technical skills, tactical abilities, psychological factors, health maintenance, injury management, and knowledge of the sport itself (Bompa., Tudor O., and Haff., 2009:4-5). So that the preparations for PORPROV Bali 2022 this time can be said to be far from ideal. This non-ideal condition greatly affects the psychological condition of athletes.

The psychological role of athletes is the foundation for achieving success. One of the psychological factors that influence appearance is self-confidence. This factor is likely to be more subjective in terms of the athlete's view of himself. For this reason, this study wants to reveal the relativity of athletes' self-confidence conditions to successful performances at the PORPROV Bali 2022 event.

METHOD

This study used all athletes who were registered as the Buleleng Regency contingent as subjects. This research is basic research that will get a description of the condition of the subject. In collecting data using a survey method using a questionnaire that takes data on the level of confidence. Also, the observation method is used to collect information through document data and events in the field.

The questionnaire used is Vealey's Trait Sport-Confidence Inventory (TSA) (Gazdowska et al., 2017) which consists of 13 statements to be filled out by athletes. The scale range in each statement is between 1 to 9 with the following criteria 1 means low, 5 means medium and 9 means high. How to measure the level of self-confidence by adding up all the scores from the 13 statements. So that the lowest score is 13 and the highest score is 117. Collection by questionnaire is done via the Google form link, the link is opened for two weeks to give time to fill it out..

RESULT AND DISCUSSIONS

Research Result

This study succeeded in collecting data through questionnaires distributed in the form of:

Table 1. The condition of the athlete's self-confidence

Value	Predicate	Percentage
86 - 117	Height	80,5%
46 – 85	Moderate	17,3%
13 – 45	Low	1,2%

Table 2. Age of athletes who are members of the Team

Age	Percentase
22 y.o	30,25%
22-17 y.o	54,36%
17 y.o	15,12%

Table 3. Experience as an athlete

Experience	Percentage
0-3 years	28%
4-7 years	39%
> 7 years	33%

Table 4. Findings from observations

Case	Expectation	Reality
Goal setting in athletes	Winning medals is the same as the previous PORPROV (based on paper calculations).	<ol style="list-style-type: none"> 1. In measurable sports, athletes cannot win the designated medals because they face senior athletes with a lot of experience. 2. In sports young athletes, they fail to reach the target because they become insecure when they see the appearance of more experienced opponents. 3. Meetings between senior athletes in the field are won by athletes who have experience and a higher level of competition.
The selection of athletes is based on the results of physical condition tests	A good physical condition that continues to improve from time to time is believed to win many medals.	<ol style="list-style-type: none"> 1. In one of the martial arts sports, have a good physical condition and determine to win 70% of the medals contested. Although still the overall champion in sports, the number of medals won is only 40%. 2. In sports that have just been held with young athletes, it is recorded that their physical quality is not yet optimal, but they have better medal results in the arena.

Discussions

The discussion contains the interpretation of result that is supported by theory, literature and relevant study, not a repeated of the results. The proportion of reference literature is 80% from articles published in the last 5 years and 20% from other sources, such as books (last 10 years) and relevant regulations or standards. Aspirations of insight are universal, preferably an international source than local or regional source. Please ensure that every reference cited in the text is also present in the reference list (and vice versa).

A. Self-Confidence In Athletes

Confidence is one of the factors that determine the success of athletes in competition. The position of this confidence is quite complex, to produce good results an athlete must have good self-confidence based on the abilities they have. (Aguss & Fahrizqi, 2020) said that this self-confidence stems from the nature of the athlete and the influence from outside the athlete. (Bostancı et al., 2019) found in their research that the level of confidence affects the level of success of athletes competing. It will be problematic if this confidence is lacking or excessive.

On the self-confidence measurement scale, Buleleng athletes recorded 80% in a position of high self-confidence. It is considered that these athletes are ready to compete in the arena. Not distinguishing between gender, team or individual sports, or age level in this measurement. Athletes only measure themselves against other athletes besides themselves. (Suryawati, S., Brustiendo, R., Himawanto, W., & Pratama, 2022) stated that athletes with an age range of 5-14 years who were studied had high self-confidence. Gender does not affect the level of self-confidence so men and women have equality (Arafah, 2023) So it can be said that innate factors are not directly related to self-confidence in athletes.

Confidence is significantly related to motivation in competition (Toktas & Bas, 2019). Self-confidence is also associated with anxiety, where the relationship is inversely related between self-confidence and anxiety in competing athletes (Triana et al., 2020). It was also found that self-confidence greatly affects the mental well-being of athletes so that it can lead to eating disorders in female athletes and negative lifestyles in male athletes, in other words, confidence on the field affects life outside the field (Jovanović et al., 2022).

B. Forming Self-Confidence

The high and low results of self-confidence measurements can affect the appearance or not. It is possible for athletes who lack the confidence to be unable to develop skills in the arena when competing. This is because there is no positive belief in the abilities possessed. Next, excess self-confidence is also not good for athletes

when competing. This condition tends to make athletes careless when competing so that they often assume that the opponent is inferior in ability and the opponent can counterattack. Besides that, usually, excess self-confidence is due to a feeling of being able but not knowing oneself.

Form self-confidence in athletes can be assisted through psychological skills (Nanda et al., 2021). Psychological skills in athletes can be formed through Encouraging criticism, Respect, Realistic goals, Problem-solving, Self-awareness, Managing stress and emotion, and Good interpersonal relations (Festiawan, 2020). The role of the coach is very important in determining the mental maturity of athletes through these activities.

Mental maturation of athletes in the form of self-confidence does not only occur at the training ground. The role of parents is also the most important thing in helping athletes to have self-confidence (Kuniawan & Primanita, 2021). The existence of parents is a figure who is always present in providing education at home and becomes the closest support system. In addition, special activities are needed to develop self-confidence through leadership orientation and training to increase self-confidence (Akdeniz & Saytekin, 2020).

C. Relative Self-Confidence

Self-confidence is a psychological factor that has a role in the appearance of athletes (Juita et al., 2022). However, it is not a factor that can affect the results of the competition. Self-confidence is unstable, meaning that the rise and fall of self-confidence can change at any time depending on the circumstances and conditions that occur. The careful preparation that athletes do from preparation to the situation when competing greatly influences the appearance of athletes in the arena.

Questionnaires screening the condition of athletes' self-confidence in almost every study stated that they were in good condition. The reality in the arena, the athlete's performance is not as good as the calculation on paper. This condition occurs because there is a gap between the situation during practice and the match. The trainers are still focused on the physical and technical preparation of the athletes. Still lacking a psychological touch in the face of competition. This happened due to the lack of tryout activities for Buleleng athletes at competitions at a level equivalent to the actual conditions on the field. In addition, there is the possibility of environmental errors in responding to the athlete's preparation and condition, which assumes that the athlete is the champion.

In the end, self-confidence is a relative thing. Where the athlete's self-confidence can be influenced by, 1) physical condition, where the physical condition has a relationship with the formation of self-confidence (Hardiyono et al., 2019), 2) Skill level, skills do not influence self-confidence in the arena (Heloiana, et.al.; 2020), the influence of the field situation has contributed to determining self-confidence. 3) The athlete's emotional condition and innate emotion can determine the outcome of success in the arena (Malgorzata, et.al., 2020). And 4) Experience of competing influences self-confidence (David, et.al., 2019).

CONCLUSSION

Achievements are not necessarily the result of physical processing and technical quality improvement. Psychological factors are another determining factor that cannot be avoided. However, psychological conditions cannot necessarily be a determinant of success. Self-confidence is one of the psychological factors that can be used as a measure of the success of athletes in the field. However, it turns out that good self-confidence from measurements on athletes before competing can change according to the conditions and situations before and when competing in the arena.

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