

ANALYSIS OF ANXIETY AND STRESS LEVEL OF PETANQUE ATHLETES

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Abstract

The purpose of this study was to determine the level of anxiety and stress levels of petanque athletes participating in the South Sulawesi pre-porprov championship in Pangkep Regency. The research method used in this research is quantitative research. Quantitative research is a collection of data whose data are statistical figures that can be quantified. The object of this research is all petanque athletes in Pangkep Regency, Pra Porprov, South Sulawesi Province. Techniques for collecting data using a questionnaire of anxiety instruments and athletes' stress instruments. The data analysis technique that will be used in this research is descriptive statistical analysis. The results showed that: a) The level of anxiety of male petanque athletes was in the low category, namely 33.3%. b) The anxiety level of female petanque athletes is in the low category, which is 46.2%. c) The stress level of male petanque athletes is in the low category, which is 41.7%. d) The stress level of female petanque athletes is in the low category, which is 53.8%. It can be concluded that the level of anxiety and stress before the game belongs to the low category.

Keywords: *anxiety level; stress; athlete ; Petanque.*

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INTRODUCTION

Along with the development of the times accompanied by the development of sports, the development of sports today is more advanced than in the past. The progress of sports is influenced by advances in science and technology that are implemented in the world of sports. Sport is universal, because sports can be practiced by all levels of society regardless of age, religion, ethnicity/race, socio-economic status and educational background, and gender. So great is the role of sport in human life, so that sport can be used as a means and infrastructure or media for interaction, livelihood, health education, and even a means to achieve

achievement. Sport is an activity that uses physical elements to bring pleasure and create physical and spiritual health. In addition, sports activities for humans must also maintain a balanced and healthy body, besides that, sports activities in humans also form a sportsmanlike spirit, good personality and together form a better human quality (Safitri et al., 2021) and (Raibowo et al., 2021). One of the sports that is developing and becoming a new idol in today's society is the sport of Petanque.

Petanque is a form of boules in which the goal is to throw the ball as close as possible to a wooden ball called a cochonnet and the feet must be in a small circle. This game is usually played on hard ground, but can also be played on grass, sand or other ground surfaces (Pelana, 2016), (Juhanis & Nur, 2019), (Isyani & Primayanti, 2021). Petanque is a sport that is easy and can be played by anyone. (Hays, 2014) said that tactically, petanque is a simple game. The same thing was expressed by (Prayoga, 2020) mentions that petanque has a tendency to suffer very small injuries so that it will be safer to be played by small children and even people who have stepped on the elderly.

Petanque sport in South Sulawesi is now growing, this is evidenced by the competition events that have been held. Whether it's the category of students, students and the general public on a local and national level. One of the successful implementations that have been carried out by FOPI of South Sulawesi Province in carrying out achievement development is holding a Pre Porprov event. Pre Porprov (Provincial Sports Week) is a multi-event championship at the provincial level in an effort to improve and develop national sports achievements while at the same time attracting the interest and talent of athletes in achievement sports. To be able to take part in a championship like this Pre Porprov requires careful preparation such as technique, tactics.

Athletes who have good physical, technical and tactical mastery, but if an athlete's mind is disturbed by negative things such as excessive negative emotions, it can interfere with concentration and will not be optimal in competing

(Nurdiansyah & Jannah, n.d.). Athletes cannot perform at their best due to anxiety and stress. Every athlete in the face of competition has different levels of anxiety and stress. Anxiety in the face of competition can be divided into 2 types, namely: state anxiety and trait anxiety. The emergence of anxiety due to fear of negative social judgment, fear of failure and loss of self-esteem (Raibowo et al., 2021).

This difference is due to the ability and way of each athlete in dealing with the anxiety and stress that athletes experience. Symptoms of anxiety and stress in the game such as anxiety, worry, tension, confusion, lack of or loss of concentration, and decreased self-confidence in a match. This is one of the failure factors experienced by athletes, namely the lack of mental coaching for the athletes themselves. At the time of practicing the athlete's ability can be said to be better because they rarely make mistakes, but when competing, athletes often make mistakes. An athlete is expected to be able to train mental aspects from an early age in order to overcome the problem of anxiety and stress during the match and before the match. according to (Gunarsa, 2008) Anxiety is a feeling of helplessness, insecurity for no apparent reason, vague or vague.

Anxiety in the match will cause excessive emotional pressure that can interfere with the implementation of the match and affect appearance or achievement (Verawati, 2015). Basically, anxiety is a natural thing that has been experienced by every human being (Kholidiyah et al., 2021). Anxiety is considered a part of everyday life. according to (Husdarta, 2010)The source of stress can be from within the athlete and it can also come from outside the athlete. In athletes, for example: feelings of fear of failure, doubts about their abilities, feelings of lack of training and so on. From outside the athlete, for example: the influence of the audience, the absence of family, a foreign game environment for him, the absence of the coach, confusing stimuli and so on.

Based on the results of observations and surveys conducted by researchers that from several districts in South Sulawesi, Pangkep Regency has many athletes, active in training, often participates in competitions and always wins. For now, the

facilities and infrastructure of Petanque Pangkep are also adequate so that athletes are eager to practice in order to achieve achievements.

From various information submitted by several athletes and petanque coaches in Pangkep Regency to researchers that during matches they still often experience anxiety and stress experienced by athletes, and one of the obstacles for the Petanque district team. The current Pangkep is going to take part in Pre Porprov, the facts are that most athletes experience anxiety and stress because athletes feel afraid and burdened if they don't win, if athletes don't get champions or medals at the Pre Porprov Championship then athletes cannot qualify for PORPROV in 2022. This of course has a big impact on the quality of athletes before facing the match and during the match. Athletes must prepare mentally well so that during the match they do not experience anxiety, tension, and splitting of concentration.

When competing, the mental aspects that affect athletes include anxiety and stress, because in reality not all athletes can cope with the anxiety and stress they face. This also makes the mental aspect regarding the level of anxiety and stress of the Pangkep Regency petanque athletes. With this research, it is hoped that the results can be used as information for athletes and coaches to improve performance, assuming that athletes, coaches and all parties can take advantage of the results of this research to be used in the training process. In the description above, it is clear that mental factors are very important in athlete achievement, so that mental stress that occurs in an athlete in a match needs to be handled by the athlete concerned and related parties.

METHOD

The research was conducted on April 8, 2021. The location of this research was in the Petanque Pangkep field, Pitue, Ma'rang District, Pangkep Regency, Prov. South Sulawesi. The object of research is the Petanque Pra Porprov athletes in Pangkep Regency, totaling 25 athletes. The method in this study uses a survey



research approach. according to (Morrison, 2012) stated that survey research is research conducted on large or small populations, but the data studied are data from samples taken from that population, so that the relative incidence of distribution and relationships between sociological variables is found. The data collection technique used a questionnaire instrument about the level of anxiety and stress in petanque athletes. The weight of the assessment uses a Likert scale. according to (Sugiyono, 2013) Likert scale is used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena. The answers to each item of the instrument using a Likert scale have a very positive to very negative gradation. The data analysis technique that will be used in this research is descriptive statistical analysis. Descriptive statistics were used to determine the level of anxiety and stress of the Pangkep Regency petanque athletes who took part in the pre-porprov championships.

RESULT AND DISCUSSION

Data Analysis of Anxiety Levels for Male Petanque Athletes

The categorization for the anxiety level variable is presented in the table as follows:

Table 1. Categorization of Anxiety Levels for Male Petanque Athletes

No	Category	Frequency	Presentation (%)
1	Very high	3	25%
2	Tall	3	25%
3	Low	4	33.3%
4	Very low	2	16.7%
Amount		12	100%

Based on the data above, it is known that 25% of athletes whose anxiety category is in the very high category, 25% are in the high category, 33.3% are in the low category and 16.7% are in the very low category. The data above shows that most athletes have low levels of anxiety.

Princess Anxiety Level

The categorization for the anxiety level variable is presented in the table as follows:

Table 2. Categorization of Anxiety Levels for Female Petanque Athletes

No	Category	Frequency	Presentation (%)
1	Very high	2	15.4%
2	Tall	3	23.1%
3	Low	6	46.2%
4	Very low	2	15.4%
Amount		13	100%

Based on the data above, it is known that 15.4% of athletes whose anxiety category is in the very high category, 23.1% are in the high category, 46.2% are in the low category and 15.4% are in the very low category. The data above shows that most athletes have low levels of anxiety.

Son's Stress Level

Categorization results for the stress variable are presented in the following table:

Table 3. Categorization of Stress Levels for Male Petanque Athletes

No	Category	Frequency	Presentation (%)
1	Very high	1	8.3%
2	Tall	4	33.3%
3	Low	5	41.7%
4	Very low	2	16.7%
Amount		12	100%

Based on the data above, it is known that 8.3% of athletes whose stress category is in the very high category, 33.3% are in the high category, 41.7% are in the low category and 16.7% are in the very low category. The data above shows that most athletes have low stress levels.

Princess Stress Level

Categorization results for the stress variable are presented in the following table:

Table 4. Categorization of Stress Levels for Female Petanque Athletes

No	Category	Frequency	Presentation (%)
1	Very high	3	23.1%
2	Tall	1	7.7%
3	Low	7	53.8%

4	Very low	2	15.4%
	Amount	13	100%

Based on the data above, it is known that 23.1% of athletes whose stress category is in the very high category, 7.7% are in the high category, 53.8% are in the low category and 15.4% are in the very low category. The data above shows that most athletes have low stress levels.

DISCUSSION

The results of the research analysis on the anxiety level of Petanque Putra athletes in Pangkep Regency with 12 athletes. 3 athletes had an anxiety level in the very high category with a 25% presentation, 3 athletes in the high category with a 25% presentation, 4 athletes in the low category with a 33.3% presentation, and 2 athletes in the very low category with a 16.7% presentation. Meanwhile, the anxiety level of the Petanque Putri athletes in Pangkep Regency was 13 athletes. 2 athletes had anxiety levels in the very high category with a presentation of 15.4%, 3 athletes in the high category with a presentation of 23.1%, 6 athletes in the low category with a presentation of 46.2%, and 2 athletes in the very low category with a presentation of 15.4%. Petanque athletes in Pangkep Regency experienced low anxiety before this match, indicating that the athlete had a good mentality. The athlete's preparation is good so that there is confidence and can reduce worries, nervousness, and fear.

Stress is a pressure within a person that can increase and force humans to act and think faster and more intensively (Sasono, 2004). Stress can arise when there are too many demands that threaten a person's well-being and integrity. Stress can be caused by several things which are commonly referred to as stressors. According to (Hendriani, 2018) Stressor is a situation or stimulation of physical or psychological pressure or danger in a certain level. Stressors can trigger stress which can lead to tension. This tension can affect the daily activities of humans. This is in accordance with the theory that regular exercise can reduce stress. The results of this study are also in accordance with research conducted by (Naderi et

al., 2019). which states that there is an inverse relationship between exercise and anxiety levels, which means that exercise can reduce stress that can cause anxiety and depression in everyday life (Asri & Lely Octaviana, 2021).

A petanque athlete who feels stressed will make him feel afraid, anxious and there is no comfort in him. So it takes preparation to face a match from a long time ago. Preparation is necessary to reduce the tension in athletes caused by stress and anxiety experienced by athletes before the competition takes place.

The research data shows that most of the Petanque athletes in Pangkep Regency experience low stress. This is because athletes who have been trained in mental preparation so that there is no excessive stress that does not result in tension that can interfere with the athlete's best performance at the time of the match.

The results of the analysis of the stress level of Petanque Putra athletes in Pangkep Regency with 12 athletes. 1 athlete has a stress level in the very high category with a presentation of 8.3%, 4 athletes in the high category with a 33.3% presentation, 5 athletes in the low category with a presentation of 41.7%, and 2 athletes in the very low category with a presentation of 16.7%. Meanwhile, the stress level of the Petanque Putri athletes in Pangkep Regency was 13 athletes. 3 athletes had stress levels in the very high category with a presentation of 23.1%, 1 athlete in the high category with a presentation of 7.7%, 7 athletes in the low category with a presentation of 53.8%, and 2 athletes in the very low category with a presentation of 15.4%. This shows that most athletes experience low levels of stress before the match.

Petanque athletes in Pangkep Regency experienced low stress before this match, indicating that the athletes had good self-confidence. Factors that can reduce the level of anxiety and stress of Petanque athletes can be used as input for other parties to reduce the level of anxiety and stress experienced by athletes in facing matches, so that athletes who are mentally strong and have good self-confidence can be formed.

CONCLUSION

Based on the research findings and data analysis, this study concludes that:

1. The anxiety level of male petanque athletes is in the low category, which is 33.3%.
2. The anxiety level of female petanque athletes in Pangkep Regency is in the low category, which is 46.2%.
3. The stress level of male petanque athletes in Pangkep Regency is in the low category, namely 41.7%.
4. The stress level of female petanque athletes in Pangkep Regency is in the low category, which is 53.8%.

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