

Correlation Anxiety, Self confidence and Motivation Toward Athlete's Performance of Tunas Volleyball Club Pekalongan

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Abstract

This study aims to determine (1) Analyze the contribution of anxiety to athlete performance, (2) Analyze the contribution of self self confidence to athlete's performance, (3) Analyze the contribution of motivation to athlete's performance, (4) Analyze the contribution of anxiety, self confidence, and motivation to athlete performance. This research uses correlation method. Population in this research is volleyball atlet of Tunas Pekalongan which amounts 42 person athletes. The sample in this research is 30 male athletes taken by purposive sampling technique (Gender, Age). Variables in this research consist of three variables: Anxiety (X_1), Self Self confidence (X_3), and Motivation (X_3) while the dependent variable is Y Volley Ball Athlete). Instruments and techniques of data collection using tests. Data analysis technique using path analysis technique with prerequisite test that is test of normality, linearity and multicollinearity. The results showed that the performance to athlete received significant contribution from Anxiety of 45.02%, Self Self confidence of 32.15%. Motivation of 57.61%. Anxiety, Self Self confidence, and Motivation of 65.50%. The conclusion of this research is the factor of anxiety, self confidence, and motivation has contributed to the performance both alone and together.

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INTRODUCTION

Volleyball is the complex game which is not easy to do by everyone. The volleyball athlete should master the basic techniques, physical skills and has good mentality to reach the best performance. Improving physical skills, techniques, and tactics without mental coaching will cause negative results due to the mental is the driving force and the push to strengthen the physical abilities, techniques, and tactics in sports performance. While facing the competition, athlete's mental should be prepared to have emotional stimulations, be ready with heavy task and mental burden (Purnama, 2013).

Tunas Volleyball club Pekalongan established in 2005 under the guidance of coaching PBVSI (Persatuan Bola Voli Seluruh Indonesia) which is placed in the center of Pekalongan city. Volleyball Tunas athletes are senior and vocational high school students and university level who live around Pekalongan city. Tunas Volleyball club showed unstable performance in some competitions. Interview result with the coach said that not all athletes had strong interest in practicing, they showed reluctance, tended to feel quickly bored while practice. When entering the game arena mostly athletes felt nervous, there were some athletes did warming up before the competitions, they did not have enough self confidence while facing the opponents who were considered to have better skills than theirs, felt anxiety fear of losing when their friend in a team who became the mainstay did not join the game.

The subject in this research are all of Tunas Pekalongan volleyball athletes. It consists of 42 people, 30 male athletes and 12 female athletes. According to (Husdarta, 2011) the scientific studies that have been done about the effort of sports achievements, usually more highlight the physical conditions and techniques. While the study of the psychological aspects of increasing the athlete's motivation in groups or teams on the efforts of its members to reach the achievement has not done yet. Based on that opinion it is very clear if it is associated with the athlete's performance in the game because not only the

technical and physical aspects are required by athletes, but also there is the role of other factors such as psychological aspects that determine the athlete's maximum performance. This is the reason why the researchers interested in doing investigation on the psychological aspects of athlete's performance Tunas volleyball club of Pekalongan city.

Statements of the problem in this research are (1) How is the contribution of anxiety to athlete's performance of Tunas volleyball club Pekalongan athlete? (2) How is the contribution of self confidence to athlete's performance of Tunas volleyball club Pekalongan athlete? (3) How is the contribution of motivation to athlete's performance of Tunas volleyball club Pekalongan athlete? (4) How is the contribution between anxiety, self confidence, and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete? (5) How is the contribution between anxiety and motivation to athlete's performance of volleyball club Tunas Pekalongan athlete? (6) How is the contribution of self confidence and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete? (7) How is the contribution between of anxiety, self confidence, and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete?

This study aims to determine: (1) Analyze the contribution of anxiety to athlete's performance of Tunas volleyball club Pekalongan athlete (2) Analyze the contribution of self confidence to athlete's performance of volleyball club Tunas Pekalongan athlete. (3) Analyze the contribution of motivation to athlete's performance of Tunas volleyball club Pekalongan athlete. (4) Analyze the contribution of anxiety, self confidence, and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete. (5) Analyze the contribution of anxiety and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete. (6) Analyze the contribution of self confidence and motivation to athlete's performance of Tunas volleyball club Pekalongan athlete. (7) Analyze the contribution of anxiety, self confidence, and

motivation to to athlete’s performance of Tunas volleyball club Pekalongan athlete.

METHODS

This research is quantitative and used correlational method. According to Sugiyono (2013) Explain that research is a variable attribute or the nature or value of the person, objects or activities which have a certain variation defined by the researchers to be studied and drawn the conclusion. The aim of this research is to describe and analyze how far is the contribution of independent variables such as anxiety (X₁), self confidence (X₂) and motivation (X₃) to dependent variable which is athlete’s performance (Y) Tunas volleyball club Pekalongan. In this research, used questionnaire as instrument to collect data anxiety, self confidence, and motivation questionnaire and performance rubric. Test requirement in this research used normalitas test and linearitas with significance 0,05. While on data analisys this research used Path Analysis technique. This analysis was used to measure the contribution of anxiety variable, self confidence, and motivation to volleyball athlete’s performance. Ease of calculation used computer services in the form of software with SPSS Windows Version 24 program.

RESULTS AND DISCUSSION

Result from measurement test which has done while conducted the research, for independent variable such as anxiety, self confidence, and motivation and dependent variable which is athlete’s performance Tunas volleyball club Pekalongan, it can be found as statistic bellow:

Table 1. Deskriptif Statistic

Aspect	Average	Median score	Standart deviation	Max score	Min score
Anxiety	9.73	9.00	7.57	61	33
Self confidence	2.06	0.50	7.18	65	36
Motivaation	8.43	9.00	7.69	63	32
Performance	0.10	9.00	1.83	94	45

Based on the results of data analysis conducted in this study, it can be explained about the normality of data can be seen from the normality test shapiro wilk of each variable.

Table 2. Test Result Normality Data Anxiety, Self Confidence, Motivation and Performance

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	f	Sig.	Statistic	df	Sig.
Anxiety	.119	30	.200	.956	30	.247
Self confidence	.113	30	.200	.972	30	.604
Motivation	.129	30	.200	.963	30	.364
Performance	.104	30	.200	.969	30	.523

Based on the table with *shapiro wilk* measurement from Sig column, score Sig was found from significance score of anxiety variabel (0,247), self confidence (0,604), motivation (0,364), performance (0,523). Significance score of variabel higher than 0,05 which means H₀ is accepted and data distribution is normal.

Lineritas measurement can be seen from significance score of *deviation of linierity* on table ANOVA for X₁ toY, X₂ to Y dan X₃ to Y. If significance score > 0,05 it can be concluded the correlation character is linier.

Table 3. Lineritas Test Result of Anxiety, Self Confidence, Motivation to Performance

	F	Sig.
Anxiety - Performance	1.646	.193
Self confidence - Performance	2.427	.069
Motivation - Performance	9.05	.596

Based on table 3. F score of anxiety is 1,646 with significance score 0,193. Significance score 0,193 is higher than 0,05 means the correlation of both variable is linier. F score of self confidence is 2,427 with significance score 0,069. Significance score 0,069 is higher than 0,05 means the correlation of both variable is linier. F score of motivation is 0,905 with significance score 0,596. Significance score 0,596 is higher than 0,05 means the correlation of both variable is linier. Multikolinearitas measurement aims to find the correlation between independent variable with standard Tolerance score and VIF (*variance inflation factor*). If score VIF < 10,00 or

have Tolerance score > 0,10 so it can be concluded there is no multikolinearitas problem.

Tabel 4. Result of Multikolinearitas Test

Mode	Correlations			Collinearity statistics	
	Zero-order	Partial	Part	Tolerance	VIF
Anxiety	.671	.309	.191	.545	1.83
Self confidence	.567	.239	.145	.679	1.47
Motivation	.759	.533	.370	.541	1.85

From Table 4. VIF score is almost 1 for all of independent variable. As well as tolerance score almost 1 for all of independent variable. Thus it can be concluded that in the relation between anxiety- independent variable (X₁), self-confidence (X₂) and motivation (X₃) on athlete's performance do not occur multikolinearitas between independent variables.

The test of research hypothesis that measure the amount of contribution between anxiety, self confidence and motivation toward performance of Tuna volleyball athletes Pekalongan has been done by path analysis.

Table 5. Path Coefficient, Direct Influence, Total Influence and Influence with Anxiety (X₁), Self confidence (X₂) and Motivation (X₃) Influencing Significantly to Athlete Performance (Y)

Variable	Path coefficient	Influence		All influence (R ² YX)
		Direct	Total (%)	
X ₁	0,671	0,671	45,02	-
X ₂	0,567	0,567	32,15	-
X ₃	0,759	0,759	57,61	-
E	0,154	0,154	15,40	-
X ₁ dan X ₂				51,80
X ₁ dan X ₃				63,40
X ₂ dan X ₃	-	-	-	61,90
X ₁ , X ₂ dan X ₃	-	-	-	65,50

Research finding showed that anxiety which was measured through athlete's performance had positive contribution and significance to high and low level of athlete's performance. It Means, high and low level of athlete's performance is explained by anxiety levels. Therefore, to optimize the performance, anxiety on the athlete must be controlled so that the athlete can optimize the quality of their performance.

Anshel (in satiadarma, 2010), define that in sport activities, anxiety figure out athlete's feeling that an undesirable will happen, include bad performance, opponent that is considered has better skill, will be defeated, and will be ridiculed by their friend in case of defeat. This condition will cause anxiety that will give unfortunate impact to the athlete performance.

Based on the wider analysis of the self confidence contribution directly contribute to athlete's performance of 32.15%. Therefore, to improve the athlete's performance in the match so the athlete must have good self confidence in any condition while in the field. During the game, the athlete is expected to stay focused until the game is over.

The result of this research is supported by Apta (2014) who explains that the one who wants to be success must be able to be self confidence to get their goal as in the sport field. Self confidence is an absolute thing which must be own by someone in sports activities. Self confidence is needed especially when athlete is playing in the match, they must have good self confidence so they can play well in every game. Confidence is a feeling that contains the power, ability and the skills to perform and produce something that is based on the belief of success, Komarudin (2015).

The research findings indicate that the magnitude of motivation contribution that directly contribute to athlete performance is 57,61%. Therefore, to optimize the athlete's performance, they must have high motivation both externally and internally. As an athlete in carrying out his duties, He must be able to motivate himself to maximum level so that he will have boost in himself to optimize the ability in carrying out his duties.

Motivation is "encouragement" that is an impulse or conscious desire to influence a person's behavior to move his heart to act to do something to achieve a certain result or goal, Gunarsa (2008). Fatonah (2014) explain that motivation is an impulse or intention to do something that arises because of affection and reaction to achieve goals.

The results of this study are supported by Sudarmanto (2009) factors that can determine the

individual performance in various literature namely work motivation, job satisfaction, job design, commitment, leadership, participation, management functions, career path, competence, organizational culture and reward system. The findings of the study showed that simultaneously and significant contribution of anxiety and self confidence toward athlete's performance was 51.80%. The rest of them was 49.20%. It was contribution derived from other factors such as physical conditions, basic techniques and others.

The results of this study is supported by Hawari (2013) someone will suffer anxiety disorder when he is not able to deal with the psychosocial stress, whereas according to Mylsidayu (2014), self-self confidence is the ability to maintain focus on activities that exist within an environment that changes rapidly to the mind of the past or the future that causes unrelated cues and often makes a chaotic performance. From the definition above, it can be concluded which related to this research that is the role of anxiety and self confidence in athlete's performance is the ability of an athlete who has the power in himself to achieve success must require strong self confidence in carrying out his performance in the field

The findings of the study showed that simultaneously and significantly the contribution of anxiety and self-self confidence to athlete's performance was 63.40%. The remaining 37.60% was contribution from other factors such as job satisfaction, job design, commitment, leadership, participation, management function, career direction clarity, competence, organizational culture, reward system and others. The results of this study was supported by Firdaus (2012) explains that motivation is a driver or a driver to do something. Motivation has direction and intensity.

The research findings show that simultaneously and significant contribution of self-self confidence and motivation to athlete's performance was 61.90%. The rest was 39.10%. It was the influence that comes from other factors such as job satisfaction, job design, commitment, leadership, participation, management functions,

career path, competence, organizational culture, reward system and others.

The results of this study are supported by Verma (2014) A builder or coach be able to instill an attitude of confidence to athletes who trained. The results of the study showed that the role of self confidence and motivation of athlete's performance was that if an athlete has good self confidence and stay focus on the main goal of the game so the athlete will be motivated to play well and earnestly, so that the athlete's performance will be maximized in the high level of self confidence and followed by a strong motivation in the athlete himself.

Based on the results of path analysis on each variable both anxiety, self-self confidence and motivation simultaneously had a significant contribution to the athlete's performance of 65.50%. The remaining 35.50% was contribution derived from other factors. For example job satisfaction, job design, commitment, leadership, participation, management functions, path of career direction, competence, organizational culture, reward system and others. The results of this study is supported by Besharat (2011) self-confidence and sport self-efficacy moderated the relationship between competitive anxiety and sport performance.

Physical conditions which include strength, velocity, speed, endurance, muscle power, anatomical structure - physics and high skills are not enough because there must be a driving and directing because the performance is a combination of various factors where psychic factors are often become decisive and have a big role. Based on that opinion it is very clear if it is associated with the athlete's performance on the field in the competition because not only physical and physiological aspects are required by athletes at the time of the game but also there is a role of psychological aspects that determine the success in the field performance during the competition.

CONCLUSION

Based on the results of data analysis and discussion which is in the previous chapter it can be concluded as follows: (1) Anxiety (X_1) is

measured by the performance of athlete (Y) has a positive and significant contribution toward the high and low level of athlete's performance. Thus the high and low level of athlete's performance is explained by the level of anxiety possessed by the athlete. Based on the findings of this study it can be concluded that the research hypothesis that states "anxiety contribute significantly to athlete's performance" is acceptable.

Self confidence (X_2) is measured by athlete's performance (Y) has a positive and significant contribution toward the high and low level of athlete's performance. Thus the high and low level athlete's performance is explained by the self confidence of the athlete. Based on the findings of this study it can be concluded that the research hypothesis that states "self-self confidence contribute significantly to the athlete's performance" is acceptable.

Motivation (X_3) is measured by athlete's performance (Y) has a positive and significant contribution to the high and low level of athlete's performance. Thus the high performance of the athlete is explained by the motivation of the athlete. Based on the findings of this study it can be concluded that the research hypothesis which states "motivation contribute significantly to athlete's performance" is acceptable.

Simultaneously anxiety (X_1) and self-self confidence (X_2) contribute significantly to athlete performance (Y). Based on the findings of this study it can be concluded that the research hypothesis that states "anxiety and self-self confidence contribute simultaneously and significantly to athlete's performance" is acceptable. Simultaneously anxiety (X_1) and motivation (X_3) contribute significantly to athlete's performance (Y). Based on the findings of this study it can be concluded that the research hypothesis that states "anxiety and motivation contribute simultaneously and significantly to the performance Sudarmanto, 2009. Performance and Development of Human Resources Competency. Yogyakarta: Student Literature.

Simultaneously self-self confidence (X_2) and motivation (X_3) contribute significantly to athlete performance (Y). Based on the findings of this study, it can be concluded that the research

hypothesis which states "self-self confidence and motivation contribute simultaneously and significantly to athlete's performance" is acceptable. Simultaneously anxiety (X_1), self-self confidence (X_2) and motivation (X_3) contribute significantly to athlete performance (Y) Based on the findings of this study it can be concluded that the research hypothesis that states "self-self confidence, self-self confidence and motivation contribute simultaneously and significant to athlete's performance" is acceptable.

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