

The Level of Anxiety of Basketball Extracurricular Participants at SMAS Pasundan 1 Cianjur in Facing the Match

Rizky Dwi Fajrillah¹, Mela Aryani², Goesti Sabda Laksana³

¹²³Department of Physical Education, Health and Recreation, Faculty of Teacher Training and Education, Universitas Suryakencana, Indonesia

Article Info

Article history:

Received 15 July 2023

Revised 30 August 2023

Accepted 25 September 2023

Keywords:

Anxiety
Extracurricular
Match
Basketball
Student

ABSTRACT

This study aims to determine the level of anxiety of basketball extracurricular participants at Pasundan 1 Cianjur High School in facing the match. This research is descriptive research. The method used is a survey. The data collection technique used a questionnaire. The sample in this study were 16 students participating in extracurricular basketball at SMAS Pasundan 1 Cianjur, which were taken using the total sampling technique. The data analysis technique uses quantitative descriptive analysis which is presented in percentage form. The results showed that the level of anxiety of basketball extracurricular participants at Pasundan 1 Cianjur High School in facing matches was in the "Moderate" category. The highest category is in the "Moderate" category with a percentage of 37.50% (6 students), followed by the "High" category of 25.00% (4 students), the "Low" category of 18.75% (3 students), the "Very Low" category of 12.50% (2 students), and finally the "Very High" category of 6.25% (1 student).

Corresponding Author:

Rizky Dwi Fajrillah

Department of Physical Education, Health and Recreation, Faculty of Teacher Training and Education, Universitas Suryakencana

Email: rizkydwifajrillah@gmail.com

INTRODUCTION

The psychological well-being of an athlete is impacted by their performance both within and beyond the sporting arena. Gunarsa (2008) asserts that optimal athletic performance requires the athlete to possess physical preparedness, technical proficiency, and strategic acumen. Moreover, it is important for the cognitive performer to be well prepared in order to excel in their performance. Fear is a psychological factor that has the potential to impact the mental well-being of athletes. Symptoms of stress and anxiety commonly linked to gambling include anxiety, worries, tension, disorientation, diminished attention, and reduced self-assurance (Egi Leta, 2021).

In the context of competitive sports, it is important to acknowledge that the outcome of a game is not just determined by technical elements, but is also significantly impacted by many mental variables. Athletes who encounter adverse mental states, such as anxiety and related illnesses, sometimes exhibit a decline in their competitive performance (Ibrahim & Komarudin, 2007).

Athletes may encounter a range of anxiety-related experiences. Certain sorts of behaviours can be attributed to many underlying factors, including emotional difficulties, motivational factors, IQ levels, heightened anxiety, and excessive stress. Additional forms of influences can arise from external sources, including opponents,

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referees, spectators, and individuals in their immediate surroundings (Husdarta, 2010).

Competitive anxieties, as described by Martens et al. (1990), refer to the emotional states of dread, worry, and concern that arise from the perception of competition as a potentially hazardous phenomenon.

MATERIAL AND METHODS

Sugiyono (2019) provides a definition of research technique as a systematic process that employs scientific attributes to gather data for a certain objective. Science possesses several key features, including rationality, empiricity, and systematicity. Rational study refers to the systematic investigation undertaken in a logical and coherent manner, with the intention of being comprehensible and accessible through human thinking. Empires are observable phenomena that may be perceptually apprehended by individuals, hence facilitating their comprehension and visibility to others. Systematic research refers to a methodical approach to doing research that adheres to specific logical frameworks.

The research methodology employed in this study is a survey-based approach. In this context, a student involved in extracurricular basketball at SMAS Pasundan 1 Cianjur is requested to complete a survey questionnaire.

Descriptive research, as described by Sugiyono (2019), refers to the examination of data employing methods aimed at describing information or data that has been gathered, without the intention of drawing universally accepted conclusions. Therefore, given the aforementioned claims, the research is deemed appropriate for employing descriptive methodologies, and the collection of data will be facilitated via the involvement of test participants. In order to derive conclusions, the acquired data will undergo processing. A quantitative research methodology was employed in this study due to the utilisation of survey methodologies for data collection.

- **Samples.** This research focuses on a group of 16 students who participate in extracurricular basketball activities at SMAS Pasundan 1 Cianjur. The study employed complete sampling or saturation sampling techniques to choose samples from all populations, given the relatively small size of the population (Sugiyono, 2019).
- **Instruments/measures.** In This study uses a questionnaire. A questionnaire, according to Arikunto (2006), is made in such a way that respondents only need to give a choice on the corresponding column or place; a direct questionnaire uses a scaled scale, which uses a Likert scale modification with four answer options: Highly Agree (HA), Agrees (A), Disagrees (D), and Highly Disagree (HD).

Anxiety instruments were adapted from the journal Nyak Amir in 2012, entitled "Development of Anxiety Sports Measuring Instruments." Tested on 406 athletes from beginner football clubs and 1000 athletes from Aceh Provincial Football Clubs.

- **Research Procedure/Intervention Program.** The study will employ a questionnaire as a data collection instrument. The procedure may be outlined as follows: 1) The researchers seek authorization from the academic institution to carry out their research. 2) The researchers engage in a systematic exploration for relevant data pertaining to individuals involved in extracurricular basketball activities at SMAS Pasundan 1 Cianjur. 3) The researchers distribute questionnaires to the selected participants in order to gather information. 4) The researchers compile and transcribe the gathered data, including direct quotations, for further analysis. 5) Following the acquisition and analysis of the data, the researchers formulate conclusions and provide recommendations based on their findings.
- **Statistical analysis.** This study used a descriptive data analysis approach to examine percentages. The technique employed for categorising involves determining the median value of the standard deviation. Azwar (2016) states that the calculation of score criteria is based on the use of the Norm Reference Assessment (NRA), as presented in the subsequent table:

Table 1. Norm Reference Assessment

No	Interval	Criteria
1	$X < M - 1,5 \text{ SD}$	Sangat Rendah
2	$M - 1,5 \text{ SD} < X \leq M - 0,5 \text{ SD}$	Rendah
3	$M - 0,5 \text{ SD} < X \leq M + 0,5 \text{ SD}$	Sedang
4	$M + 0,5 \text{ SD} < X \leq M + 1,5 \text{ SD}$	Tinggi
5	$M + 1,5 \text{ SD} < X$	Sangat Tinggi

(Source: Azwar, 2016)

RESULTS

The objective of this study is to provide a descriptive analysis of the anxiety levels experienced by extracurricular basketball participants at SMAS Pasundan 1 Cianjur during competitive matches. The level of anxiety was measured using 23 items of a psychological scale divided into four indicators: motor, affective, somatic, and cognitive. The findings derived from the data analysis indicated the anxiety levels experienced by extracurricular basketball participants at SMAS Pasundan 1 Cianjur when confronted with a competitive encounter.

The study examined the descriptive statistics of anxiety levels among participants in extracurricular basketball at SMAS Pasundan 1 Cianjur during matches. The lowest score (minimum) recorded was 36.00, while the highest score (maximum) obtained was 69.00. The average score (mean) was found to be 53.06, with the median value (mean value) being 54.50. The mode, which represents the value that appeared most frequently, was 53.00a. The standard deviation (SD) was calculated to be 10.01. The findings are presented in the subsequent table:

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Table 2. Descriptive Statistics of Extracurricular Basketball in SMAS Pasundan 1 Cianjur in Facing Match

Statistic	
<i>N</i>	16
<i>Mean</i>	53,06
<i>Median</i>	54,50
<i>Mode</i>	53,00 ^a
<i>Std. Deviation</i>	10,01
<i>Minimum</i>	36,00
<i>Maximum</i>	69,00

The table below presents the assessment norms for the amount of anxiety among participants of the extra-curricular basketball programme at SMAS Pasundan 1 Cianjur in anticipation of a match.

Table 3. The Assessment Norms of Anxiety among Participants of the Extracurricular Basketball Programme at SMAS Pasundan 1 Cianjur.

Interval	Category	Frequency	%
$X < 38,05$	Very Low	2	12,50%
$38,05 < X \leq 48,06$	Low	3	18,75%
$48,06 < X \leq 58,07$	Moderate	6	37,50%
$58,07 < X \leq 68,08$	High	4	25,00%
$68,08 < X$	Very High	1	6,25%
Total		16	100,00%

The graphic below displays the level of anxiety among extra-curricular basketball participants in SMAS Pasundan 1 Cianjur during matches, based on the rating criteria stated in the preceding table.

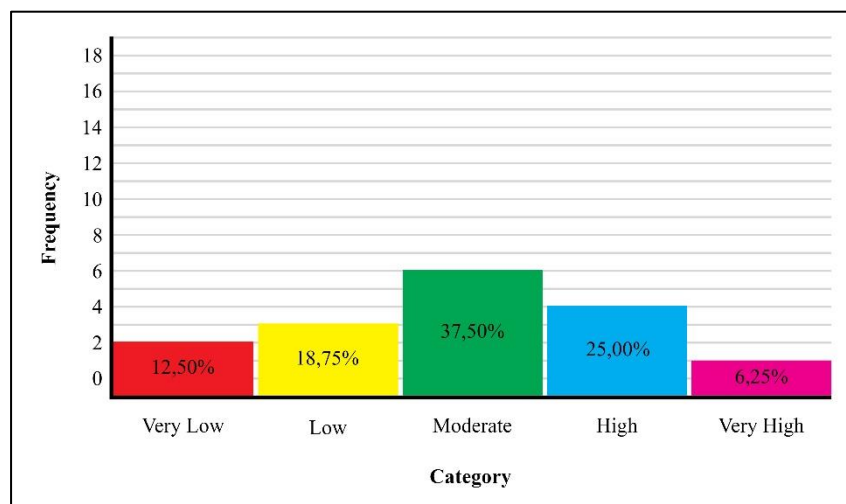


Figure 1. The diagram illustrates the anxiety levels of participants in the extracurricular basketball programme at SMAS Pasundan 1 Cianjur in preparation for a match.

Based on the table and figure above, it is indicated that the level of anxiety among participants of the extracurricular basketball activity at SMAS Pasundan 1 Cianjur in facing a match is as follows: 12.50% falls under the category of "Very Low" (2 students), 18.75% falls under the category of "Low" (3 students), 37.50% falls under the category of "Moderate" (6 students), 25.00% falls under the category of "High" (4 students), and 6.25% falls under the category of "Very High" (1 student). Based on the average score of 53.06, the level of anxiety among participants in the basketball extracurricular activity at SMAS Pasundan 1 Cianjur in facing a match falls under the category of "Moderate".

DISCUSSION

Based on the research findings, it is indicated that the level of anxiety among participants of the extracurricular basketball programme at SMAS Pasundan 1 Cianjur falls under the category of "Moderate" when facing matches. The highest category is the "Moderate" category with a percentage of 37.50% (6 students), followed by the "High" category with a percentage of 25.00% (4 students), the "Low" category with a percentage of 18.75% (3 students), the "Very Low" category with a percentage of 12.50% (2 students), and finally the "Very High" category with a percentage of 6.25% (1 student).

CONCLUSION

Based on the findings obtained from the analysis of data and subsequent discussion, it can be inferred that the anxiety levels among participants of the extracurricular basketball programme at SMAS Pasundan 1 Cianjur, in preparation of their matches, can be categorised as follows: "Very Low" anxiety was reported by 2 students; "Low" anxiety was reported by 3 students; "Moderate" anxiety was reported by 6 students; "High" anxiety was reported by 4 students; and "Very High" anxiety was reported by 1 student.

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