Analysis of warrior club rembang's anxiety level facing the djarum 2024 audition matches

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Abstract: The purpose of this study focuses on PB Warrior Rembang, a local club that may not be widely researched in sport psychology literature. This research can contribute to the sport psychology literature, particularly in Indonesia, by adding empirical data on young athletes' anxiety in badminton.The quantitative descriptive method used in this study is a survey or questionnaire that contains responses to questions from researchers. The subjects of this study were all PB Warrior athletes totalling 25 athletes consisting of 17 boys and 8 girls. While the sample is 5 players, 2 boys and 3 girls who auditioned. The validity of measuring instruments in this study uses professional judgement review, namely the assessment of tools by being guided by people who are competent and experts in their fields, namely coaches, bk teachers and supervisors. Data were analysed quantitatively with the help of descriptive statistical analysis. The instrument was tested for the validity of the instrument itself. After obtaining a valid instrument, it is used to obtain data directly in the field or on research subjects. Based on the data above, it is known that 0% of athletes are in the very low anxiety category, 40% in the low category, 40% in the medium category, 0% in the high category and 20% in the very high category. Based on this data, there are 4 players who are in the moderate to very high category, namely with a percentage of 80%. So it can be said that athletes have a low anxiety category.

Keywords: Smart atletic apps; instructional media; athletic learning; physical education
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186

INTRODUCTION

According to Law number 11 of 2022, sport is all activities that are integrated and systematically involve the mind, body, and soul to encourage, foster, and develop physical, spiritual, social, and cultural potential. In line with the law, sport can be understood as a type of movement that has a significant impact on human daily life (Fatchurrahman et al., 2019). This movement refers to activities that have specific goals and benefits (Fatchurrahman et al., 2019). Anxiety, according to psychological theory, can be divided into two types, namely trait anxi ety (anxiety that is an individual's habit) and state anxiety (anxiety that arises in response to certain situations). In the context of sports, state anxiety tends to be more dominant because it is usually triggered by competitive situations such as tournaments or matches (Spielberger, 1972). This study aims to analyse the anxiety level of badminton athletes PB Warrior Rembang in preparation for the 2024 Djarum Scholarship Badminton General Audition. Based on initial interviews with coaches and athletes, it was found that the level of anxiety of athletes varies, depending on the length of experience competing and the goals that have been set before.

How do these variables affect athletes' anxiety levels and the impact on their performance. Competition anxiety is natural and experienced by all athletes, it's just that the level of anxiety experienced is different. Pre-competition anxiety reflects the athlete's feelings, such as fear of being wrong in the performance of the results that will be received, experiencing failure, or other negative feelings. Pre-match anxiety is a state of distress experienced by an athlete in interpreting and evaluating the match situation. Anxiety will be beneficial if the athlete can manage it well, so that the anxiety or tension makes the athlete cautious and alert. Conversely, it will be less beneficial if athletes cannot control it well, it will affect the athlete's physical condition, reduce concentration, run out of energy quickly, feel fear of failure, and so on. Relevant to the opinion of Husdarta (2014: 80) who states that "Tense situations that exceed the tolerance limit will be less beneficial for athletes. In sports performance, tension will always be present and may occur especially in the run-up to the match or during the match".

This research focuses on PB Warrior Rembang, a local club that may not have been widely researched in sport psychology literature. This provides a new perspective on how local badminton clubs deal with psychological challenges such as anxiety before major competitions. The Djarum Audition is one tournament that has become an important steppingstone for young athletes in Indonesia. This research provides a unique insight into how local athletes mentally prepare for an event of this magnitude, which is relevant in the context of badminton development in Indonesia. This study uses current psychological indicators to measure anxiety,

which may not have been used in previous similar studies. This approach includes more comprehensive physiological, emotional and cognitive dimensions. This study can provide new insights into the direct relationship between anxiety levels and performance of young athletes, particularly in the context of national selection tournaments. This is relevant to understanding the psychological influences on athlete performance. This research is not only descriptive but also produces concrete recommendations for coaches and clubs to manage athletes' anxiety through effective psychological training programmes. By combining the perspectives of sport psychology, motor training, and competitive pressure management, this study provides a multidisciplinary approach that is rarely found in local badminton-related research. This study adds to the scientific literature in the field of sport psychology in Indonesia, particularly regarding the mental management of young badminton athletes, which is still less explored than other sports.

There is a lack of local research on the anxiety of novice badminton athletes. Research on anxiety is often conducted on professional athletes or athletes from other popular sports. However, studies that focus on badminton athletes at the local club level, such as PB Warrior Rembang, are still limited, especially in the context of preparation for national auditions such as the Djarum Audition. Lack of understanding of anxiety factors in young athletes. Young athletes often face great psychological pressure when participating in major competitions, but not many studies have uncovered the factors that cause this anxiety, such as pressure from coaches, family expectations, or the atmosphere of the competition itself. The gap between physical and psychological training programmes Most sports clubs, including badminton clubs, tend to focus more on the technical and physical aspects of training. Psychological aspects, such as anxiety, are often overlooked despite having a significant impact on athletes' performance on the field. The lack of anxiety management strategies at the PB Warrior Rembang club level may not yet have a systematic approach to managing athletes' anxiety before and during matches. This research can serve as a foundation for developing effective strategies. Relevance to important events such as djarum auditions. The 2024 Djarum Audition is a highly competitive event and an important moment for young athletes to showcase their talents. High levels of anxiety can be a significant barrier to athlete performance, so this research is relevant to understanding and addressing it. Contribution to the development of local sport psychology. This study can contribute to the sport psychology literature, particularly in Indonesia, by adding empirical data on young athletes' anxiety in the sport of badminton.

This tournament provides an opportunity for young athletes to get better training and get

a chance to play in the national team.

Table 1. PB Djarum 2024 general audition

Category	Age
U-11	participants aged 8 -10 years old/born in 2014 -
KU11	participants aged 11 years / birth in 2013
KU12	participants aged 12 years/birth year 2012

The implementation of the audition on 10 to 14 September 2024 was carried out at GOR Djarum Jati Kudus so that researchers gave a lift or questionnaire the day before the audition was held to really find out how much anxiety athletes before competing. The pressure to excel in the event often causes athletes to experience anxiety. This can have an impact on how they play in matches, especially for young athletes who have not had much practice in major tournaments. Anxiety in sport is an emotional reaction shown by feelings of discomfort, fear, or anxiety of failure.

The badminton association (Pb) Warrior Rembang is a badminton organisation in Rembang Regency which was founded in 2018 under the leadership of Mr Moch. Khoirul Amin appointed as chairman and coach of PB Warrior. Has 25 athletes consisting of 17 men and 8 women. The age of PB Warrior players ranges from 8 to 20 years. Some PB Warrior athletes have excelled in various competitions, among others: Kejurkab PBSI Rembang Regency, Popda district level, O2sn, Simpang 7 Master Kudus, Polytron Mulia Cup. There are even alumni athletes from PB Warrior who were recruited at larger PBs, namely PB Exist Bogor and PB Exis Rajawali Salatiga. Some of the competition events that PB Warrior has participated in and activities during training can be seen on tik tok's social media account @warriorrembang.

Based on the description and explanation of the background of the problem above, the authors are interested in conducting research as follows: 'Analysis of the Anxiety Level of PB Warrior Rembang Facing the 2024 Djarum Audition Match'. The purpose of the study was to determine: PB Warrior Rembang anxiety level Facing the Djarum Audition Match 2024.

MATERIAL AND METHODS

Research Type

The descriptive quantitative method used in this research is a survey or questionnaire. This study uses a structured (closed) questionnaire or questionnaire that contains answers to the questions asked by the researcher. Make it easy for researchers to directly analyse the survey results. Sugiyono (2019: 17) describes quantitative research as a research method based on the philosophy of positivism. It is used to investigate certain populations or samples,

collect data using research instruments, and analyse data quantitatively or statistically with the aim of validating predetermined hypotheses.

This research was conducted in September 2024 at the Badminton Building Magersari

Rembang District Magersari RT 03 RW 02 Rembang Regency.

Population and sample

Population is the whole object of research, while the sample is a part or representative with characteristics that represent the population (Amin et al., 2023). The population in this study were all badminton athletes from PB Warrior Rembang, namely 25 athletes consisting of 17 boys and 8 girls. The sample was taken using purposive sampling technique, where only athletes who would compete in the tournament were the respondents, namely as many as 3 female athletes and 2 female athletes.

Research Instruments

The research instrument is a questionnaire of 25 positive and negative questions that measure anxiety levels with a Likert scale and documentation of the answers to the results of the athlete questionnaire to obtain quantitative data about athletes' feelings about the tournament. The number of athletes who competed in the 2024 Djarum audition was 5 people consisting of 3 female athletes and 2 male athletes. Athletes choose the answers that have been provided on the google form shared by the coach through the whatsapp group.

The data obtained will be analysed using descriptive statistics to describe anxiety levels in general and correlation tests to see the relationship between anxiety levels and athlete performance. In addition, quantitative analysis will be conducted to identify factors that contribute to athlete anxiety.

Table 2 Positive Gradation Question Score

ALTERNATIVE ANSWER	SCORE
Strongly Agree	4
Agree	3
Disagree	2
Strongly Disagree	1

Table 3 Negative Gradation Question Scores

ALTERNATIVE	SCORE
Strongly Agree	1
Agree	2
Disagree	3
Strongly Disagree	4

This study uses a questionnaire based on the Likert Scale to check the subject's opinion about a subject or to show respondents how much anxiety they experience.

Table 4 Blueprint Anxiety Scale

Aspects Anxiety	Indicator	Item	
		Favorabel	Unfavorabel
Moral	Able to regulate attitude and behaviour when competing	2	10
Competing Experience	Knowing one's own ability ability.	18,17	25
Negative thoughts	Able to able to control negative thoughts.	16	3, 4
Complacent Mind	Be able to recognise complacency.	14	19
The Role of the Coach	Know the role of the coach in the match.	7	15
Opponent	Able to master yourself and your opponent.	1,9	21
Spectators	Knowing how to handle the aspectators.	24	23
Referee	Understand how to behave to the referee.	11	20
Facilities and Infrastructure	Able to use infrastructure facilities optimally.	12	8
Weather	Adapt to weather that occurs.	13	22
Influence of family environment	Able to control emotions that occur from outside competition.	6	5

The validity of measuring instruments in this study uses professional judgement review, namely the assessment of tools by being guided by people who are competent and experts in their fields, namely trainers, bk teachers and supervisors. Pearson was used to test the differentiation of items, because the data revealed from the measuring instrument used was interval data. Data were analysed quantitatively with the help of descriptive statistical analysis.

The instrument was tested (try out) for the purpose of the validity of the instrument was tested (try out) for the purpose of the validity of the instrument itself.

Reliability test is a tool to measure the consistency of a questionnaire which is an indicator of a variable or construct. A questionnaire is considered reliable or reliable if a person's response is consistent or stable over time (Ghozali, 2006).

This study uses a reliability test with the Cronbach Alpha formula, with the formula:

$$r_i = \frac{k}{(k-1)}\left\{1 - \frac{\sum s_i^2}{s_t^2}\right\}$$

Description:
r_{11} : Reliability of the instrument
K   : Number of statement items
$\sum \sigma i^2$: Total variance of items
σt^2 : Total variance

Source: Suharsimi Arikunto (2013: 239)

To determine the reliability coefficient category, use the reliability coefficient table guidelines from Strand, B.N. & Wuilson, R (1993: 11), namely:

Table 5 Range of Reliability Categories

Category	Reliability
Excellent	0,95 – 0,99
Very Good	0,90 – 0,94
Acceptable	0,80 – 0,89
Poor	0,70 – 0,79
Questionable	0,60 – 0,69

Data Analysis Technique

The data was analysed by percentage. The mean value and ideal standard deviation will organise it into five categories beforehand. 'Statistics used to analyse data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalisations', said Sugiyono (2017: 147).

Learning effectiveness is categorised into five categories, and these categories are based on five normal limits, as shown below:

Table 5 Category Formulas Norm Range of Assessment

No.	Rentangan Norma	Norm Range
1.	$X \geq M + 1{,}5\ SD$	Very High
2.	$M + 0{,}5\ SD \leq X < M + 1{,}5\ SD$	High
3.	$M - 0{,}5\ SD \leq X < M + 0{,}5\ SD$	Medium
4.	$M - 1{,}5\ SD \leq X < M - 0{,}5\ SD$	Low
5.	$X < M - 1{,}5\ SD$	Very Low

Description:
X   = Score
M   = Mean Count
SD   = Calculated Standard Deviation

After knowing the learning effectiveness category, the percentage of each assessment category can be calculated. According to Anas Sudijono (2011: 43) the following formula can be used to determine the relative frequency (percentage):

$$P = F/N \times 100\%$$

Description:
P : Percentage number
F : The frequency that is being sought for the percentage
N : Number of individual frequencies

RESULTS

Instrument Test

Results Validity Test

SPSS 20 for Windows was used to calculate the validity of this survey. The validity test results obtained the value of R. If the calculated r value is greater than r table then the paper is said to be valid. The r table value of N=25 is 0.396 and the r counts in table 4.1 are all greater than r table so that the 25 questions given are valid.

Table 6 Validity Test Results

Number question	Person Correlation	Description	Number question	Person Correlation	Description
1	0,752	Valid	14	0,668	Valid
2	0,747	Valid	15	0,491	Valid
3	0,761	Valid	16	0,580	Valid
4	0,613	Valid	17	0,694	Valid
5	0,546	Valid	18	0,727	Valid
6	0,502	Valid	19	0,741	Valid
7	0,762	Valid	20	0,584	Valid
8	0,547	Valid	21	0,463	Valid
9	0,712	Valid	22	0,734	Valid
10	0,637	Valid	23	0,634	Valid
11	0,615	Valid	24	0,728	Valid
12	0,679	Valid	25	0,587	Valid
13	0,543	Valid			

Figure 1 Reliability

Scale: ALL VARIABLES

Case Processing Summary

		N	%
Cases	Valid	25	100,0
	Excluded[a]	0	,0
	Total	25	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
,937	25

The decision of the Anxiety Reliability Test Results is Reliable Questionnaire with Aplha 0.937 greater than r table.

Data Description

Research on PB Warrior Rembang athletes has been completed. The research collected data by giving questionnaires to 2 male athletes and 3 female athletes. Descriptive analysis includes calculating the mean, median, mode, and standard deviation, as well as classifying athletes into high, medium, and low levels. The data is expressed as a percentage and displayed in the form of a histogram graph.

Descriptive Data of Anxiety Level

The results of descriptive statistical research of badminton athletes' anxiety level variables get a mean value of 87, median 85, mode 83, standard deviation 6, minimum value 83, and maximum value 97, range = maximum value - minimum value = 97-83 = 14, many classes = 1+3,3log5 = 1+2,31 = 3,31 = 4, class length = range / many classes = 14/4 = 3,5 = 4. The frequency distribution of anxiety level data is presented below:

Table 7 Frequency Distribution of Anxiety Levels of PB Warrior Athletes

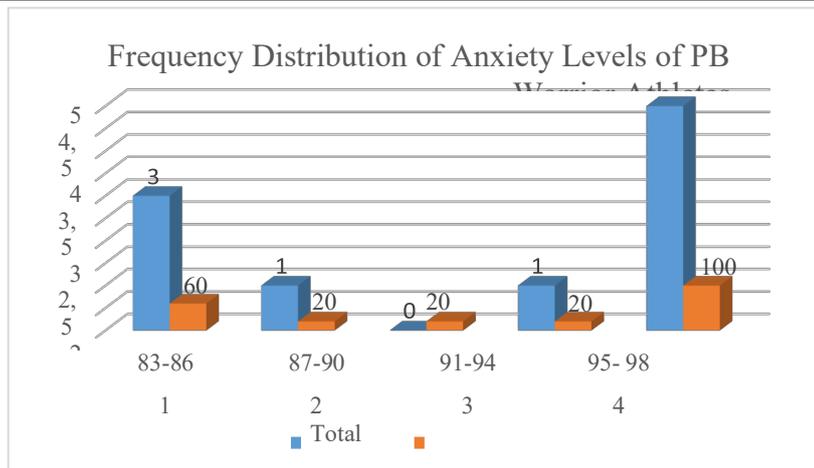| N	Int	Frequ	Presenta
1	83-	3	60%
2	87-	1	20%
3	91-	0	20%
4	95-	1	20%
	T	5	100%

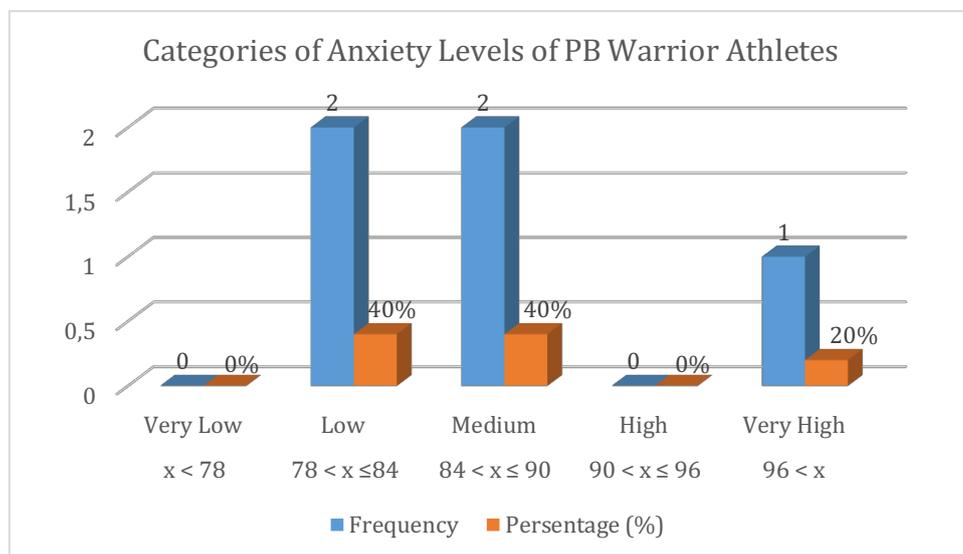**Figure 1**. Frequency Distribution Graph of Anxiety Levels for PB Warrior Athletes

Results of Research Data Analysis

The purpose of this study was to measure the anxiety level of PB Warrior players when auditioning Djarum Year 2024 in Kudus. The data analysis technique used in this study is percentage. The data is made into five categories: very high, high, medium, low, and very low. The results of data classification are as follows:

Table 8 Categorisation of Anxiety Levels of PB Warrior Athletes

Interval	Category	Frequency	Persentage (%)
x < 78	Very Low	0	0%
78 < x ≤84	Low	2	40%
84 < x ≤ 90	Medium	2	40%
90 < x ≤ 96	High	0	0%
96 < x	Very High	1	20%
Total		5	100%

Figure 3 Categories of Anxiety Levels of PB Warrior Athletes

Figure 2. Frequency Distribution Graph of Anxiety Levels for PB Warrior Athletes

Based on the data above, it is known that 0% of athletes are in the very low anxiety category, 40% in the low category, 40% in the medium category, 0% in the high category and 20% in the very high category.

Looking at the data above, there are 4 players who fall into the moderate to low category with a percentage of 80%. So it can be said that 80% of athletes have a low anxiety category.

DISCUSSION

Anxiety is one of the main psychological challenges athletes face in the face of major competitions such as the 2024 Djarum Audition. According to Martens et al. (1990), anxiety in sport can be divided into two main types, namely cognitive anxiety (fear of failure or negative judgement) and somatic anxiety (physical symptoms such as trembling, palpitations, or excessive sweating). In this context, PB Warrior Rembang athletes have the potential to face both types of anxiety, especially because the Djarum Audition is an event with a high level of competition that can increase mental stress. Previous research by Hanton, Neil, and Mellalieu (2008) showed that optimal anxiety levels can improve athlete performance, while excessive anxiety can be an obstacle. In this case, it is important to identify factors that influence the anxiety levels of PB Warrior Rembang athletes, such as previous competition experience, level of preparation, social support, and coach or family expectations.

Research conducted by Jones and Swain (1995) shows that athletes with higher competition experience tend to have better ability to manage anxiety. PB Warrior Rembang athletes who have limited experience in major competitions may be more prone to high anxiety. Fletcher and Sarkar (2012) emphasise the importance of preparation which includes physical and mental aspects. Athletes who feel underprepared tend to experience greater cognitive anxiety, such as doubts about their own abilities. e presence of supportive coaches, teammates, and family can help reduce anxiety. Rees et al. (2007) found that effective social support can reduce competitive anxiety levels in athletes. High expectations from coaches or family are often one of the biggest sources of pressure for young athletes (Gould et al., 2002). PB Warrior Rembang athletes may face pressure to perform well in auditions, given the importance of this event as a pathway to a professional career. To help PB Warrior Rembang athletes deal with anxiety with sports psychology training. According to Weinberg and Gould (2011), sport psychology training such as progressive relaxation, breathing techniques, and visualisation can help athletes reduce somatic and cognitive anxiety. A social support-based approach by providing a supportive environment for athletes, including good communication between

coaches, families, and athletes, can help reduce mental stress felt by athletes. Competition Simulation by simulating matches before the Djarum Audition can help athletes get used to competition situations and reduce anxiety caused by uncertainty (Nicholls et al., 2009). Strengthening self-confidence according highlights the importance of self- confidence in managing anxiety. Coaches can help boost athletes' confidence through providing positive feedback and recognition of their progress during training.

This study makes an important contribution in understanding the dynamics of anxiety in young badminton athletes in Indonesia, particularly in local clubs such as PB Warrior Rembang. By exploring the factors that cause anxiety and the corresponding management strategies, this study can be a reference for coaches, athletes, and sports organisations to develop more comprehensive training programs. From the comparison between the results of the researcher's analysis with relevant research, most studies show that competitive anxiety is influenced by internal (lack of mental preparation) and external (social pressure and high expectations) factors. Some studies focused on the factors that cause anxiety, while others highlighted ways to manage competitive anxiety. The results of this research can serve as a reference in developing anxiety management strategies, such as the use of mental training, psychological counselling, and increased competition experience.

CONCLUSION

Based on the results of data analysis and discussion, the following conclusions can be drawn: At the 2024 djarum audition, PB Warrior's very low anxiety level was 0%, low 40%, medium 40%, high 0% and very high 20%. So it can be concluded that PB Warrior athletes have a low anxiety level of 80%. Suggestion Based on the results of the discussion, and based on the conclusions above, the following suggestions can be made to interested parties. A coach should have a balance between physical and mental preparation in his performance. Improve athlete performance so that the achievements achieved are maximum and satisfying. To maximise the results between coaches and players, players should be more aware of each other's mental control. The success achieved must be maintained and of course can be improved. The success achieved will motivate athletes to improve performance in the next championship.

Conflicts of Interest: "The authors declare no conflict of interest."

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