Anxiety Level in Pencak Silat Extracurricular Students

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Abstract

Study purpose. This study aims to determine the level of pre-match anxiety in students. Students who take part in extracurricular pencak silat experience a decline in achievement, which is a very serious concern that needs to be studied based on the level of anxiety experienced by students before competing.

Materials and methods. This study uses a quantitative research approach with descriptive research methods and survey research types. Data collection techniques used in this study include surveys (questionnaires) observation and documentation. The population in this study were 35 pencak silat extracurricular students and the sample obtained was 13 students using purposive sampling.

Results. The results of the validity test there are 15 items declared entirely valid with the criteria r count> r table (0.553) then obtained the results of the reliability test which is 0.950> 0.90 which means the reliability value is perfect. The results showed that students who had a low anxiety level category were 1 student with a percentage of 7.7%, students who had an average anxiety level were 1 student with a percentage of 7.7% and students who had a high anxiety level were 11 people with a percentage of 84.6%.

Conclusion. Based on the results of data analysis and discussion, it can be concluded that the Anxiety Level in Pencak Silat Extracurricular Students is in the 'High' category. This is because.

Keywords: Anxiety, Pencak Silat, Match, Extracurricular Students

Introduction

Specifically regarding formal education, this educational pathway includes intracurricular, co-curricular and extracurricular activities. Co-curricular activities are a continuation of intracurricular education, because co-curricular education is education outside of class hours that has the aim of exploring the material, as well as further appreciating the material that has been learned during intracurricular activities.

Meanwhile, extracurricular activities are a vehicle for develop students' talents and interests, with possible extracurricular activities Students can choose their own major according to their abilities and talents. Besides that, Extracurricular activities can be the right means to form and develop students' citizenship skills. Citizenship development includes intellectual and participative skills seen in extracurricular activities (Annisa, Dewi, & Furnamasari, 2021). Based on the explanation of the experts' quotes above, it can be concluded that extracurricular activities are also equally important in achieving the goals of national education in an effort to develop the

potential of students, improve the quality of education, both intracurricular activities and extracurricular activities must run in balance. If the education unit only prioritises one of them, the goals of national education in an effort to educate the nation's life cannot be achieved optimally.

One of the extracurricular activities that many students are interested in to develop potential interests and talents is sports. The term sport in Javanese is olahrogo, olah which means training yourself to be someone who is skilled while rogo which means body. So sport is a form of individual and community education that prioritises physical movements that are carried out consciously and systematically towards a higher quality. Physical exercise in its implementation is more focused on the process of fostering the physical condition of athletes as a whole, and is one of the main and most important factors that must be considered as a necessary element in the training process to achieve the highest achievements. The main goal is to improve the functional potential of athletes and develop biomotor abilities to the highest degree (Yudiana, Subardjah, & Tite, 2019). Sport is an activity to train one's body, not only physically but also spiritually. Through sports itself, to achieve achievement is not difficult, because it has been explained in Law No. 11 of 2022 concerning Sports, Article 20 Paragraph 3 that 'Sports achievement is carried out through planned, systematic, integrated, tiered and sustainable coaching and development with the support of sports science and technology'. Through educational levels such as elementary, middle and high school, this is evidenced by the many events that are held both as in the educational level of the National Student Sports Olympics (O2SN), Regional Student Sports Week (POPDA) starting from the district / city, provincial, national and regional, regional and international levels (Agatmadja, Suri, & Agustin, 2018).

Pencak silat extracurricular activities at SMP Negeri 13 Sungai Raya have been running for approximately 3 years, but the achievements obtained are very minimal. In official sports activities in Indonesia, such as POPDA and O2SN, which compete in the sparring (fighting) and art categories. At O2SN in 2023 won 3rd place in the category of sparring class A women at the kubu raya district level. The formation of a fighter's personality in facing a match or facing an opponent is mental formation. One of the influential factors is the feeling of anxiety before competing. This anxiety will increase, especially in the sparring category where athletes will face opponents (Ishak, Ramadhan, Angga, Pasundan, & Garut, 2021). On the other hand, currently student learning motivation depends on how learning is communicated, and learning motivation is very necessary because it is related to the learning to be achieved (Angelina, Haetami, Yunitaningrum, Triansyah, & Fachrurrozi, 2023).

Anxiety is an unpleasant feeling, it is caused by situations that are considered threatening (Noviansyah & Jannah, 2021) Anxiety according to (Brandão & Amaro, 2023) states that anxiety is a form of response to certain conditions that are perceived as threats, certain conditions are not necessarily those that a person has experienced but also some conditions that have never been encountered and experienced. For example: sweating, increased urinary frequency, dizziness, dry mouth and so on (Rohmansyah, 2017). According to (Sin, Fadli, & Ifdil, 2020) there are two sources of anxiety, namely instrinsic sources and extrinsic sources. An instrinsic source is a source of anxiety that comes from a person's own self.

Based on the above problems with excessive anxiety levels will cause disruption of thought and concentration which becomes inner conflict (conflict) and emotional pressure (frustration) before competing. So the level of anxiety in athletes who are excessive, can make doubts in performing attack and defence techniques so that the basic techniques that have been developed cannot be done properly.

Materials and Methods
Study participants

The population in this study were all students who participated in extracurricular poencak silat at SMP Negeri 13 Sungai Raya, totalling 35 students. A population is a category for

generalization made up of items or persons with specific attributes chosen by researchers for analysis before conclusions are made (Sugiyono, 2019). Purposive sampling was the method used for sampling in this investigation. According to (Sugiyono, 2022) Not all samples have the proper considerations for study, according to the sampling technique known as purposeful sampling. Students who fulfilled specific requirements made up the study's sample. This sample was selected based on the following criteria: (1) active status and regular participation in SMP Negeri 13 Sungai Raya's pencak silat extracurricular training; (2) match participation. Thus, 13 students were selected as a sample based on these characteristics.

Study organization

In survey research, an understanding of data collection instruments will be explained according to (Maidiana, 2021), which states that 'Instruments are one of the things that can be separated from a study. Instruments have an important role in research as a data collection tool' (Sugiyono, 2016). The instrument or tool used in this study uses a questionnaire.

Describe the approach and its intended usage, as well as the research protocols and methods used to carry out educational trials. Research is an organized and methodical attempt to look into certain issues that need to be addressed as well as a systematic examination to enhance a given level of information (Sutriadi, 2019). This research approach is quantitative with descriptive research methods, and survey research types. Descriptive research is used with the intention of explaining or describing the relationship between one variable and another (Tri Cahyono, Resita, & Salam Hidayat, 2021).

The data sources in this study are grouped into primary data (main) and secondary data (additional). With a research population of 35 pencak silat extracurricular students at SMP Negeri 13 Sungai Raya and a sample with purposive sampling of 13 students actively participating in training and have participated in matches. The data collected is primary data using questionnaire data using google form. This data collection process was carried out by distributing closed questionnaires to all respondents, to obtain data on anxiety to respondents can be seen in Table 1.

Table 1. Anxiety Question Items

No	Test	Rare	Sometimes	Often
1	It's a social joy to compete with other people.			
2	I get anxious before a competition.			
3	I was concerned that I might not perform well before I participated.			
4	When I was competing, I was a good sportsman.			
5	I'm anxious about making blunders while I compete.			
6	Before I compete I feel calm			
7	When competing, strategy is crucial.			
8	I felt nauseous prior to my competition.			
9	My heart was thumping more quickly than normal just before the game.			

10	I enjoy playing games that need a lot of physical stamina.
11	Before I compete I feel relaxed
12	I get anxious before a competition.
13	Individual sports are less enjoyable than team sports.
14	When I want to start the game, I get anxious.
15	Prior to competition, I usually feel anxious.

Since questions 1, 4, 7, 10, and 13 do not measure anxiety, they receive a score of 0. With the intention of preventing the subject's anxiety level from being overly assessed, he will feel more secure and complete the questionnaire honestly. Favorable statements (questions pertaining to anxiety) with values Rarely = 1, Sometimes = 2, and Often = 3 can be found in questions 2, 3, 5, 8, 9, 12, 14, and 15. Unfavorable remarks (statements that reflect worry) with values Rarely = 3, Sometimes = 2, and Often = 1 can be found in questions 6 and 11. anxiety uses an instrument which will use 3 categories, namely low, medium and high. A questionnaire is the tool used to collect data about anxiety levels. The Sport Competitive Anxiety Test (SCAT), a questionnaire used to gauge competition anxiety related to sports, was given out. This instrument consists of 15 questions in the form of a Likert scale, namely never, sometimes, and often where higher results indicate a higher level of trait anxiety (Afid Yuliana, 2019). According to (Afid Yuliana, 2019) Stating that the operational definition of this test is that on the SCAT there are 15 questions related to anxiety statement statements and 5 statements that are blank because they have nothing to do with anxiety, and scoring on the SCAT anget.

Statistical analysis

With the use of SPSS software, descriptive statistical tests were used to analyze quantitative data. In order to analyze data, descriptive statistics describe the acquired data exactly as it is, without drawing broad judgments (Sugiyono, 2015). The Miles and Huberman model was used to complete four crucial processes in the data analysis process: analysis, a) data collection; b) data reduction; c) data presentation; and d) conclusion drafting. According to this theory, researchers meticulously gathered qualitative information in the form of descriptions according to each category until the appropriate interpretation emerged.

Results

From this data, it is known that there are 15 items declared entirely valid with the criteria r count> r table (0.553). After the validity test, a reliability test was carried out to see how reliable the questionnaire was and the results obtained were 0.950> 0.90 which means the reliability value is perfect and acceptable. After the questionnaire was declared valid and reliable, research was carried out with 13 respondents of pencak silat extracurricular students of SMP Negeri 13 Sungai Raya.

Tabel 2. Deskriptif Statistik

Statistics	
Mean	27,77
Median	30,00
Mode	30,00
Standard Deviation	4,25
Minimum	16,00
Maximum	30,00

The results Table 2 of the data analysis are presented in the statistical description of the research data obtained the lowest score (minimum) 16.00, the highest score (maximum) 30.00, the average (mean), 27.77, the middle value (median) 30.00, the value that often appears (mode) 30.00, standard deviation (SD) 4.25. When displayed in the form of assessment norms, the level of anxiety (anxiety) in extracurricular pencak silat students of SMP Negeri 13 Sungai Raya is presented in the following table:

Tabel 3. Hasil Data Tingkat Kecemasan

Category	Interval	Frekuensi	Persentase
Low	≤ 17	1	7,7%
Medium	$17 - 24$	1	7,7%
High	≥ 24	11	84,6%
Total		13	100%

Based on Table 3 his norms for the assessment in the table above, the level of anxiety in students of extracurricular pencak silat SMP Negeri 13 Sungai Raya is presented in the following table:
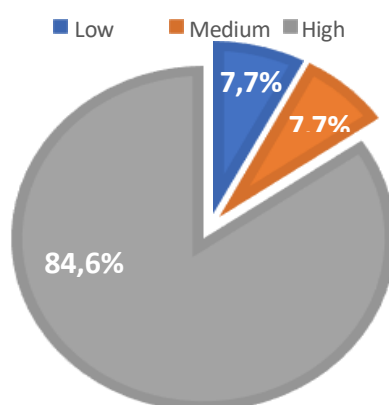
Figure 1. Student Anxiety Level

Based on Figure 1 In extracurricular pencak silat students of SMP Negeri 13 Sungai Raya, the anxiety level was at a percentage of 84.6% in the high category.

Discussion

Based on the results of research on anxiety levels in extracurricular pencak silat students of SMP Negeri 13 Sungai Raya with a total of 13 respondents, it can be seen that students who have a low anxiety level category are 1 student with a percentage of 1%, students who have an average anxiety level are 1 student with a percentage of 1% and students who have high anxiety behaviour are 11 people with a percentage of 85%. From the results obtained, it can be seen that the level of anxiety in extracurricular pencak silat students of SMP Negeri 13 Sungai Raya

is at a high level of anxiety. This shows that it is very important to pay attention to future pencak silat extracurricular students need to increase the rate of mental training in order to have a better mental condition so that the appearance when competing will be maximum.

The high level of anxiety still experienced by Pencak Silat Extracurricular Students will certainly affect athletes when they compete. This is in accordance with research by (Laksana, Kua, Sudatha, Qondias, & Dinatha, 2024) that high levels of anxiety in athletes can interfere with playing skills when players are unable to control their anxiety levels. This is the same as anxiety that affects athletes' hesitant and hasty decisions. The athlete's perception in evaluating the situation and conditions when facing the match, either long before or close to the match, will lead to different responses. If the athlete perceives the situation and conditions of the match as a threat, then the athlete will feel tense and experience anxiety. These conditions can be reduced by providing social support so that emotionally, individuals feel understood and supported, appreciatively individuals feel confident because their efforts are appreciated, practically get material support from coaches, teams, and families, and informally, individuals feel listened to and given input that is in line with the form of support. This is in accordance with research by (Kumbara & Sukirno, 2017) Symptoms of anxiety that arise in athletes should be faced with full vigilance and expertise in competing. A good athlete will definitely consider stressful situations as common, there is no need to feel anxious, and fear of failure. A feeling of calmness will actually.

The positive questions about anxiousness are found in items 2, 3, 5, 8, 9, 12, 14, and 15. While questions number 6 and 11 are favorable questions, namely there is no relationship with anxiety. In line with the theory (Andrianto et al., 2023) In addition, factors that can affect anxiety, especially for pencak silat extracurricular students, one of which is the lack of training portions in developing the four aspects that exist in pencak silat, namely martial aspects, sports aspects, artistic aspects and mental-spiritual aspects. By mastering these four aspects, an athlete or fighter will be able to manage his anxiety so that he can face the match well. Basically, to become a true fighter or pencak silat athlete must master all four aspects well.

As explained in (Mercader-Rubio, Ángel, Silva, & Brito-Costa, 2023) theory that anxiety can be recognized through three factors, namely Physiological Response, signs of anxiety in the physical component refer to various physiological sensations such as shortness of breath, faster heartbeat, abdominal pain, muscle stiffness, and dizziness. Cognitive Response, this individual interprets the situation by focusing on negative and threatening potentials, so they experience doubts, worries, and fears. Behavioral and Emotional Response, signs of anxiety in the behavioral component involve behaviors or actions when someone experiences anxiety such as overcompensating or overcontrolling. It should be noted that the main elements that are interconnected in relation to player performance, namely environmental elements, coach elements, and individual elements of the player, Achieving high player performance can be achieved by maximizing physical, technical, tactical and mental efficiency, from the above statement it can be said that the main factor in achieving a good level of performance is very large in the player (Angelina et al., 2023). Therefore, if athletes have a high sense of worry, it can cause difficulty in controlling their movements. In the end the athlete will feel heavy pressure in the face of the match. This affects student anxiety before competing which can be seen through the three factors above. Then for how to say.

Coaches basically have quite a lot of responsibilities, not only skilled in the teaching process (Pranata, 2023). Coaches also help athletes maintain their enthusiasm during training and competition, as this is a key factor in the success of an athlete. High or low levels of anxiety in athletes can have a negative impact on performance on the field (Basri, Haqiyah, & Azhari, 2022). This situation is reinforced by the results of a meta-analysis conducted by (Aragon et al., 2017) which discovered a connection between athlete performance and anxiety levels. In this context, (Güngör & Çelik, 2020) found that athletes with moderate anxiety levels were able to perform better than athletes with high or low anxiety levels. Therefore, coaches

need to know their athletes' anxiety levels when competing. There are various techniques to overcome anxiety, such as gradual relaxation, self-talk, and mental visualization (Dewi & Jannah, 2023).

Conclusions

Based on the results of data analysis and discussion, it can be concluded that the Anxiety Level in Pencak Silat Extracurricular Students at SMP Negeri 13 Sungai Raya is in the "High" category at a percentage of 84.6%. Seen from the characteristics and symptoms of anxiety such as faster heartbeat, restlessness, feeling worried, hesitation. This is divided into three components, namely physiological responses, cognitive responses and behavioral and emotional responses.

Acknowledgment

Conflict of interest

There is no conflict of interest in this study.

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