

# **The Relationship of Anxiety Levels Before and During the Match with the Performance of Pencak Silat Athletes**

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## **Abstract**

**Background of the Problem:** Anxiety is one of the psychological factors that athletes often experience, both before and during the game. Anxiety levels can affect focus, self-control, and decision-making in competition. **Research Objectives:** This study aims to determine the relationship between anxiety levels before and during matches and the performance of pencak silat athletes at Tapak Suci Cikidang Club. **Methods:** This study uses a quantitative approach with a correlational method. The sample amounted to 25 athletes who participated in the Mini Event 2 championship and were selected using *the purposive sampling* technique. The research instruments included pre-match anxiety questionnaires, post-match anxiety, and athletes' performance measured using a Likert scale of 1-4. **Results:** The results of the Pearson correlation test showed that there was no significant relationship between pre-competition anxiety and athlete performance ( $r = -0.182$ ;  $p = 0.384 > 0.05$ ), and anxiety during competition with athlete performance ( $r = -0.075$ ;  $p = 0.721 > 0.05$ ). The multiple linear regression test showed a simultaneous significant value of  $p = 0.638 (> 0.05)$ , which means that there was no significant effect of the two forms of anxiety on athletes' performance simultaneously. **Conclusion:** These findings indicate that anxiety, both before and during the match, was not the dominant factor influencing the performance of pencak silat athletes in the context of this study. The results suggest that coaches place more emphasis on confidence development, relaxation techniques, and simulation of competing conditions to support athletes' optimal performance, as well as a reference for future research to reach a wider population and consider other variables.

**Keywords:** anxiety; performance; competition; pencak silat.

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## **INTRODUCTION**

Pencak silat is a cultural martial art of the Indonesian-Malay community that is inherited from ancestors to be preserved, this is emphasized so that pencak silat can continue to be maintained and developed (Saleh & Widiyanto, 2019). Pencak silat is one of the branches of traditional Indonesian martial arts that not only demands technical skills and physical strength, but also requires excellent mental readiness. In pencak silat matches, psychological factors, especially anxiety, are often a challenge for

athletes. Anxiety is a form of emotional response to situations that are considered oppressive or threatening, which, if not managed properly, can have a negative impact on athletes' performance when competing (Irawan, 2021). Furthermore, Tangkudung (2018) stated that anxiety is a negative emotional reaction of a person in assessing a match situation which is characterized by loss of control, worry, anxiety, so that it causes a person to feel helpless and quickly feel tired because they are always in a situation that is perceived as threatening.

In general, competitive anxiety can be divided into two, namely *pre-competition anxiety* and *in-competition anxiety*. Effendi, (2017) anxiety can sometimes be excessive, which affects the physical and psychological health of athletes. Anxiety can occur before a match, during a match, or after a match. However, athletes can also learn to control their anxiety by managing any worries that may arise (Rizal & Kasriman, 2022). This is in line with Hayat in (Rizal & Kasriman, 2022) that efforts to overcome disturbing anxiety (*neurotic anxiety*) or excessive anxiety are one of which is the aspect of self-control (*self-control*).

Several previous studies have examined the relationship between anxiety and athlete performance and provided mixed results. Wismanadi, (2017) found that there was a correlation in the sufficient category of 32% between anxiety and athlete performance, then research from Supriyatni et al., (2020) stated that athletes' performance decreased as anxiety increased. This suggests that poorly managed anxiety can hinder the achievement of optimal performance. However, some other studies show inconsistent results, where anxiety does not always have a significant effect on performance, such as a study conducted by Putri et al., (2023) stating that there is no relationship between anxiety or worry on athlete performance. From some of these studies, there has been no clear distinction between pre-match and post-match anxiety. Most studies only assess anxiety in general without taking into account different time phases.

A research gap arises here, namely the absence of studies explicitly measuring and comparing the effect of anxiety before and during matches on

athletes' performance simultaneously, especially in the context of pencak silat. Meanwhile, the characteristics of anxiety felt before a match can differ in quality and intensity compared to the anxiety felt during the match.

In the world of sports, mental pressure does not only come from within the athlete, but also external factors including opponents, spectators, friends, match venues, match facilities, equipment, and demands from coaches and families (Setiawan in Virginia et al., 2020). Therefore, this psychological factor cannot be ignored in an effort to improve athlete performance. Mental readiness is an important part of the training process, along with technical, physical, and tactical training.

The urgency of this research is based on the phenomenon in the field, where many pencak silat athletes experience anxiety both before and during competitions, but are still able to show competitive performance. These findings raise academic questions about whether anxiety is really a dominant factor in determining the performance of pencak silat athletes or vice versa. Therefore, research was conducted to address these gaps, focusing on pre- and in-match anxiety of athletes' performance separately and simultaneously. The contribution of this study is to provide a new understanding to coaches and sports coaches that mental coaching strategies must be adjusted to the psychological phases faced by athletes. The results of this research are expected to be the basis for the development of psychological interventions in the development of pencak silat athletes, as well as enrich scientific studies in the field of sports psychology.

## **METHOD**

### *Research Design*

This study uses a quantitative approach with a correlational method. This approach is used to determine the relationship between the level of anxiety before the match, the level of anxiety during the match, and the performance of pencak silat athletes. The relationship between variables was analyzed partially or simultaneously to understand the influence of anxiety on athlete performance. This research was carried out at the Cisaat Youth Sports

Building, Sukabumi Regency, West Java. The time for the research will take place on April 17-19, 2025, coinciding with the holding of the Mini Event 2 pencak silat championship

### *Participants*

The population in this study is pencak silat athletes from Tapak Suci Cikidang Club who participated in the Mini Event 2 match. The number of samples involved in this study is 25 athletes, consisting of male and female athletes. The sampling technique in this study uses purposive sampling. Purposive sampling is a sampling technique based on certain considerations or certain criteria that are relevant to the research objectives (Sugiyono, 2022).

### *Research Instruments*

The data measurement technique was carried out using instruments in the form of athlete anxiety and performance questionnaires. The anxiety questionnaire before and during the match uses an anxiety/anxiety test instrument from a book (Tangkudung, 2018) which has been declared valid and can be used, and for the athlete performance instrument by (Faturachman, 2017) it has a validity value ranging from 0.333 to 0.863 and for reliability of 0.953. Based on this assessment, the internal consistency of the instrument is quite good. It can be concluded that the instruments used in this study are reliable and reliable to produce accurate and consistent results. All instruments were measured using a Likert scale with a value range of 1-4.

### *Data Analysis*

The data obtained was analyzed with the help of the SPSS program. The steps of data analysis include a normality test using Shapiro-Wilk to determine whether the data is normally distributed, a linearity test to test the linear relationship between each independent variable to the bound variable. Since the data is normally distributed and linear, it is continued using Pearson correlation and multiple linear regression to determine the simultaneous effect of anxiety levels before and during the match on

athletes' performance with a significant level of 0.05.

## RESULTS

This study was conducted to determine the relationship between the level of anxiety before the match, anxiety during the match, and the performance of pencak silat athletes at Tapak Suci Cikidang Club. to see the relationship between variables partially, i.e. using Pearson correlation and to see simultaneously, i.e. using multiple linear regression with the help of the SPSS program and presented in the following table:

Table 1. Correlation Test

		<b>Anxiety Before Contesting</b>	<b>Anxiety During Competition</b>	<b>Athlete Performance</b>
Anxiety Before Contesting	Pearson Correlation	1	-.043	-.182
	Sig. (2-tailed)		.838	.384
	N	25	25	25
Anxiety During Competition	Pearson Correlation	-.043	1	-.075
	Sig. (2-tailed)	.838		.721
	N	25	25	25
Athlete Performance	Pearson Correlation	-.182	-.075	1
	Sig. (2-tailed)	.384	.721	
	N	25	25	25

Table 1 above shows the results of data analysis, it is known that there is no significant relationship between the level of anxiety before competition and the performance of pencak silat athletes of Tapak Suci Cikidang Club ( $r = -0.182$ ;  $p = 0.384 > 0.05$ ). Similarly, no significant association was found between anxiety during competition and athlete performance ( $r = -0.075$ ;  $p = 0.721 > 0.05$ ). In addition, the results of multiple linear regression analysis are presented in the following table:

Tabel 2. Multiple Linear Regresion Test

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	55.729	2	27.865	.459	.638 <sup>b</sup>
	Residual	1336.111	22	60.732		
	Total	1391.840	24			

The results of multiple linear regression analysis showed that simultaneously the level of anxiety before and during the match did not have a significant effect on athletes' performance ( $p = 0.638 > 0.05$ ). Then for the R Square value of 0.40, which means that only 4% of athletes' performance variables can be explained by anxiety before and during the game. The remaining 96% was influenced by other factors not discussed in this study. These results indicate that anxiety levels, both before and during the match, were not the dominant factor influencing the performance of pencak silat athletes in this study

## **DISCUSSION**

Based on the results of data analysis, it is known that there is no significant relationship between the level of anxiety before the match and the performance of pencak silat athletes. Similarly, anxiety during a match also did not show a significant relationship with athlete performance. In addition, multiple linear regression results showed that simultaneously, anxiety levels before and during the match had no significant effect on athletes' performance.

The results of this study show that in the context of Tapak Suci Cikidang Club pencak silat athletes, anxiety before and during the match is not the main factor that determines the performance of the competition. This is in line with the research of Putri et al., (2023) who found that there is no relationship between anxiety and athlete performance. In contrast, in contrast to research by Irawan, (2021), which states that most POPDA pencak silat athletes at the Salatiga city level have a high level of anxiety. In addition, research by [Apriyanto & Wardoyo, \(2018\)](#) found a significant influence between anxiety and fall techniques of pencak silat athletes.

The influence of anxiety in this study can be caused by several factors. One of them is the possibility that pencak silat athletes are able to manage stress or anxiety quite well, so that even though they experience anxiety, they can still maintain their performance in the match arena. In addition, the existence of other variables such as match experience, age, and mental training also need to be considered. Athletes who have more experience in



competition tend to be better able to manage anxiety and convert it into positive energy when competing (Niartiningsih et al., 2023). An athlete's age can also affect the ability to regulate emotions, where mentally mature athletes typically have better emotional control. Mental training such as breathing exercises, visualization, or relaxation techniques also contribute to suppressing the negative effects of anxiety. Semarang, (2024) said that social support from coaches and teammates can increase athletes' confidence and reduce anxiety, which can ultimately improve performance in matches. Therefore, the contribution of anxiety to performance becomes relatively small and statistically insignificant. The impact of this study shows that in coaching athletes, it is not enough to focus on reducing anxiety, but it is also necessary to provide stress management training, confidence building, and simulation of competing conditions to strengthen athletes' competitive mentality.

The novelty aspect of this study lies in the separation of anxiety measurements into two phases, namely before and during the game, as well as the simultaneous analysis of the relationship between the two to athlete performance. Most previous studies only measured anxiety before a match or combined anxiety in general without distinguishing time phases. The limitation in this study is that the number of samples is limited to one club only. Further research is recommended not only to use performance instruments based on subjective assessment of athletes (*self-assessment*) without involving the assessment of coaches or independent observers, which can affect the objectivity of performance data. In addition, the study sample was limited to one club and only 25 athletes was also limited in generalizing the results.

## **CONCLUSION**

Based on the results of data analysis and discussions that have been carried out, it can be concluded that there is no significant relationship between the level of anxiety before and during the match and the performance of athletes, either partially or simultaneously. These results suggest that anxiety, both before and during the game, is not the dominant factor influencing athletes'

performance in the context of this study. These findings emphasize the importance of considering other factors such as confidence, competitive experience, and athletes' ability to manage competitive pressure.

This research is expected to be an input for coaches in designing athletes' mental development programs, focusing not only on reducing anxiety, but also on strengthening other psychological aspects that support optimal performance in the arena. For further research, it is recommended to explore other psychological factors, such as motivation, self-confidence, attention focus, and emotion regulation, which also have the potential to affect athletes' performance. In addition, it involves a wider and more diverse sample and the use of more objective performance assessment methods, including assessments from coaches or referees, in order to provide more comprehensive results.

#### AUTHOR'S CONTRIBUTION

**Firman Nur Hakim Kusmaeli:** Conceptualization, Writing - Original Draft, Software. **Muhammad Saleh:** Writing - Review & Editing, Resources. **Firman Maulana:** Methodology, Validating, Formal analysis.

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