

Analysis of Factors Affecting Anxiety of North Sumatra Petanque Athletes at the POMNAS XVII Competition in West Sumatra

Eka Abdurrahman ^{1*}, Nasuka ², Sulaiman ³, Hermawan Pamot Raharjo ⁴

¹ Universitas Negeri Semarang

*Corresponding author: ekaabdurrahman4@students.unnes.ac.id

Abstract: The aim of this research was to determine the anxiety factors of North Sumatra Petanque athletes at the XVII National Student Sports Week (POMNAS) in West Sumatra. The type of research used is quantitative descriptive research with the interview method. The population in this study was BAPOMI North Sumatra Petanque athletes, totaling 11 athletes. Sampling in this study used total sampling, namely all 11 BAPOMI North Sumatra Petanque athletes. The research instrument used in this research is the interview test method. Based on the research results, it was concluded that there were several factors that had a significant influence on athletes' anxiety in this study, namely there were intrinsic and extrinsic factors. (1) intrinsic factors in the form of moral factors, match experience factors, negative thought factors. (2) extrinsic factors in the form of coach factors, audience factors and opponent factors

Keywords: Petanque, Athlete Anxiety, POMNAS Competition

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INTRODUCTION

Exercise is a need for every person because exercise is very crucial for health. Sport is an activity to train one's body, both spiritually and physically. A person does sports with their own goals, especially to gain health and physical fitness as well as pleasure (Sepriadi et al, 2017). Sport is a series of movements or can be said to be regular and structured physical exercise, sport is the activity that is most liked or liked by everyone, even some Some people make it a lifestyle to live a healthier life because exercise is a complement to life (Agustini et al., 2018).

In developing and training in sports, apart from athletes having good technique and mentality, they must have adequate facilities and infrastructure for developing outstanding athletes. High performance can only be achieved with exercises that are planned systematically and carried out continuously accompanied by the supervision and guidance of a qualified trainer (Aldo, 2022). The formation and development of sports must be developed as early as possible,

to create a young generation of achievers and a name for the nation. The aim of developing athletes means to look for athletes who have a spirit of achievement, as a result of which the main goal of making Indonesia's nation and homeland proud is achieved (Haripah, 2019). In this way, the training and cultivation of athletes must be regular and structured systematically so that all athlete training in all sports can be realized. The government is obliged to monitor all athlete performance so that the primary objectives in athlete training are achieved. An athlete's physical needs are very influential, this is because doing physical activity and sports activities will increase the body's ability to consume oxygen optimally (Zulman et al, 2019).

One type of new sport that is starting to become popular in Indonesia is Petanque. Even though petanque is a very new sport in Indonesia. This sport is a sport that already has a name in the world. The countries that consistently develop Petanque are countries that were once colonized by France. The development of sports achievements certainly needs a platform to accommodate the seeds of athletes who will later be socialized in various circles as an introduction to sports achievements that have great potential. Sports achievements will develop with good coaching. The development of the sport of petanque can be seen from the number of arrangements that have begun to enter several provinces in Indonesia (Pelana, 2020). One of them is the management of petanque in the province of North Sumatra which will join in 2021. Petanque North Sumatra is a training and nursery place for athletes who want to develop talent in the sport of petanque from various age groups in the province of North Sumatra.

In playing this sport, basic techniques are required, namely shooting techniques and pointing techniques. Petanque can be played anywhere, as long as it is on hard ground, but it is not recommended to play on grass or concrete (Sutrisna, 2018). Petanque has 2 techniques in the game, namely pointing and shooting (Gracia, 2019). The pointing technique is the technique of bringing an iron ball (bosi) to a wooden ball (boka). Shooting technique is a technique that aims to keep the opponent's bosi (iron ball) away from the boka (wooden ball). In the game of Petanque, the person whose point is claimed is the pointer (while the shooting technique is a technique that aims to keep the opponent's bosi (iron ball) away from the boka (wooden ball). In the game of Petanque, the person who points is called the pointer (Kristanto, 2020). The start of the game from inside a circle with a diameter of 50 cm or what is usually called a circle (Setiawan, 2020).

Petanque is a game where you throw an iron ball (BOSI) as close as possible to a target in the form of a wooden ball (cochonnet). There are 4 components that play an important role in petanque performance, namely (Pelana, 2016) : (1) biological aspects including basic body abilities and organ functions, (2) psychological aspects including movement coordination, motivation, anxiety, (3) social aspects, facilities , and environmental infrastructure are all important, (4)

supporting aspects include trainers. One of the non-psychological factors that influences is anxiety (Hasanah & Refanthira, 2020).

Every athlete when facing a competition definitely experiences anxiety, only the level experienced by each athlete is different. The difference in anxiety is due to the ability and way of each athlete in handling the situation and also due to differences in the athlete's tolerance sensitivity to things that may arise that cause anxiety. Athletes must habitually master or control their mental state to reduce anxiety when competing. The steps are as follows: Focus on controlling emotions, always think practically, focus on the match, not winning, keep moving and think positively.

METHOD

Based on the problems discussed in this research, this research is classified as a quantitative descriptive research type. Quantitative descriptive research is research that aims to reveal something as it is (Suwirman et al, 2020). Descriptive research is research that does not intend to test a particular hypothesis, but describes what a particular variable, symptom or situation is (Zarwan et al, 2020). The population in this study was BAPOMI North Sumatra Petanque athletes, totaling 11 athletes. Meanwhile, the sampling in this study was a total sampling of all BAPOMI North Sumatra Petanque athletes. The research instrument and data collection technique in this research is an interview test.

The data analysis technique used in this research is interactive analysis. This model consists of 4 analysis components, namely: data collection, data reduction, data presentation and conclusion drawing. According to (Moleong, 2017) data analysis is the process of organizing and sorting data based on patterns, categories and basic units of description so that topics and places are formulated by working hypotheses as suggested by the data.

RESULTS

1) Intrinsic Factors

a. Moral Factors

From the results of interviews with several North Sumatra BAPOMI Petanque athletes, it can be concluded that there are several athletes' feelings in responding to the POMNAS

b. Experience Factor

Competing From the interview results, it is stated that the athlete's experience in the competition will also influence the coach on the field. This will have a bad impact if the athlete considers the coach's attitude as a nuisance that has an impact on his mental state. However, this will be inversely proportional when athletes who have a lot of competition

experience will of course consider the coach's attitude as a form of self-evaluation in correcting the athlete's mistakes on the field.

c. Negative Thought Factors

Information from BAPOMI North Sumatra Petanque athletes conveyed that negative thought factors can have a negative impact on confidence in an athlete's abilities. However, this will be inversely proportional if an athlete who has the right awareness and training can overcome the factors of these negative thoughts and can build a stronger sense of self-confidence. Negative thought factors will also disappear if there is a sense of trust from teammates in the match.

2) Extrinsic Factors

a. Coach Factor

From the explanation of the BAPOMI North Sumatra Petanque athlete, it was concluded that the athlete who said that the coach played an important role on the field in giving instructions was not fully carried out by the athlete during the match. There are several attitudes that athletes will take when the coach gives instructions on the field, including asking their teammates first to make adjustments and team unity on the field. Athletes can also ask the coach questions if the instructions given are not clear.

b. Audience Factor

From the Petanque athlete's explanation, it can be seen that there is some influence of spectators on athletes when they have more opposing spectators. Athletes who feel watched, evaluated or compared by opposing spectators will bring feelings of nervousness and worry during the match. However, this is different from athletes who think that the opposing spectators actually increase their enthusiasm for competing by proving the qualities of the athlete to the opposing spectators on the field.

c. Opponent Factors

From the statement of the BAPOMI North Sumatra Petanque athlete, there is a lot of influence from athletes when facing opponents who are their own friends. Competition with friends can influence the psychological aspects of athletes who feel guilty if they succeed in defeating them. However, this can actually bring additional motivation for athletes by proving themselves, testing their abilities and can further encourage their desire to win.

DISCUSSION

Anxiety during a match will cause excessive emotional stress which can disrupt the implementation of the match and affect performance or performance.

Anxiety can be defined as a subjective feeling of fear and increased physiological excitement, everyone has experienced anxiety or fear regarding various situations such as fear of being scolded, fear of not being promoted, fear of failure, fear of being hit and fear or worry before competing (Husdarta, 2018). An athlete's anxiety in competition greatly influences the athlete's physiology which will result in the athlete's lack of focus in the competition. Then we can see that Petanque must have a high level of concentration when playing. There are many factors that influence the anxiety of BAPOMI North Sumatra Petanque athletes in facing the XVII National Student Sports Week (POMNAS) in West Sumatra, namely intrinsic factors are factors within the athletes themselves which consist of moral factors, competition experience factors, and negative thinking factors, then extrinsic factors which are factors that occur outside the athlete, such as coach factors, audience factors and opponent factors. So these factors can influence athletes' anxiety which can result in disturbed concentration levels when Petanque athletes compete.

Anxiety can occur in athletes during a match, for example, anxiety arises before a match takes place. Athletes before competing will always be under the influence of anxiety caused by opponents, spectators, the influence of the field, infrastructure and so on. Often they already imagine failure and overestimate their opponent's abilities even though the match has not yet started. Sometimes imagining the match number is something that is difficult to do and there is little hope of success. Anxiety about one's inability to face the competition can cause obstacles, making it difficult to develop one's abilities. So that way an athlete in acting becomes more careful, and is alert to anticipate situations, however if a petanque athlete experiences excessive anxiety it will cause a decrease in concentration and can cause unpleasant feelings for the athlete so that the mental condition is in a bad state. unbalanced state. This is because the athlete's focus is divided at the same time, resulting in a decline in his performance.

CONCLUSION

Based on the results of the analysis and discussion, it can be concluded that there are several factors that have a significant influence on athlete anxiety. These factors include intrinsic factors such as moral factors, competition experience and negative thoughts, as well as extrinsic factors such as coaches, spectators and opponents.

Conflict of Interest

The authors report no potential conflicts of interest.

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