Journal of Positive School Psychology http://journalppw.com
2022, Vol. 6, No. 6, 10214-10221

The Relationship Between Excitement And Anxiety On The Performance Soccer Athletes

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Abstract: Excitement and anxiety are two inseparable factors in the sport of football, these two factors greatly affect the performance of football athletes. The purpose of this study was to determine the relationship between excitement and anxiety on the performance of soccer athletes. The method in this research is descriptive quantitative with a survey approach. The population in the study amounted to 20 soccer athletes, then all 20 athletes were used as subjects in this study. The instrument used in this study was a questionnaire. The data analysis technique in this research is Product Moment and Multiple Correlation. The results of this study indicate that the relationship between excitement and anxiety on the performance of soccer athletes actually occurs in the athlete's personality, so that researchers can draw the conclusion that these two factors are factors that determine the stability of the performance of soccer athletes in addition to other supporting factors. The limitations in this study are the research subjects that are less varied, the place of research and aspects of athletes that are not studied as a whole. The researchers hope that there are other researchers who can conduct this research on a wider scale with regard to the relationship between excitement and anxiety on the performance of soccer athletes.

Keywords: Excitement, Anxiety, Football Performance, Athletes.

INTRODUCTION

Sports science is a discipline that does not stand alone (Eusse et al., 2019) In principle, the field of sports has three main areas, namely achievement sports, education and recreational sports (Bartlett & Drust, 2021). Then sport has seven areas of sports theory, namely sports health / medicine, biomechanics, pedagogy, psychology, sociology, history and philosophy (Galatti et al., 2014). The seven theories lead to the philosophy of science being the mother of all science in this world. these disciplines that support the science of sports management, so that in the end it can produce considerable benefits for human life, especially in the world of sports and health (Callary et al., 2020). Through sports science, a practitioner and sports academic can examine sports activities, both educational sports, recreational sports and achievement sports in a fundamental and comprehensive manner in order to achieve the goals of each type of sport for students/athletes (Uğurlu et al., 2017).

Psychology in general can be interpreted as a science that studies the symptoms of the human psyche, the soul is something that is abstract, cannot be seen, and cannot be expressed clearly and completely until now (D'Antonio, 2018). Therefore, to reveal it, psychologists tend to study psychology as something that is incarnated into the human body in the form of a human's physical behavior, which is related to activities, actions, and human appearances in real life (Roberts & Yoon, 2022). Human behavior is a reflection of his psyche, so psychology can also be said to be a science that studies human behavior or behavior (Liang et al., 2018).

Sports psychology is a relatively new branch of science, where this discipline is a

development of pure psychology (Phan et al., 2021). Since the end of the 19th century, psychologists have tried to apply the results of psychological research into everyday life, so that in the end what is called applied psychology has grown and developed in various fields, including one of them in the field of psychology sport (Rooney et al., 2021). There are quite a number of fields of study that exist in the science of sports psychology that can be used to explain various psychological phenomena experienced by sports actors, both in educational sports, recreational sports and achievement sports (Wylleman, 2019). From the point of view of the discipline of psychology in the world of sports, there are various factors that can influence a person to achieve peak performance, one of which is arousal or excitement (Hu, 2020). The achievement of peak performance in the world of sports by an athlete cannot be separated from good arousal management activities, namely regulating the psychological and physical conditions of athletes in order to work on or win a match. Without good management, arousal can actually harm or become a source of defeat for an athlete in a sports competition (McGannon et al., 2021). Excitement is a desire about passion, enthusiasm, excitement, fierce passion that someone has in a match (Bird, 2020). For example, a football athlete has a high enthusiasm to win the match.

Football is one of the most phenomenal sports. Football is a game that is often found in villages and big cities (Jijon, 2017). This soccer game is a team game played by 11 people from each team, from children to adults enjoy and enjoy this game, because playing football doesn't cost too much and can be carried out in open places even though it's not a real field (Larasaty, 2018). Football is a team sport which is carried out by 2 teams (Haß & Schütze, 2022). The number of games that each team plays is 11 people including the goalkeeper. Each player may play the ball with all his limbs except with the arms or hands. Almost all play is done with foot skills, except for the goalkeeper who can play the free ball with all his limbs inside the penalty area (Gong, 2020).

The achievements of an athlete are inseparable from the various factors that influence the career of a football player (Müller & Mutz, 2019). For example, a regular exercise process, adequate rest, adequate infrastructure and excellent physical and psychological conditions. Achievement will always be related to the performance of an athlete, this is because without a good performance possessed by an athlete, the athlete automatically does not get the peak of his achievement. One of the most important factors for a soccer athlete is excitement. Arousal is a phenomenon of activation of various organs of the body that occurs in a person who is influenced by psychological and physiological conditions (Saddhono et al., 2018). In the world of sports, the psychological activity experienced by an athlete when facing a match will affect the physiological activity of his body. The arousal factor is one of the factors that maintains the stability of the performance of soccer athletes when competing. So it is necessary to pay attention to the coaches and the athletes personally to maintain the stability of the excitement (Baker et al., 2019).

However, in the game of football, excessive excitement often occurs, resulting in defeat for the team, this cannot be separated from the lack of views and training provided by coaches about enthusiasm for athletes before and after the game. In fact, this factor is needed by an athlete when facing a difficult and stressful situation. For example, when the team misses or concedes a goal early, it will have an impact on the enthusiasm of the athlete to play. This is not quickly addressed by a coach it will be fatal for the team and the athlete. Without the excitement factor, an athlete will lose the enthusiasm to compete and the way to play is not in accordance with the direction of the coach. In the athlete's mind is the game over quickly. Seeing the great influence of excitement in the game of football, it is necessary to have a more in-depth study of excitement in the world of sports, so that researchers want to examine the relationship between excitement and football performance. It is hoped that the results of this study can be used by academics and sports practitioners, especially football coaches in an effort to improve athlete achievement in the sport of football in

particular and the world of sports in general.

METHOD

Research Design

This research is an ex-post facto study, because in this study no treatment/manipulation was made on the variables, but only revealed facts based on symptoms that already existed in the respondents. The analysis in this study uses statistical analysis, namely using numbers to conclude the research results.

Research Subject

This research was conducted on soccer athletes from SSB Real Madrid, Yogyakarta State University, Special Region of Yogyakarta. This study lasted for 4 months, from January 2020 to April 2020. The population in this study amounted to 20 then the entire population was used as a sample in the study, namely 20 football athletes. In detail, the general description of the respondents can be seen in table 1 below.

Data collection

The data collection technique used in this research is the questionnaire method. Data collection using the survey method has the aim of simple data collection and also explains or explains the relationship of research variables. The data from the excitement test results obtained by football athletes were recorded and then made in tabulated form. To test the performance in the form of competing with the opposing team. In this study, the questionnaire used was a closed questionnaire. Closed questionnaire is a questionnaire consisting of questions or statements with a certain number of answers as choices (Shanmugam, 2020).

Data analysis

The data analysis technique uses Product Moment and Multiple Correlation. The data obtained from the field are presented in the form of the frequency distribution of each variable, Mean (M), Median (Me), Mode (Mo), and Standard Deviation (SDi), with the help of SPSS version 25 to analyze comparative means. In addition, a frequency distribution table and histogram are also presented.

RESULTS AND DISCUSSION

Results

A descriptive analysis of the relationship between excitement and football performance is presented in the table below. The respondents in this study amounted to 20 soccer athletes who were athletes trained by the Real Madrid football school, Yogyakarta State University. This study consisted of two independent variables, namely excitement and anxiety and the dependent variable, namely athlete performance. This study describes and examines the relationship of the dependent variable, so in this section a description of the data from each variable will be presented based on data obtained from the field. The excitement variable has been known to be 0.589 while the anxiety variable is 0.821.

1. The Relationship of Excitement to Athlete Performance

The results of data analysis showed that the excitement variable obtained the highest score of 91 and the lowest score obtained 70 of these scores obtained the Mean (M) value of 83.5813 Median (Me) of 90.70, mode (Mo) of 80, and Standard Deviation (SD) is 2.21410. The results of this analysis are also described in the form of table 1 below.

Table 1. Distribution of scores on the relationship of excitement to athlete performance

No	Classification	Frequency	Relative Frequency
1	Less (< 70)	3	15
2	Medium (70-77)	10	50
3	High (< 77)	7	35
Total		20	100

Based on Table 1 above, it shows that 15% are in the less category with a total frequency of 3 athletes, 50% are in the moderate category with a total frequency of 10 athletes, and 35% are in the high category with a total frequency of 7

athletes. So most (50%) of the relationship between enthusiasm and Athlete Performance are in the moderate category.

Then the results in table 1 are distributed in the following histogram:

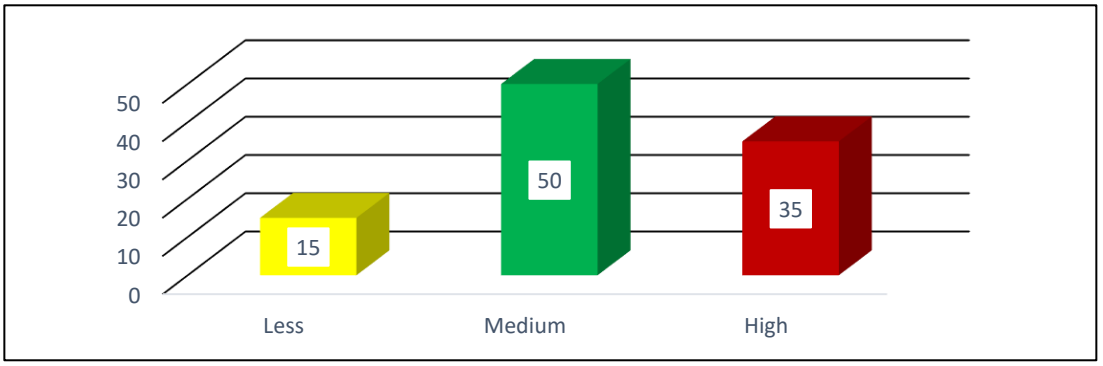

Figure 1. Histogram of the distribution of the relationship between enthusiasm and Athlete Performance

2. Atlet The Relationship of Anxiety to Athlete Performance

Hasil analisis data menunjukkan bahwa hubungan kecemasan terhadap performa atlet diperoleh skor tertinggi sebesar 70 dan skor terendah yang diperoleh adalah sebesar 50. Dari skor tersebut diperoleh harga Mean sebesar 69,20, Median sebesar 71, Modus sebesar 63, dan Standar Deviasi sebesar 1,60130.

Table 2. Distribution of scores on the relationship between anxiety and athlete performance

No	Classification	Frequency	Relative Frequency
1	Less (< 50)	4	20
2	Medium (58-60)	11	55
3	High (61,20-68)	5	25
Total		20	100

Based on Table 2 above, it shows that 20% are in the less category with a frequency of 4 athletes, 55% are in the medium category with a total frequency of 11 athletes, and 25% are in the high category with a total frequency of 5 athletes. So most (55%) of the relationship between anxiety and athlete performance are in the moderate category. Then the results in table 2 are distributed in the following histogram:

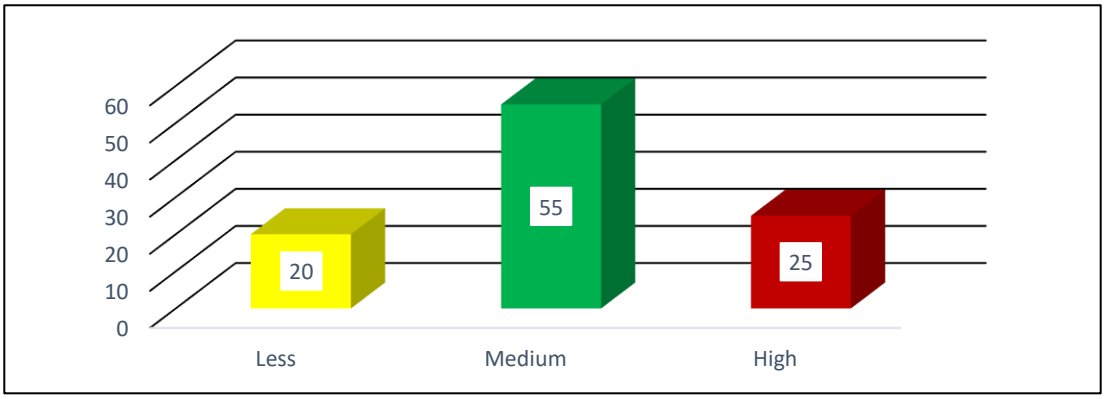

Figure 2. Histogram of the distribution of anxiety on athlete performance

DISCUSSION

Excitement is a symptom that indicates an increase in physiological and psychological

activity in a person (Hill, 2015). In line with the notion of excitement conveyed by Robert and Daniel above, it can be explained that arousal is a level of excitement that can be described in a continuum line. There is the lowest level of arousal and the highest level of arousal that can be experienced by a person, so that between the two levels a pattern of arousal is obtained. For example, in real life, in the case of two football teams fighting for the world championship trophy, it can be said that the players are in a very excited condition which is marked by high tension, on the other hand, when a student falls asleep in class because he thinks the presentation delivered by the presenter is in front of the class. unattractive, then the student is in a low arousal condition (Vande Vliet & Inglés, 2021).

Excitement is a synonym for drive, activation, reading and excitation, which are requirements to achieve optimal performance in the world of sports. Excitement is a term that indicates increased activity of the sympathetic nervous system, which is a nerve that functions to instruct the adrenal glands to produce the hormone adrenaline (Aryani et al., 2020). Excitement is the overall physiological and psychological activation of the organism, which has varying degrees and progresses continuously from deep sleep to intense excitement. This understanding refers to the intensity of a person's passion in carrying out an activity, for example from no passion at all to complex excitement (Jaeger et al., 2021).

The tension that must exist in the athlete before and during the match is excitement or arousal, which functions as mental readiness to face the competition (Mohammad, 2018). In the world of sports, excitement or arousal is something that cannot be avoided, such as the emergence of tension which will be followed by a state of stress and anxiety. The occurrence of arousal symptoms usually goes hand in hand with an increase in athlete performance, thus there is a correlation between arousal and athlete performance. In order to achieve maximum performance, arousal control must be carried out by various parties in a sports team, especially coaches and athletes. An optimal arousal condition, namely excitement that is not too low and not too high is expected to produce maximum performance (Mohammad, 2018).

The inverted U theory or inverted U theory is the second theory that emerged after the drive theory, which aims to describe the relationship between arousal and performance(Palos-Sanchez et al., 2021). The inverted U theory was developed by Yarkes Dodson in 1908. According to this theory, neither low level arousal nor high level arousal will result in the athlete's peak performance (Yan & Williams, 2021). Excitement at a moderate (moderate) level generally provides a greater chance of reaching the peak performance of a soccer athlete (Ricca et al., 2020).

The basic difference between the two theories is about the description of the relationship between arousal and the performance or appearance of athletes. In fact, drive theory is actually a multidimensional theory that was created in order to describe the relationship between appearance and the learning process in the world of education, so that if applied in the world of sports, it will experience many weaknesses (Linnet et al., 2011). In the world of sports, the appearance of athletes is not only influenced by arousal, but is also influenced by various very complex factors such as audience, attention, concentration, anxiety, stress and so on, so that if the athlete's body and mind experience too high arousal, it will cause a -the factors mentioned earlier cannot be controlled and in the end the expected performance is not achieved (Matthews, 2021).

The inverted U theory covers the appearance of various sub-theories that explain why there is a mutual relationship between arousal and sports performance, so that a quadratic equation curve is formed (Faay et al., 2020). In the inverted U theory, arousal is an important component in facing or undergoing a sports competition, but its presence should not exceed the limit or be too high, so that body activation can still be controlled properly. Through controlling the level of arousal, the athlete still has the ability to control various other factors that support the achievement of a maximum performance (Boretti et al., 2018).

Based on the description above, which examines the explanation of the relationship between arousal and performance or appearance. It can be

concluded that if someone will adhere to the drive theory, the highest performance or appearance will be achieved when an athlete experiences maximum arousal. If someone adheres to the inverted U theory, the highest performance or appearance will be achieved when an athlete experiences moderate arousal, namely arousal that is not too high and not too low. When an athlete begins to think that he is afraid of making mistakes, it will cause overexcitement in making various decisions and movements. This happens because basically when the athlete makes a sports movement decision, actually there is an intrinsic excitement that arises in the athlete, but because there is additional excitement that comes from supporting support and the fear of making a motion error, there is excessive excitement. Seeing the phenomenon of excitement, a coach must be able to control the level of excitement experienced by a football athlete, so that excessive excitement can be controlled.

Researchers realize that in a research there is no perfect research plus the nature of science which is flexible or dynamic. The limitations in this study are the research subjects that are less varied, the place of research and aspects of athletes that are not studied as a whole. The researcher hopes that there are other researchers who can conduct this research on a wider scale related to the relationship between excitement and anxiety on the performance of soccer athletes.

CONCLUSION

Excitement and anxiety are symptoms that indicate an increase in physiological and psychological activity in the athlete's personality. These physiological and psychological activities occur because they are influenced by the hypothalamus which is above the human brain stem. There is a quite unique relationship between arousal and anxiety, initially anxiety is one of the triggers for the occurrence of excitement, but on the other hand, excessive excitement will cause an increase in the level of anxiety experienced by an athlete.

Excitement that is not too high and not too low can cause a person's attention to be maximized, namely attention that is not too wide and not too narrow. Low arousal causes a person's attention to be very wide and tend to be less focused so that they are more easily distracted by external factors. Excitement that is too high in an athlete causes his attention to be too narrow, making it difficult to control things that happen or hindering the athlete in achieving goals.

In the sport of football, there are various ways that can be done to overcome low and excessive excitement and anxiety, the method used depends on individual conditions, the situation of the match environment and the type of sport involved. One way that can be done to overcome the condition of low and excessive excitement is by means of coping techniques. In today's world of sports, there are two types of coping that are accepted as categories of coping, namely coping that focuses on problems and coping that focuses on emotions.

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