

Level of Self-Confidence of Petanque Athletes in Participating in Competitions



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ABSTRACT: Every athlete, especially Petanque, has mental turmoil when competing. This mental turmoil is self-confidence. Confidence is one factor that influences the results of matching petanque. Trusting oneself is feeling confident or having a degree of certainty about something's ability to succeed in sports. Several factors, including internal and external factors, influence self-confidence. This research aims to determine the level of trust in North Aceh petanque athletes. This study uses a quantitative approach with a descriptive research type. The population in this study were petanque athletes from North Aceh, totaling 16 athletes. Given the relatively small population, all member populations made a sample (total sampling). Technique data collection using a questionnaire with a Likert scale. Next, data was analyzed using the percentage formula. Based on the results of data analysis, it can be concluded that (1) as many as 14 athletes (87.5%) were Acehnese petanque athletes. North has a high level of self-confidence, and as many as 2 athletes (12.5%) believe in themselves very highly.

KEYWORDS: Self-Confidence; Petanque; Competitions

I. INTRODUCTION

Sport is a form of physical activity that helps maintain a healthy body. Activity sports can also push the potency of somebody; This potential is physical but also spiritual and social. Sports activities carried out structured and planned will encourage increasing performance. Besides improving performance, exercise can also increase flavor belief in self And reduce worry, Which is excessive. The matter listed in Invite Invite Republic Indonesia Number 3 of 2005 concerning the national sports system article 1 paragraph 4 states that "...Sport is all activity Which systematic For encourage, develop and develop physical, spiritual and social potential...". Based on this quote, the potential related to physical, spiritual, and social issues can be improved through sports activities. From time to time, many sports have progressed and developed throughout Indonesia.

Sport Which moment This is currently becoming a conversation among Indonesian people is the sport of petanque. The sport of petanque was known in 1907 in France. The sport of petanque entered Indonesia in 2011, and the Indonesian Petanque Sports Federation (FOPI) was formed on March 18, 2011. Sport Petanque then competed in Sea Games XXVI in Palembang in 2011. The sport of petanque competes in championships at the school, university, or provincial level.

Petanque is a sport that uses two types of balls, namely an iron ball and a wooden ball, aiming to bring the iron ball closer as close as possible to the target ball (Yubero et al., 2021). Old iron balls that have not passed official tests must be replaced with an iron ball still suitable for use. Every kind of iron ball and ball wood must meet FIPJP requirements. Each standard iron and wooden ball must be tested before the match starts. Balls, which are stated to be worthy, may be used by athletes to participate in competitions. Players must use the official bosi and boka that FIPJP has approved. Thus, every athlete from each team uses iron balls and wooden balls that have been tested for suitability so that they do not cause damage loss to each athlete (Tanasaldy, 2017).

On the level region, Aceh province rolled out the championship For petanque sport on September 25, 2021. The championship is an event for every district athlete. Every City district sends its athletes to compete in this event. Federation Indonesian petanque sports North Aceh district also sent its athlete representatives. Every athlete who competes first prepares physical conditions, tactics, techniques, and psychology to compete with Healthy And for maximum results (Deviandri et al., 2023).

In this event, many athletes won, and the results were far from expected. The general chairman of FOPI North Aceh hopes that The athletes who competed in this event were able to achieve the best results. However, Petanque Aceh cannot win a single athlete at this event. Allegedly, In general, athletes experience mental stress or mental disorders, anxiety, tension, and lack of confidence. However, to get maximum results, athletes rely not only on physical condition elements but also psychological elements like worry,

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tension, fear, and not believing that self will influence results. Psychology is essential in determining success matches (Rudzik et al., 2023).

The results of interviews with several North Aceh petanque athletes show that athletes who compete in the event experience psychological problems like no confidence at the moment, wanting to shoot, and even pointing. According to the general chairman of FOPI North Aceh Irwan, S.Pd., M.Pd, Who had time to be interviewed, the constraints That most dominant When competing, athletes do not believe in their abilities, they are afraid to take on risk and not being sure of being able to win the match. Concerning that, I suspect that the problem That generally happens at the moment of the face match is Petanque Aceh North; others do not have self-confidence, which is a good one.

Lack of self-confidence is the most common problem that Petanque athletes face during competitions. Self-confidence can bring athletes good things, such as being confident in your abilities, having the courage to face problems, and daring to take risks. If an athlete lacks self-confidence during the match, they will feel too much anxiety, which disturbs his concentration. An athlete with a strong self-belief will produce a match petanque with perfect because a trusting self is a feeling of confidence or certainty about an ability to be successful in sports. Therefore, an athlete must have robust and high self-confidence because it has no feelings. Self-ident athletes cannot reach performance tall (Frikha et al., 2022).

Based on the description above, it can be concluded that petanque is a sport that no longer needs stamina. However, it would help if you had patience, strategy, skills, control of yourself, accuracy, and concentration to start the match. Apart from that, he needs high self-confidence. A petanque athlete needs this because he has a sense of trust. The athlete will find it easy to face the competition. So, it is necessary to look at an athlete's confidence level. Therefore, researchers are interested in raising the title "Level Believe Self Athlete Petanque Aceh North".

II. METHOD

This research uses a quantitative approach to this type of descriptive research. The quantitative approach is research that obtains numbers or numerical qualitative data. Type study evaluation is a study that has done something time-consuming to compare situations that are honest with the circumstances and are expected. Evaluation research is a research activity whose nature is to evaluate an activity/program to measure the success of something activities/program and determine the success of the program. It is by Which expected(Kimijima et al., 2022).

Apart from using a quantitative approach with this type of evaluation research, the study also uses a descriptive method. Descriptive, namely research conducted to find out the value of independent variables, either one or more variables (independent), without creating comparison or connection with variable other (Aycheh et al., 2023).

Subject and Respondents

The population in this study consisted of North Aceh petanque athletes, totaling 16 athletes. Due to the relatively small research population, the researcher takes all of the population, 16 samples.

Technique Data collection

In the study, the researcher used a technique to collect data using a questionnaire or questionnaire with a measurement scale, namely the Likert scale, which contains statements regarding the level of self-confidence of Petanque Aceh athletes North.

Time And Place Study

This research was carried out for four days, starting from the delivery of the research permit letter to the management of the North Aceh Petanque Sport until the activity was completed study, i.e., date, January 22 until January 26, 2022, located in GOR Ripe Labourer, Aceh North.

III. RESULTS STUDY AND DISCUSSION

Result Study

Results from the study Aim To describe data level confidence of North Aceh petanque athletes expressed on a Likert scale with a total of 35 statements and tested on 16 samples. Research data was obtained from technique collection data using a questionnaire with scale measurement scale Likert, Which took place in the field during One Day located at GOR Matang Kuli, North Aceh; research results were obtained, namely data displayed in the form of a quantitative approach. Based on a series of tests, the data obtained regarding confident athlete Aceh Petanque NorthAll paragraphs must be indented. All paragraphs must be justified, i.e., both left-justified and right-justified.

Table I. Recapitulation Results Study athlete petanque Aceh North

No.	Respondent	SS	S	T.S	STS	Score Rill
1.	X1	21	4	9	0	116
2.	X2	12	14	6	3	105

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3.	X3	19	12	1	2	119
4.	X4	20	11	4	0	121
5.	X5	16	9	4	6	105
6.	X6	5	20	7	3	97
7.	X7	12	10	10	3	101
8.	X8	11	10	5	7	97
9.	X9	12	11	6	6	99
10.	X10	4	18	10	3	93
11.	X11	4	18	8	5	91
12.	X12	11	10	8	6	96
13.	X13	13	9	9	4	101
14.	X14	8	20	6	1	105
15.	X15	12	16	6	0	111
16.	X16	10	18	3	3	107
	Amount					1664

Data Then analyzed use formula percentage as following:

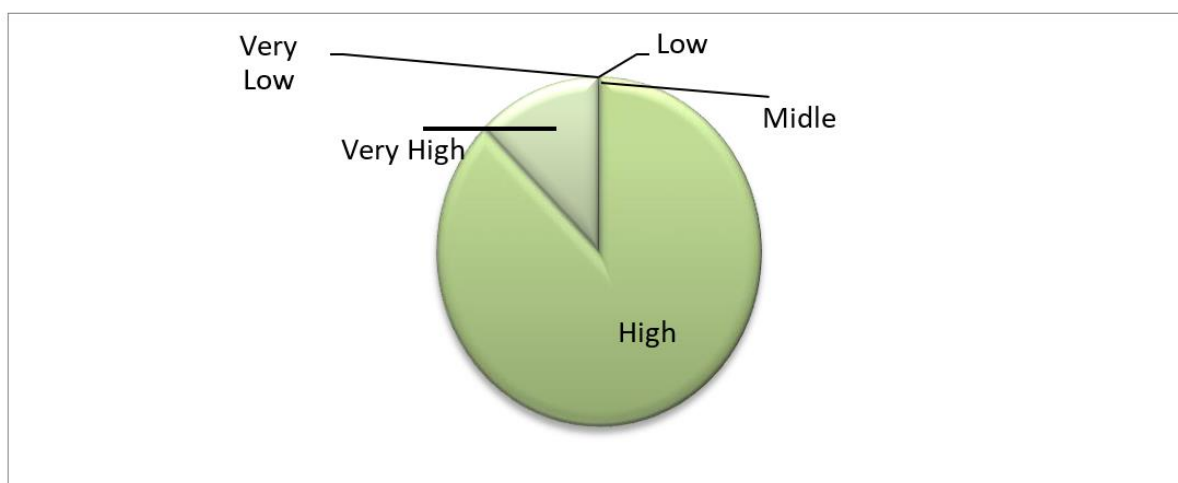
$$p = \frac{f}{n} \times 100 \%$$

A. Category High $p = \frac{14}{16} \times 100 \% = 87.5\%$

B. Category Welcome High $p = \frac{2}{16} \times 100 \% = 12.5\%$

Table 4.1. Mark interpretation level belief self

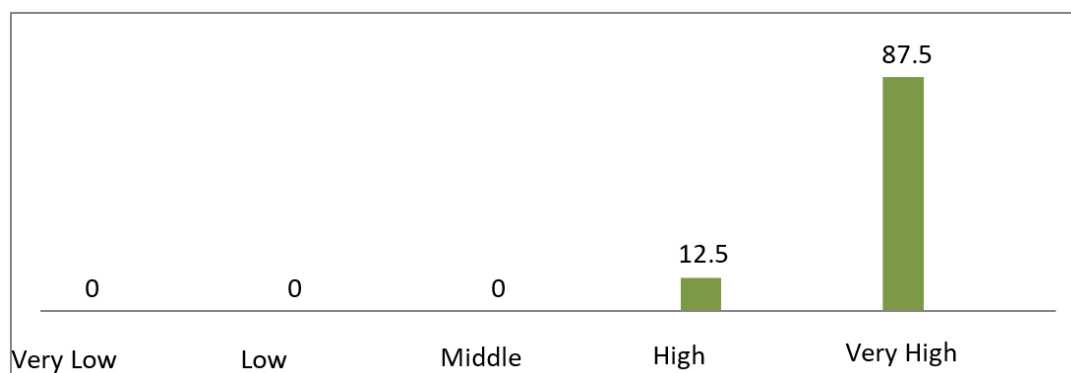
No.	Range	Category
1.	81% - 100%	Very Tall
2.	61% - 80%	Tall
3.	41% - 60%	Currently
4.	21% - 40%	Low
5.	0% - 20%	Very Low
Amount		



4.1 percentage diagram circle level believe self athlete petanque Aceh North

The results diagram circled shows that part circle, which is dark green, shows that the level of confidence of North Aceh petanque athletes is in the high category, namely 87.5%. The green part of the circle is the percentage of the confidence level of North Aceh petanque athletes in the category very tall, i.e. 12.5%

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4.1 percentage diagram circle level believe self athlete Aceh petanque North

Based on the results of research and test management in the form of a questionnaire with a scale measurement scale Likert with analysis data use scale level, so The results found that the average level of self-confidence of North Aceh petanque athletes amounting to 74.28571 or in the high category. The percentage of level value believes self tall is as big as 87.5%, and the rest is 12.5% on category tall.

IV. DISCUSSION RESULTS STUDY

Based on research results And processing test data from questionnaires or Questionnaires distributed to North Aceh petanque athletes were analyzed using the formula percentage with method percentage The same with frequency shared amount respondents Then times 100% so found results as follows: (1) the average value of the confidence level of North Aceh petanque athletes is 74.28571 or is in the high category. (2) A percentage of athletes' confidence level in North Aceh petanque is in the high category at 87.5%. (3) The percentage rate is considered self-athlete petanque Aceh North in the category. It is very tall and big at 12.5%.

Level believes internal and external factors influence self-athlete Petanque Aceh North. Internal factors come from within the athlete, which cover the draft self, price self, condition physique, And factors originating from outside the athlete, such as education, training, motivation, evaluation, and the environment. Both factors are influential and significant to an athlete's belief level. It is hoped that this research will provide input for athletes as reference material to encourage them always to do everything positive to obtain trust and self-esteem so that they can reach performance in Century Which will come.

Results of data analysis of the average level of self-confidence of North Aceh petanque athletes are in the high category. The level of self-confidence when competing is in the high category. Not very high, nor low or very low. Therefore, athletes' self-confidence when competing remains good (Doktor & Ekonomi, 2020). Based on these results, North Aceh petanque athletes should already be capable of showing quality and performance as athletes when the match is underway. To achieve brilliant achievements, the athlete's next task is to exercise in a routine and at the maximum level so that the level of self and the quality of training increase. Apart from that, the coach's next task is to grow and develop motivation so that athletes can develop good self-confidence factors from within and outside the athlete and provide a strong understanding for athletes to be more enterprising And disciplined in doing activity exercise.

V. CONCLUSION

Based on the data analysis carried out on Acehnese petanque athletes North, it can be concluded that North Aceh's petanque athletes have an average level of trust as big as 74.28571 or are in category tall. Fourteen athletes have high self-confidence, with a percentage of 87.5%, while two athletes trust themselves very tall, which is 12.5%. With this level of trust, every athlete owns the self, which is no low.

The research results show that the level of self-confidence you have by athlete Petanque Aceh North is not low. So, in answer to the question, research in the form of the level of self-confidence of North Aceh petanque athletes shows the average self-confidence score of the athlete. Then, the results of data analysis in the timetable or raw data show each athlete's percentage level of self-confidence. No results were obtained from these data. No, no athlete's level of self-confidence Is low.

An athlete will reach the peak of his performance if you already have a taste of high self-confidence but not excessive and, of course, with techniques, tactics, strategy, motivation, and proper guidance. If self-confidence is high but the athlete If you have below-average skills, the results will be the same, i.e., no will reach performance peak as well as No can the results optimal

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