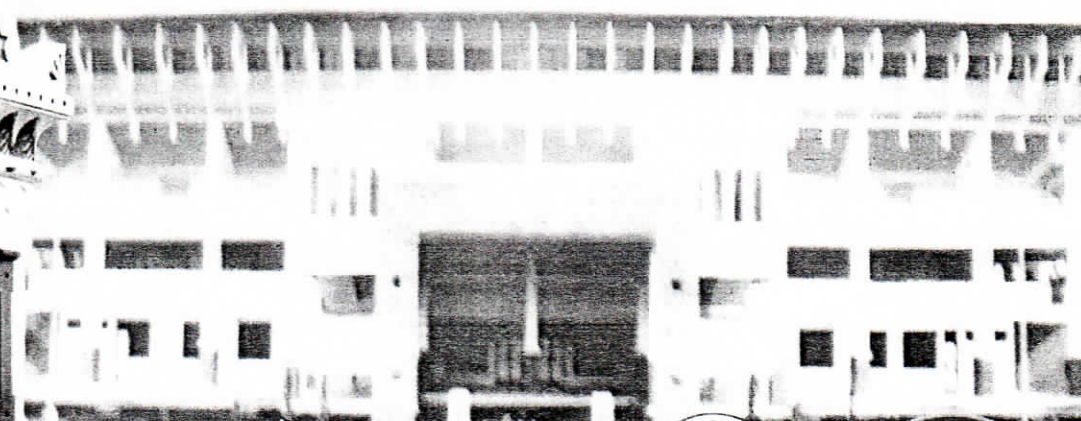
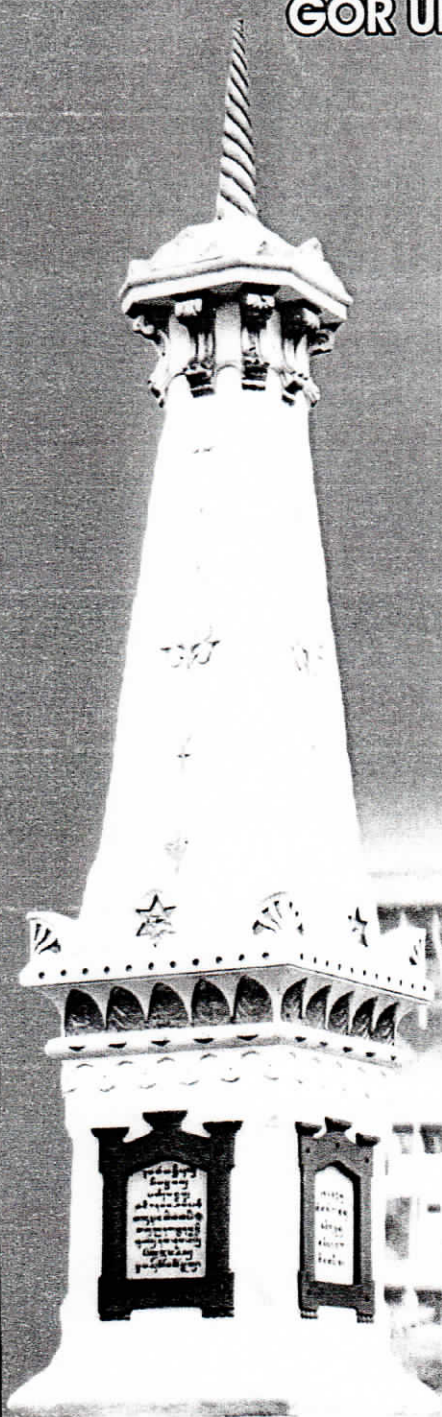


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Proceeding

INTERNATIONAL CONFERENCE ON SPORT GOR UNY, Saturday, 12th DECEMBER 2009

Theme The Development Of Sport Culture To be Indonesian Civilization



Faculty Of Sport Science
Yogyakarta State University



ISORY DIY



Ministry of Youth and Sport
Republic of Indonesia



Indonesian Sport
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THE EFFECT OF ANXIETY ON THE PERFORMANCE OF BADMINTON PLAYERS

By
Lismadiana
Yogyakarta State University

ABSTRACT

The anxiety among athletes deserved to be addressed because in reality the factor constantly influences the athlete's performance in the field. On one hand, we acknowledge that the anxiety is inevitable and should exist, but on the other hand it led to the failure of less optimum performance. As a result, the problem should be addressed immediately by those who have the competencies to handle it. The level of anxiety is closely related with the expectation of outcome and the willingness to get all the benefits promised to his/her. It represents a self-determination or self-commitment. Thus, a coach or sport psychologist should be careful in doing the observation, analysis and evaluation on the different specific traits, habits and willingness among the athletes.

Keywords: Anxiety, the performance, badminton athlete.

INTRODUCTION

In Indonesia, Badminton is the most popular sport in the society due to the fact that it gains the most impressive achievement in the international competition. The consequences of the achievement is that every player is required to accomplish the optimum achievement. It follows that both players and coaches are demanded to implement the training program in line with the recent sport development. The direction in the sport cannot be done instantly, instead it needs a long time. Perseverance, sacrifice and strong will as well as high motivation are needed to accomplish the optimum achievement.

Training represents the systematic sport activity done in a long period, improved progressively and individually and directed into the psychological and physiological characteristics of human to achieve the determined target (Bompa, 1994: 4). Badminton training should basically focus on the physical, technical and mental aspects to yield the optimum achievement. As a result, the guidance should be conducted systematically, and continuously.

The process of athlete guidance, starting from finding the candidate and then managing them through the regular and planned guidance as well as having them acquire the accurate technique and tactics. In addition to improving the physical, technical and tactical

aspect, psychological aspect should be considered as well for it contributes to the outcome both in the training and in the competition.

The existence of badminton clubs contributes to the optimum achievement since through the clubs the candidates are found and developed. However, the candidate develop unsuccessfully unless they participate in the competition both local and national.

The power map of badminton are almost evenly distributed, as proved by the different winner in every grand prix series. Indonesia relies heavily on men badminton players due to the lack of women player although in the field the assumption is rejected. In the competition of 2008 Thomas cup PBSI targeted that the final for the men player and semi-final for the women player due to the lack of women player. In fact, this suk semifinal mengingat keringnya prestasi di sektor putri. This assumption proved wrong. The achievement of women badminton surpasses the prediction, they competed until the final while the men players played until the quarter final.

This championship was due to the excellent mental condition among the players. There were some conditions which influenced the mentality or the morale among the athletes. Perhaps the most possible aspect of this morale is their motivation. Because they gained no medal for almost ten years, the women players were highly motivated to 'open' the championship. Susi Susanti, a tim manajer, seemed to give great contribution to the increase in morality and mentality among the women players. Susi Susanti is the one of the most excellent player in Indonesia who was involved in the achievement of last Uber Cup gained by Indonesia. With this role model, the player easily absorbed and internalized the motivation and winning attitude owned by Susi Susanti. Role modelling played important role in the motivation. According to Bandura, role model increases the attitude and behavior which in turn increases the motivation.

The second factor is the relatively weak load assumed by our players. Target represent two faces, in one hand, pre-determined target represents a load which creates tense and anxiety. The player unconsciously received this in their mind, if they failed, they would be punished, although the punishment was never materialized. On the other hand, target represent the positif motivation for the athletes to achieve.

In Psychological theory, target can be stated as goal setting. Goal setting will be effective if it is determined in accordance with the capability and the condition of the athlete. The highly unreasonable goal lead to tense and pesimistic in the part of the athletes. Ideally, the goal should be translated into the training process and is periodical in nature. Thus, the serial goal determined were done in short term, intermediate and long term.

Loehr (2007) in www.ruangpsikologi.com states 50 percent of performance is the outcome of mental and psychological condition. This assumption shows that in addition to skill and competency, mental and psychological aspects plays important role in the competition. Nevertheless, as stated in the previous article, the capability to control the psychological aspect in the competition is not an easy matter. One of the serious matter perceived by the sport doer is the anxiety. This feeling is not

only perceived by student in the school or college but also professional athlete. Although anxiety is mostly viewed as obstacle, in fact, it facilitates or support the performance, particularly in sports. Feeling anxiety before and during the competition is a common thing, and the capability to control and to maximize the anxiety is another thing. This is proved by the women athlete as previously discussed.

For the men player, the pre-determined target and the enthusiastic spectators in Istora, Senayan become the stressful moment for the men players. Recently this condition occurred in Grand Prix Indonesia Open in which no player gained the champion although in the prediction, the players should easily gain one or more champion. The Indonesian athlete also get poor result in All England 2009, no player went to the final. It represents the indication that the performance of Indonesian players continuously decreases. Even, two weeks after All England Championship, the athletes should compete in Swiss Open and they get no satisfying result. This is due to the weak physical condition, inaccurate tactics, low morale and lack of experience in the competition.

According to Suharno (1985: 2) the factors determining the accomplishment of optimum achievement are : (1) the physical and mental health condition, (2) shape and proportion of the body (3) physical and tactic capability (4) the mastery of technique (5) penguasaan taktik, (6) good personality (7) possessing the winning attitude. The problem may be due to the mentality of the athletes which became the obstacle to acquire the champion in the competition. Harsono (1988: 242) stated that the psychological condition is an important aspect, even it determines in the effort exerted by an individual or an athlete to accomplish the highest achievement. This includes the motivation, activation, frustration, hesitation, anxiety, ambition to win and other psychological aspects.

DISCUSSION

Anxiety is defined as the negative feeling signified by the apprehension, worrying condition and is followed by the increase in body system (Robert S. Weinberg 2003: 79). Put it simply, it refers to the activity and the increase in emotion condition (Bird, 1986). The increase and the activity are preceded by the apprehension on what probably happens. In the context of the competition, it is closely related with the opponents and the expectation of the athlete or others. The definition of anxiety according to Harsono(1988: 264) about anxiety is the feeling of frightened, apprehensive or worried because the self-defense is challenged.

According to Monti P. Satiadarma (2000: 95) anxiety, arousal, and stress are related to each other closely. Anshel (1997) cited by Monti P. Satiadarma (2000: 96) explained that anxiety describes the athlete's feeling that undesirable thing may occur. The undesirable things may be the poor performance due to the superior opponent, the failure to win the competition, the loss which makes the athlete humiliated by others, etc which then creates the chain of anxiety. This condition may positively influence the athlete, particularly those with lower self-confidence. The athlete then plays rigidly and confusedly with less controlled movement.

Before joining a competition, there is something happening commonly. The psychological condition of the athlete may be in a chaos. This is triggered by the situation and condition faced by the athlete. Not to mention, the competition is important enough for the athlete. The condition leads to the reaction on the part of the athlete, namely heavily sweating in hands and legs,

obstructed breath, trembling, dizziness, and vomiting. All of the conditions are signs of the increase in physical response due to the increase in the mental condition. Generally, it happens when the athlete feels anxious.

Anxiety is a common condition generally experienced by athletes. The raise of anxiety is preceded by the mental image of the possible happenings. In other words, there is a process of imagining done by athletes which precedes the raise of the anxiety. The image then unites with the perception, imagination and expectation on oneself.

According to Saparinah and Sumano Markam (1982: 23), anxiety may be reduce or increase the potency owned by an athlete. Pahlevi (1991) defined anxiety as a tendency to perceive a situation as a threat and influences the behavior. Handoyo (1980) defined anxiety as the emotional condition experience by an individual, a condition in which he feels tense without knowing the reason. This condition unpleasantly influences the athlete and leads to the change in the athlete's body, both somatic and psychological.

Put is simply, anxiety plays a significant role in the athlete's performance. According to reversed hypothesis, the performance of an athlete is better when the anxiety is higher. Nevertheless, when the anxiety level reaches some highest points, the performance reduces constantly, Daniawan in wordpress.com (2008).

According to Morris and Summers in Videman (2007), the sources of anxiety, in general, are classified into three: 1) the anxiety coming from the inner self, such as expectation and dreams about performance, the fear of failure, etc, 2) the environmental situation and condition, such as the pressure from the coach, the other team members, parent and supporter 3.) miscellaneous sources such as the guilty felt by an athlete, the fatigue, the inability to control situation.

The Types of Anxiety

It is important to note that the anxiety is interpreted in two ways, the anxiety experienced in some certain time, for example in the competition or the anxiety of athlete due to his personality which tend to feel anxious easily. (Gunarsa, 1989: 163).

a. Trait Anxiety

Trait anxiety is a predisposition to perceive the situation which threatens an individual. (Singgih D. Gunarsa, 2004: 74). According to Sudibyo Setyobroto (2002: 86) trait anxiety is the anxious feeling which represents the personal trait of individual. Trait anxiety is personal trait which is permanent (congenial trait). Athlete with "trait anxiety" usually shows the condition in which an athlete easily gets worried when facing various problems, particularly those related with his/her security and emotional security and as a result he/she shows his/her anxiety and fear. If an athlete basically has trait anxiety, the manifestation of his/her anxiety will be exaggerating and dominates his/her psyche. This represents the serious obstacle in doing the excellent performance.

Theoretically, an athlete who is dominated by trait anxiety may change the personality through the positive experience, such as gaining impressive achievement continuously. (Singgih D. Gunarsa, 2004: 75). However, this is not easy to achieve. Thus, it is possible an athlete who is potentially excellent in the sports may in fact fail to get the champion because of the anxiety he/she

experiences. Even, it is possible for the athlete to withdraw from the competition since the athlete cannot control the anxiety.

Monti P. Satiadarma, (2000: 96) defined trait anxiety as congenial anxiety, that is the personality factor influencing the individual to perceive the situation as containing the threat, or the threatening situation Robert S. Weinberg dan Daniel Gold, (2003: 79) stated that trait anxiety refers to the reversed behavior perceived as the threatening situation which is objectively unharmed and is responded with the unproportional anxiety. Individuals with higher trait anxiety may have relatively higher state anxiety in the competition.

If an athlete has a high congenial anxiety, he/she perceives the competition situation as the threatening situation and leads to the higher anxiety to him/her. This kind of anxiety is relatively constant as it is a part of individual's personalities which influences individual in interpreting a situation. Trait anxiety is the level of anxiety which is naturally brought by an individual. In this trait anxiety, the level of anxiety will be different in one person to another on the basis of the basic personality of the individual. For example, player A will be more relaxed in joining the national sport week, but the other athlete may be more frustrated and anxious although they both compete in the same competition. This is caused by the basic perception of an individual in viewing the source of anxiety.

b. State Anxiety

State anxiety refers to objective situation when somebody perceives the environmental stimuli, in this case is the competition, as something which triggers the anxiety. State anxiety represents an emotional condition in form of tension and fear which immediately present and is followed by the change the physiological condition (Singgih D. Gunarsa, 2004: 75). The raise of anxiety is signified by the lips movement, or wiping the sweat in the palm or the obstructed breath.

According to Sudibyo Setyobroto, (2002: 86) state anxiety is a specific symptom describing how an individual face the situation which obstruct the personal security, state anxiety has objective reference. Trait anxiety as an individual trait is permanent and will be obvious in some certain condition when the individual feels annoyed.

The effect of anxiety on the Athlete's performance

the stressful Athlete experience the impediment in doing the performance. But as soon as the competition begins, a certain level of anxiety is needed, in order that the athlete is prepared in doing his/her job. Without any tension, the athlete may be said "asleep" psychologically, thus he may not do well the job.

According to Gunarsa et al, (1989: 142) the tension should be present right before the competition as a sign of athlete's arousal to compete. The levels of anxiety required by athletes are different or individual in nature. Right before competing, the level of anxiety are relatively high and continually decreases with the performance. The tension surpasses the threshold leads to undesirable condition to the athlete. In sport, particularly in the competitive sport, the tension will

occupy the athlete and officials. The tension may be present before the competition or during the competition, and in turn the tension will obstruct the athlete's performance.

Anxiety influences both the physical and mental condition of an athlete. According to Morris and Summers 2007 (in www.ruangpsikologi.com), the sources of anxiety are classified into three as stated above.

D. Gunarsa (2004: 65) divided the impact of anxiety on the athlete's body, namely:

a. The impact of anxiety on the body condition

- The increase in heart beat, meaning the athlete Denyut feels a harder and quicker heart beat.
- The sweating in the athlete's palms. This normally happens to athletes of badminton, tennis, or table tennis who frequently changes racket position in the hand or try to dry the sweat with the clothes he/she is wearing.
- Dried mouth, causing the severe thirsty
- The disruption in the stomach and gastrointestinal, lead to the wound or vomiting.
- The shoulder and neck muscles become rigid. This rigidity is commonly found in the person experience stress.

b. The impact on the psyche

- The athlete easily get anxious
- The emotional arousal decreases, meaning the athlete becomes very sensitive, thus he/she quickly reacts or reversed.
- The concentration decreases thus, the ability the reason are hampered.
- The ability to recognize the ability of opponent reduces.
- The athlete is hesitate in making decision.

If an athlete is in such condition, his/her performance is hampered. This leads undesirable conditions as follows:

- The performance is difficult to control.
- The ability of timing for giving the reaction reduces.
- The coordination of the muscles is not in accordance with the intended movement. For example, he or she unable to regulate the hardness or the smoothness of the muscle contraction.
- There is wasteful in using the energy. In this case, the athlete easily get tired.
- The decision making tend to be in a haste and accurate.

Reducing the tension during the games or competition, the athlete may take several steps. Wadey and Hanton (in www.ruangpsikologi.com 2008) in their research, found four ways, including

1. to determine the target. For example, an individual or a team determines the target to acquire the pool, or achieve the semifinal or final. As soon as they compete in the game, the anxiety occurs. When the anxiety occurs, the research participants explain that the target make them focus on the process they go through to attain the target. Given that they remembered the hard condition in the training and all their sacrifice in the previous training, the individual or the team is able to control the situation of distract from the anxiety. To anticipated the failure, the

individual, both consciously and unconsciously controls and distract from the anxiety thus they experience the improving self-confidence. In the end, the performance is better.

2. to imagine what one will do in the competition. The research participant indicated that to attain the maximum performance, imagining what they will do may reduce the anxiety. The result showed that the anxiety will be less likely when individual recalls the similar situation that he/she previously experienced. For example, in the first game, team A whose members experience much anxiety before competing left behind in the first half, but in the second half they could reverse the condition and win the games. As the anxiety rises in the second half, the individual recalls the worrying situation of the first half. The self-confidence then increases and therefore the performance.
3. to talk with oneself. Though it seems strange and arrogant, talking positively with oneself, either loudly or silently will increase the self-confidence. The words, such as "I am the most excellent player", "I will bring my team into the champion" serves to increase and maintain the concentration in the competition. The results also showed that improving self-confidence is able to maintain the level of optimism on the positive final result of a competition. The optimism level is useful in facing the disadvantaged competition, such as when a team is left behind in the last minutes of the competition. It is the optimism which maintains the self-confidence and performance.
4. relaxation. When individual fails to control the anxiety (usually occurs in the first games of the competition) the way to reduce the anxiety is listening to music, taking a deep breath and warming up before the competition. Nevertheless, the most probable thing is that an individual is too relaxed that the level anxiety is very low. This sometimes proved disadvantageous to the player. According to Wadey and Hanton (2008) as well as Taylor (2009) the most excellent performance occurs in the condition in which the player is either in the most stressful condition or in the most relaxing condition.

The findings of Wadey's and Hanton's (2008) research supports the previous research concerning the psychological factor in a competition. One of the most negligible things is that the anxiety is not necessarily negative, even Hanton et al (2004) explained that in some sports, such as Rugby, anxiety is needed to attain the maximum outcome. Thus, the ability to control the anxiety before and during the competition lead to the desirable result.

CONCLUSION

The anxiety experienced by athlete during the competition serves as a vital factor in the attainment of the maximum achievement. As a result, it is imperative that the coaches identify the personality of the athletes. Ideally, the coaches are closed psychologically with the athlete thus the communication between both sides is possible. In addition, the coaches are supposed to implement the research findings concerning the anxiety in managing or directing the athlete to attain the maximum achievement.

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Sekretariat :
FIK UNY Jl. Colombo No.1 Yogyakarta
Telp. (0274) 513092
Email : Semorinter2009@gmail.com



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