

## Elaboration of the influence of anxiety and confidence levels on the achievement motivation of DIY archery athletes

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KEYWORDS	ABSTRACT
<b>Focus Motivation Influence Performance archery Self-confident</b>	<p>Archery is a type of sport that requires strong performance, good concentration, healthy immune system and many people are interested in their achievements. If you don't pay attention to anxiety or self-confidence, it will have a long-term effect. Writing the article aims to find out the description of the quality of the influence of anxiety levels and self-confidence on the achievement motivation of archery athletes. Soto evaluate and analyze athletes' perceptions regarding the quality of anxiety, the anxiety they receive from training, Efforts and strategies are needed to overcome the problem of self-confidence. The method used in this research is quantitative descriptive. This method can be used to analyze previous data to look for patterns or trends in the data. The number of research samples were 65 athletes. The instrument used in this study was a questionnaire/questionnaire in the form of a google form. The results in this study pay attention to the results that are owned in the quality of athlete's anxiety and confidence. anxiety during a race athletes agreed 68.8% and felt insecure the results agreed 62.5% and finished the race feeling anxious and mentally prepared was the best way. With the results agreeing 65% and athletes evaluating anxiety in the race 60% As for the 5th diagram, the focus is when athletes compete. The results of the statements agree 45% and strongly agree 35% with the results strongly disagree 10% statements also disagree 10% find that there is still a lack of strong mentality for junior archery athletes. qualitative approach, namely in the form of analysis of facts and the relationship between the phenomena being studied. The results of the study show that anxiety in the bodies of archery athletes affects the consistency of releases during competitions and exercises. To improve mentality and confidence when doing exercises and competitions, imagery and meditation exercises are needed.</p> <p>This is an open-access article under the <a href="#">CC-BY-SA</a> license</p> 

### Introduction

Sport is a physical activity to keep the body healthy and have strong performance (Weinberg & Gould, 2023). Sport aims to build a personality of national identity by creating quality sports coaching with human resources that can be used as an increase in

sportsmanship, discipline, responsibility and obtaining achievements in competitions, which are expected to be proud of(Gagola et al., 2016).

With the development of the era, sports achievements are becoming increasingly competitive. Becoming a champion is not an easy thing, because as an athlete you have to strive for the dignity and achievements to be achieved. It has been explained in Law number 3 of 2005 related to the existence of a National Sports System, it has been explained that, "sport is a form of part of the process so that a goal can be achieved in the development of national sports"(Ramadan et al., 2020). So that with this foundation, sports play an important role in aspects of society, nation and state. As a reference contained in the "National Sports System Law of 2005 article 34 paragraph 2 that, there are references divided into 10 points, consisting of: school training, early childhood training, competence, coaches, athletes, sports science and technology, the future, professional organizations as well as funds"(Damanik, 2016).

Archery was used as a hunting tool used for war and was used as a sport by members of the kingdom at that time(Dlis & Dlis, 2020). Archery also occupies a superior sport in Indonesia. In fact, in 2016 and 2017 in the SEA Games, archery won 4 gold medals for the State of Indonesia.(S. Nugroho, 2020). This is very proud and makes sports in the country, especially archery.

Archery is a sport that uses physical, strength and psychology as a reference(Kim et al., 2015). Archery in its application is carried out using bows and arrows(Faris & Elmer, 2015). This is done by shooting arrows with the help of a bow to reach the target or target to be shot at a predetermined distance(Prasetyo et al., 2020). Therefore, archery athletes are required to make each shot using consistent concentration and movement, so as to create good movement accuracy in archery.

Archery athletes in the process of achieving achievements in the field of sports are influenced by aspects that make it possible to achieve athlete achievements, namely, including physical aspects and mental aspects(Myssidayu, 2022). In connection with the two factors that can affect the increase in athlete performance, it is also related to the existence of costs which also aims to determine the success of an athlete in every coaching of an athlete.(Utami, 2015).

Athletes can be said to have high motivation if an athlete has the determination to continue practicing, is disciplined, and is responsible(Martens, 2012). While athletes who have low motivation are shown by only coming to practice some time. High achievement motivation apart from perseverance also comes from the interest and encouragement of those closest to us, especially parents(Murphy, 2009). Motivation to continue to achieve high is very important for an individual to have, especially high achievement motivation, which can be used as the

main basis for achieving a goal.(Zainudin, 2021). The achievement of an athlete is seen from the persistence of the athlete. Motivation from parents will be the biggest motivation that is satisfying for the athletes themselves, the sport and the pride of the parents in particular(Webb et al., 2020).

The main key in archery is to be consistent(Haywood & Lewis, 2013). Usually an athlete when facing a competition has signs of physiological changes such as fear, excessive anxiety, lack of confidence, haste, pessimism and so on.(Primary, nd). This is common when someone faces a competition with many people paying attention and focusing on an athlete. Judging from the psychological dimensions of children related to one's anxiety and self-confidence when facing a competition(Haq, 2016).

As we know that being an athlete, especially archery athletes, has a big responsibility. The main factor that becomes a record as an athlete is to minimize the mistakes that occur during the race(J. Nugroho et al., 2021). There is a stimulus that interferes with excessive self-confidence and anxiety, namely, the reduced confidence of an athlete in displaying his skills(Rieuwpassa, 2013).

External stimuli that can interfere with an athlete's concentration, namely the surrounding environment, coaches, spectators, competitions and other participants(Singh, 2022). Internal stimulus that comes from, his own feelings, excessive fear of injury and so forth(Marks, 2013). Situations like these become threats that are expected to bring change to make conditions even better.

Anxiety is a normal psychological aspect experienced by everyone(Rahayu, nd). However, if an athlete experiences this, it can reduce the athlete's performance when facing a competition. Anxiety is divided into two aspects in athlete performance, including 1) physical which includes, stiff muscles, racing heart, cold sweat, and irregular breathing. While the second aspect is psychological which includes emotions, anxiety, disturbed concentration and so on(Alficandra et al., 2021). So that with a competition, an athlete must have good performance, mental and psychological readiness to face competition and competition.

Therefore, based on the background of the problem, in Knowing the description of the quality of the influence of anxiety levels and self-confidence on the achievement motivation of

archery athletes is one of self-confidence and excessive anxiety that affects archery achievement. So, by writing this article, it aims to find out the description of the quality of the influence of anxiety levels and self-confidence on the achievement motivation of archery athletes. Based on this research, it is hoped that archery athletes can focus and concentrate more on the competitions and championships that are being fought for, so that by maintaining performance, being focused/having high concentration, and being calm, archery athletes can achieve the expected achievements.

## **Method**

Descriptive quantitative research is research that draws conclusions by monitoring, observing, and describing the number of samples based on phenomena that occur during the study (Son, 2015). Descriptive quantitative research is research with a design to visualize a research result (Ramdhan, 2021:7). Meanwhile according to (Jayusman & Shavab, 2020) Descriptive quantitative research aims to find information, goals to be achieved, how to approach it, and collect various kinds of data as a reference for making reports until to the conclusion that descriptive research is done by seeking information relation to the symptoms that exist to reach the goal. The main method between descriptive research and other research is that this research is more focused on answering problems that existed at the time the research was carried out, or there were significant problems/events that still arise. (Black, 1999). This study aims to describe the situation precisely and accurately, not to look for a relationship between the independent variable and the dependent variable or to compare two or more variables to look for a causal relationship. (Ratna Wijayanti Daniar Paramita, 2018). The method used in this study is a descriptive quantitative study. Descriptive investigation is an investigation that investigates a situation, situation, or other event and then presents the results in the form of an explanatory investigation report that uses quantitative methods because it uses numbers, from data collection, data interpretation and results. (Hussin et al., 2014). Based on understanding in research came to the conclusion that, descriptive research is carried out by seeking information in relation to existing symptoms achieving a clear goal of how the researcher approaches and collects different kinds of data such as material to be made a report. This research is expected to find out the quality description of the effect of anxiety and self-confidence levels on achievement motivation of archery athletes who use the media through the Google form in the form of a questionnaire that is distributed

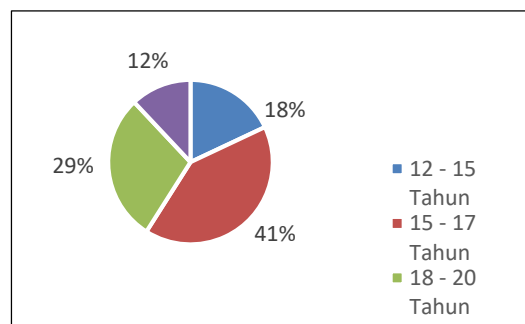
via the WhatsApp group for 3 months. Starting in August-October 2022, after obtaining all the necessary data, grouping is carried out.

## Results and Discussion

Based on this research, the quality of the influence of anxiety levels and self-confidence is an important factor in determining the success of athletes. This study found that athletes who have low anxiety with high self-confidence tend to have better results than athletes who have high quality anxiety. This suggests that the quality of athlete anxiety can play an important role in determining athlete success. In addition, this study also found that low quality anxiety in competing athletes can increase athlete motivation and self-confidence, which in turn can improve athlete score results. This research uses quantitative descriptive which focuses on the results of statements in the form of grouped questionnaires. The sample used in this study were 65 athletes with the instruments used in this study using a questionnaire.

The results showed that anxiety was divided into 3, namely: Personal anxiety is communication aimed at a single target such as when individual complaints, group anxiety is aimed at mix team complaints, and mass anxiety is anxiety aimed at when many spectators are watching during the race. From the final results regarding anxiety, namely attitudes and behavior during the race, according to or not in accordance with the desired result score.

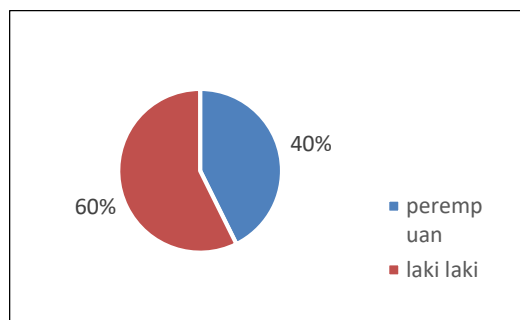
In the results of data descriptions of the effect of anxiety levels and self-confidence on achievement motivation of archery athletes, with a diagram based on research as follows:



**Figure 1. Overall Questionnaire Results**  
DIY Archery Athlete

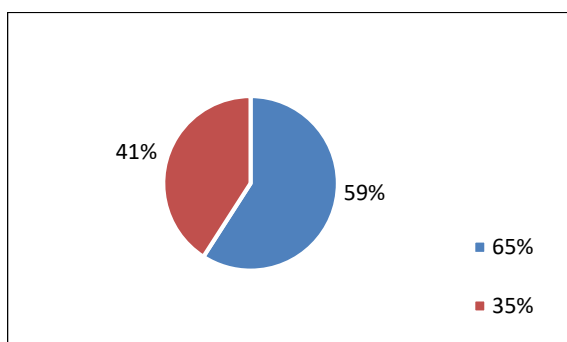
Based on the results of the data in Figure 1, there are filling results there are ages 12-14 years 18% and results for ages 15-17 years 41% with ages 18-20 years 29%, then ages 21-

25 years 12%. Based on the results that answered the statement, the most in the questionnaire were the ages of 15-17 years.



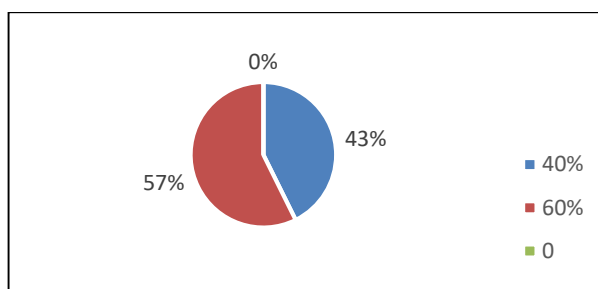
**Figure 2. DIY Archery Athlete Questionnaire Results**  
Based on Gender

Based on the results of the data in Figure 2, the sex in the quality of anxiety and confidence of athletes who answered the statement the most was male 60%. This is because men become trainers more often than women 40%. In addition, men are also more likely to have a more dominant role in the quality of athlete-coach communication



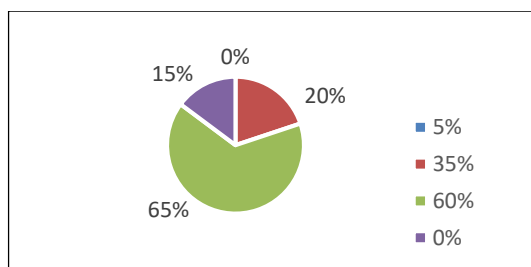
**Figure 3. Results of the Anxiety Questionnaire**  
Communicate openly At Coach 65%-35%

Based on the results of the data in Figure 3, the diagram above with the results of anxiety in communicating openly to coaches gets results, because I believe that by communicating openly we can more easily achieve the goals set during the race. With the results agreeing 65% while the results strongly agree 35% then two results 0% namely strongly disagree and disagree with the statement. Anxiety through open communication allows coaches to share ideas and exchange useful information, and helps create agreements that put athletes at ease. In addition, anxiety through open communication can also help and create situations that are more conducive to learning and developing in preparing mentally



**Figure 4. Confidence Opinion Questionnaire Results**  
in Communicating with Trainers 60%-40%

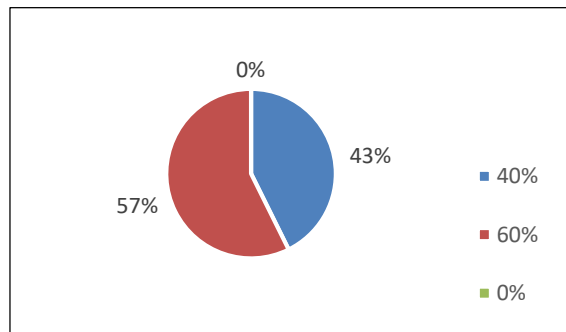
Based on the results of the data on Figure 4 above, that the opinion of confidence in communicating with the trainer is a result of agreeing 60% while the results strongly agree 40% then two diagrams result 0%. As a coach, listen to every opinion given by athletes. In this way, athletes can identify problems and find the right solution for any problems that arise. Apart from that, you must also ensure that any opinions expressed by athletes are respected and taken seriously. If you feel that the opinion expressed by the athlete is not relevant to the goals of the team or that many ideas have already been put forward, you must inform the athlete in a polite manner. Thus, the coach can ensure that every opinion given by the athletes is given due attention and consideration



**Figure 5. Results of the Questionnaire Solving Anxiety and**  
Confidence Through Exchanging Opinions 60%-35%

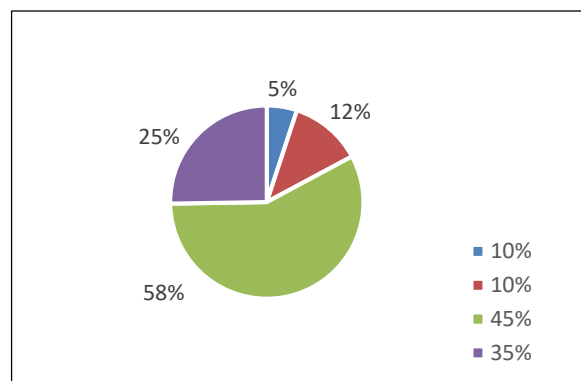
Based on the results of the data in Figure 5 above, solving feelings of anxiety and self-confidence through exchanging opinions can solve a problem anxiety and exchanging opinions is one of the best ways. With 60% agreed results, 35% strongly agreed results, then 5% strongly disagreed results, 0% disagreed. This means that problem solving and confidence through exchanging opinions is the key to reaching a successful solution. By listening to

different thoughts and perspectives, we can find appropriate and effective solutions to the problems at hand. It will also help improve the relationship between coaches and athletes building collective awareness. In this way, we can reach the desired agreement, and problems can be resolved safely and effectively



**Figure 6. Athlete and Coach Communication Questionnaire Results**  
60%-40%

Based on the results of the data in Figure 6, there are athlete and coach communication relationship diagram, the importance of communication in Exercise 60% agree, then athletes need to be paid attention to by the coach in order to facilitate the delivery of communication in the process of training and competitions so that the goals of training can be achieved 40% Strongly agree communication is a very important component in supporting the enthusiasm of athletes in training and competitions. Then there are the results of the diagram 0% strongly disagree and disagree. I am very happy to be able to finish this program thanks to the advice and motivation from the coach. Effective communication with the coaches has helped me to overcome this race anxiety successfully and not feel a lack of confidence. I am also satisfied with the scores I have obtained during competitions and practice.



**Figure 7. Results of Discussions between Athletes and Coaches**  
60%-40%



Based on the diagram above in the statement, athletes happy to engage in discussions with trainers. Concerning anxiety and confidence in athletes should be part of the coach's responsibility, therefore formal communication with athletes must be seen at the right time and place and so should discussions with athletes. The results in the statement agree 45% and strongly agree 35% with the results strongly disagree 10%, the statement also disagrees 10%. helps coaches to understand the anxiety and self-confidence experienced by athletes. These topics are deeper and enhance the athlete's ability to solve problems. Discussion of anxiety and self-confidence experienced by athletes also allows athletes to get input from coaches and share ideas with others. Discussions also help athletes to interact with others and make mental communication better.

## **Discussion**

Achievement readiness also affects the psychological condition of an athlete. Anxiety and self-confidence are the main factors for coaches so that athletes get used to facing matches, so that by doing matches frequently, they will get used to not experiencing psychological disorders and disrupting concentration factors. (Permatasari & Kafrawi, 2019).

Mental readiness and mental stability are the most important factors needed to achieve achievement. Indirectly, with good mental readiness and mental stability, it will make it easier to face the competition (Ismail, 2022). Confidence can affect humans, this depends on interpersonal relationships and trust (Puspitasari et al., 2012).

High trust is an important personality aspect for life (Hurley, 2011). Confidence is believing and believing in their abilities and having realistic expectations even if their goals cannot be realized/achieved, they will think positively, be broad-minded and be able to accept it. (Prime, 2019). Consistent with the statement (Komarudin. (2013), n.d.) which states that "Athletes who have self-confidence, will always think positively to bring out the best and allow confidence to arise in themselves that they are capable of doing so that their appearance remains good".

Confidence is the main key for athletes in achieving their achievements, when athletes have the confidence to continue to think positively to give the best results (Hardy et al., 2018).

This allows for the emergence of self-confidence in a person to be able to perform a good performance as well.

Meanwhile, people who have high confidence have the following characteristics, always optimistic, selfless, happy, cheerful, diligent and not dependent on others (Damayanti, 2020). Dependence on the judgments/perceptions of other people is also a characteristic of people who are not confident in their abilities (Chui & Grieder, 2020). Here are some aspects of forming a person's self-confidence, namely in the form of optimism, independence, caring, tolerance and ambition. High self-confidence can make a meaningful contribution in life, especially one's self-motivation (Maryati, 2009).

Anxiety is a condition in which a state of anxiety, stress is felt by an athlete due to an increase in negative emotions, so that it can affect the perception of a match situation (Pradipta, 2007). Anxiety is a form of a close relationship between athletes' conditions such as negative thoughts, player readiness, thoughts of self-satisfaction and so on (Burton & Raedeke, 2008). Anxiety in the form of adaptive behavior is carried out when facing a match or performance with many eyes fixed on someone (Wells, 2011). If someone can go through the competition itself then athletes can relax and the anxiety that appeared earlier is no longer a barrier to competing.

It is hoped that for an athlete, when competing in addition to being physically and technically prepared, psychological conditions are also very much needed and prepared, because with this an athlete can face problems, pressure and responses when competing (Maulana & Khairani, 2017). There are psychological factors consisting of structure and function in several aspects, including motivation, emotion, self-confidence and several other psychological aspects (Cheng et al., 2009).

High achievement motivation is a determining factor in success in learning and practicing (Asmus Jr., 1986). Motivation can also be interpreted as a way to increase the existence of a proud achievement, but it is also inseparable from the desire, effort and strong determination to achieve success itself (Pieter, 2017).

Motivation is also interpreted as a strong urge. This urge is derived from the movement between the soul and behavior to continue doing something/doing (Pieter, 2017). While there is a motive, motive here is likened to a driving force which means a stimulus that can move a person to take an action or behavior to achieve a certain goal (Sisca et al., 2020).

High achievement motivation is usually influenced by mental health and positive thinking (Alschuler, 1973). Therefore, athletes prioritize the presence of extrinsic motives, that is, practitioners who make it possible need to be given knowledge related to the motivational

climate to parents, coaches and others who aim to develop tasks that involve a climate.(Amaliyah & Khoirunnisa, 2018). Here there are indicators of motivation in research that refer to(Ginancar, 2018)namely, as follows:

1. There is a dimension of need for achievement covering four indicators including the need to develop creativity, the need to improve abilities, the need to achieve high achievements, and the need to work effectively and efficiently.
2. The dimension of the need for affiliation which consists of three indicators includes the need to be accepted, the need to establish good relations with employees and the need to participate and work together.
3. The dimension of the need for power which consists of three indicators includes the need to exert influence, the need to develop power and responsibility as well as the need to lead and compete.

High achievement motivation apart from perseverance also comes from the interest and encouragement of those closest to us, especially parents(Heckhausen, 2013). Motivation used for high achievement is important for an individual to have, moreover high achievement motivation can be used as the main basis for achieving a goal(Atmini, 2017). The achievement of an athlete is seen from the persistence of the athlete. Motivation from parents will be the biggest motivation that is satisfying for the athletes themselves, the sport and the pride of the parents in particular(Christenson et al., 2012).

Based on the existence of several expert opinions in particular and according to(Dal et al., 2018), it was concluded that the existence of motivation is a strength or encouragement from within humans that can be influenced by various factors. Factors that are intended and influential in one's own motivation, include external factors as well as factors from within humans to help and realize the goals to be achieved(Kline, 2014). So with the motivation of athletes, especially from parents, it can help to encourage an athlete to train diligently and diligently, so that high achievements can be proud and desired.The quality of athlete anxiety and self-confidence is an important aspect of successful training and athlete achievement(Hardy et al., 2018). Effective communication between athletes and coaches will enable coaches to provide the right direction to help athletes achieve their goals. So that it is

possible that bad anxiety can hinder the development of athletes and prevent athletes from achieving their goals.

Some of the factors that affect the quality of anxiety and confidence between athletes and coaches are openness, trust, and communication skills (Saiti, 2014). Transparency is the ability to openly and honestly talk about any problems an athlete has during a race (Benson et al., 2016). Coaches should give athletes space to talk about their problems when scores drop (Beckmann & Elbe, 2015). Athletes should feel comfortable speaking openly and honestly with coaches when trailing behind in an individual race.

Confidence is a very important factor in the quality of communication between athletes and coaches (Olusoga et al., 2012). Athletes must have trust and respect for coaches. The coach must build a strong relationship with the athlete to build trust. Confidence skills are used to speak clearly and effectively, so the coach must be able to use language that is appropriate and easy to understand (Parsloe & Leedham, 2009). In addition, the coach must be able to listen carefully and provide an appropriate response and assist the athlete. Thus it can be concluded that there is a quality effect of the level of anxiety and self-confidence on the achievement motivation of archery athletes.

## **Conclusion**

Based on the results of the analysis, it can be concluded that there is a significant relationship between aspects of self-confidence and anxiety ahead of archery athlete competitions in particular. So we need motivation and encouragement from outside and within, especially from our own parents. Motivation from parents becomes strength and will be the biggest and most satisfying motivation for the athletes themselves, the sport and the pride of their parents in particular.

Effective self-confidence allows athletes - coaches to understand each other and build respectful relationships. This helps increase productivity and increases motivation. Effective self-confidence also allows athletes and coaches to express opinions, give and receive feedback, and make decisions together. To establish effective communication, athletes and coaches must ensure that they speak openly and honestly, respect different opinions, and respect and value one another.

The quality of anxiety and confidence in archery athletes in the Special Region of Yogyakarta. Anxiety in communicating openly with coaches agree 65% and issue a confident opinion with the coach an outcome agrees 60% and complete a solution to anxiety and exchange opinions is one of the best ways. With the results agreed 60% and coach the importance of discussion in training 60% The fifth diagram is discussing with athletes. The

results in the statement agreed 45% and strongly agreed 35% with the results strongly disagreed 10% as well as those who disagreed 10% helped the coach to understand the topic deeper and improve the athlete's ability to solve problems. Discussions also allow athletes to get input from coaches and share ideas with others. Discussions also help athletes to interact with others and develop better communication skills.

Advice that can be given based on this research is that as a coach it should help athletes overcome the problems of confidence and anxiety experienced by archery athletes, especially when facing a competition. Here are ways to overcome self-confidence and anxiety in athletes, namely as follows:

- 1) Recalling the efforts that have been made to achieve high and proud achievements
- 2) Reawakening the ideals and successes that have been and will be achieved
- 3) Always think positively and believe in your own abilities
- 4) Don't worry too much about mistakes that have been made

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