

Self Efficacy as a Buffer Against Competitive Anxiety: Self Efficacy and Competitive Anxiety in Sport Competition

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Keywords

Self efficacy, Competitive anxiety, Athlete

Abstract

Competitive anxiety and *self-efficacy* are two important factors in influencing athlete performance. *Competitive anxiety* is a negative reaction felt by athletes in the face of a match and perceived as a threat. While *self efficacy* is a person's belief in their ability to perform a specific task. This study aims to determine the relationship between *self efficacy* and *competitive anxiety* in volleyball athletes in Gunungpati District. This research is a correlational quantitative study. The sample of this study amounted to 60 subjects with the characteristics of volleyball athletes who have participated in matches and live in Gunungpati District. The sampling technique used in this study was a convenience sampling technique. Data collection tools using the SKO scale (Sports Anxiety Scale) totaling 22 items with a reliability coefficient of 0.757, and the ASES scale (*Athlete Self Efficacy Scale*) totaling 16 items with a reliability coefficient of 0.768. The results of this study indicate that there is a significant negative relationship between *self efficacy* and *competitive anxiety* in volleyball athletes in Gunungpati District with a correlation coefficient of -0.476 and significance ($p < 0.025$).

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INTRODUCTION

Volleyball is a team sport played by two teams, each team consisting of six people, where each team is separated by a net. In playing volleyball, an athlete is required to provide optimal performance in every match. The best performance and success when competing are influenced by several aspects. Adisasmito (in Rahayu & Mulyana, 2015) states that 80% of the success and achievements obtained by athletes during the match are influenced by psychological aspects and 20% are influenced by other aspects such as physical ability to technique.

One of the problems that is often felt by an athlete is anxiety. Anxiety in sports according to (Gunarsa, 2008) is the emergence of feelings of worry about something that has not happened during the match, such as poor performance, pressure from outside the field such as shouts and reproaches from the audience against the player. According to (Cox, 2012) *competitive anxiety* is a negative reaction felt by individuals when facing a match which is characterized by symptoms such as negative emotions as a result of individual thoughts about the match situation.

The impact of anxiety Setiawan, et al (2022) is divided into two, namely positive and negative. The negative impact of anxiety is that focus and concentration are disrupted, anxiety causes physical symptoms such as increased heart rate, muscle tension, and decreased coordination thus hindering performance, in addition to causing psychological impacts such as self-doubt, negative thoughts, and lack of confidence. The positive impact of anxiety can increase the pressure to perform well. According to (Cox, 2012) there are several factors that influence anxiety such as fear of failure, fear of physical injury, and fear of social judgment.

Belief in one's own abilities is often called *self-efficacy*. According to (Husdarta, 2010) the self-efficacy that athletes have can be used to improve their performance, reduce the level of anxiety that arises before the match. The decrease in anxiety felt by athletes can reduce the level of pressure from match conditions. Based on Bandura's theory (1997) *self efficacy* is a person's confidence in their ability to complete a task or obstacle to produce an expected result. *Self efficacy* can affect a person's cognitive abilities and actions so that everyone has different actions in dealing with problems.

The research findings seem to strengthen the assumption that *self efficacy* affects the high-low *competitive anxiety*. So the researcher interested in conducting research with the aim of knowing the relationship between *self efficacy* and *competitive anxiety* in volleyball athletes in Gunungpati District. The urgency of this research includes the first, there is no literature that in detail measures the relationship between *self efficacy* and *competitive anxiety* in volleyball athletes. Second, the results of this study are expected to contribute to the development of future psychological theories.

METHODS

This research is a correlational quantitative research. Correlational quantitative research studies the extent to which a variable is related to one or more other variables based on the correlation coefficient (Azwar, 2018). This research can obtain information about the relationship that occurs, not about the presence or absence of the effect of one variable on another.

There are two variables in this study, namely the dependent variable and the independent variable. The dependent variable in this study is *competitive anxiety*. *Competitive anxiety* is a negative condition characterized by the emergence of feelings of worry, anxiety, which is caused by athletes thinking of unwanted things such as superior opponents, playing badly and ending the match with defeat. The independent variable in this study is *self efficacy*. *Self efficacy* is a person's self-confidence in their ability to complete a task or obstacle to produce an expected result.

The sample in this study amounted to 60 people with the characteristics of volleyball athletes in Gunungpati District and had participated in matches or competitions. The sample technique used

in this study is a convenient sample technique which is used in this study, included in the type of non-probability sampling. Convenient sampling technique is a non-random test sampling technique by taking data from a group of individuals available to researchers to be used as research samples and data is taken at that time (Purwanto, 2016). The method used in distributing research scales online using Google Form.

There are two instruments used for data collection, namely the Sports Anxiety Scale (SKO) and Athlete *Self efficacy* Scale (ASES). The Sports Anxiety Scale (SKO) was developed by (Amir, 2013) based on four aspects namely motor, affective, somatic, and cognitive. The number of SKO items is 22 items with a reliability of 0.757. While the Athlete *Self efficacy* Scale (ASES) scale was developed by (KOÇAK, 2020) based on four aspects namely sports discipline efficacy, psychological efficacy, professional thinking efficacy, and personality efficacy. The number of ASES items is 16 items with a reliability of 0.768. The data analysis used is the Pearson Product Moment correlation data technique, which is a Parametric Statistical technique to find the correlation of two variables.

RESULT AND DISCUSSION

Based on the analysis that has been carried out, there is descriptive data from this research. Descriptive analysis is carried out with the aim of providing a description of the research subject based on the research variable data obtained from the subject group that has been studied. The criteria used in this study use categorization based on the normal distribution model. Descriptive analysis is presented in the form of the following table.

Table 1 *Self efficacy* categorization

Interval	Categorization	Frequency	Percentage
$X < 51$	Low	16	5%
$51 \leq X < 81$	Medium	41	68,3%
$81 \leq X$	High	3	26,7%
Total		60	100%

Based on the table above, it can be seen that *self efficacy* in volleyball athletes from a total of 60 subjects obtained data with details as many as 3 subjects (26.7%) were in the following categories in the high category. A total of 41 subjects (68.3%) were in the medium category, and 16 subjects (5%) were in the low category.

Table 2 *Competitive anxiety* categorization

Interval	Categorization	Frequency	Percentage
$X < 37$	Low	1	1,7%
$37 \leq X < 59$	Medium	13	21,7%
$59 \leq X$	High	46	76,7%
Total		60	100%

Based on the table above, it can be seen that *competitive anxiety* in volleyball athletes from a total of 60 subjects obtained data with details of 46 subjects (76.7%) in the high category. A total of 13 subjects (21.7%) were in the medium category, and 1 subject (1.7%) was in the low category.

Hypothesis testing was carried out in this study. Hypothesis testing is carried out to determine the probability that the hypothesis is supported by empirical facts or data. Hypothesis testing in this study used Pearson product moment correlation technique. The technique is used to test the relationship between *self efficacy* variables and *competitive anxiety*.

Table 3 Hypothesis Test Results

<i>Self efficacy</i>	Pearson Correlation	1	-.476**
	Sig. (2-tailed)		.000
	N	60	60
<i>Competitive anxiety</i>	Pearson Correlation	-.476**	1
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at 0.01 level (2-tailed)

Based on the results of the Pearson product moment correlation hypothesis test, it can be seen that the *self efficacy* and *competitive anxiety* variables have a significance value of 0.00. So it can be concluded that H_a is accepted, namely that there is a relationship between *self efficacy* and *competitive anxiety* in volleyball athletes in Gunungpati District because the significance value shows the number $0.00 < 0.025$. Based on the table above, it can also be It is known that the correlation coefficient (r) value is -0.476. From this value, it can be seen that the relationship between the *self efficacy* variable and *competitive anxiety* is negative.

In line with the results of research conducted by (Selviana & Dwi, 2022). The results showed that the higher the self-efficacy possessed by the player, the lower the anxiety when facing the match. Conversely, the lower the self-efficacy of the player, the higher the anxiety when facing the match. According to research from Safitri & Masykur (2017). The results of the study show that low self-efficacy will make anxiety in athletes increase even though self-efficacy is not a persistent genetic trait. Self-efficacy develops over time and through experience. The development of such beliefs begins in infancy and continues throughout life.

Based on some of the research that has been mentioned and the results of the analysis of this study, it can be concluded that *self efficacy* is one of the factors that can reduce *competitive anxiety* in athletes. It can also be concluded that the relationship between *self efficacy* and *competitive anxiety* is negative, which means that athletes who have high *self efficacy* make *competitive anxiety* low, and vice versa if athletes with low *self efficacy* have high *competitive anxiety*.

This study has several limitations, things that are limitations in this study are the lack of references to previous research that specifically measures the relationship between *self efficacy* and *competitive anxiety* variables to strengthen the results of the study, there are no specific scales with culture and characteristics to measure *self efficacy* and *competitive anxiety* variables, subjects are not controlled for demographic factors of gender, the number of tournaments participated in and the length of time being an athlete.

CONCLUSION

Based on the research results that have been presented by researchers, several conclusions can be drawn, namely that there is a significant negative relationship between *self efficacy* and *competitive anxiety* in athletes.

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