



## The Relationship Between Religiosity and Performance on Competition Anxiety Among Male Basketball Athletes of the POPDA Team in Brebes Regency

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### Abstract

Competition anxiety in basketball athletes can be influenced by poor performance. Good performance can boost self-confidence, thereby reducing anxiety before a match. Religiosity is another factor that may alleviate competition anxiety. This study aims to examine the relationship between religiosity and performance on Competition anxiety among male basketball athletes of the POPDA team in Brebes Regency. The research employs a correlational quantitative approach with total sampling technique. Data were collected using questionnaires for religiosity and anxiety, as well as performance tests (physical and technical skills). The results indicate: A strong correlation between religiosity and anxiety ( $r = 0.678$ ;  $p = 0.05$ ). A strong correlation between performance and anxiety ( $r = 0.788$ ;  $p = 0.00$ ). Simultaneously, religiosity and performance significantly influence anxiety ( $F = 124.637 > F\text{-table} = 3.81$ ;  $p = 0.00$ ). Partial t-tests further confirm that both religiosity ( $t = 3.841$ ) and performance ( $t = 2.595$ ) positively and significantly affect anxiety. Overall, 75% of anxiety variability is influenced by religiosity and performance. Showed that religiosity and athlete performance had a significant role in reducing male basketball athletes' match anxiety. Higher levels of religiosity and better performance were strongly associated with lower levels of anxiety prior to competition. Together, these two factors accounted for 75% of the variability in athletes' anxiety levels, highlighting their substantial combined impact.

### How to Cite

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## INTRODUCTION

Sports are activities that need to be done to maintain fitness and health, both physically and mentally. Sports can be done every day individually, in groups, or by participating in certain sports. Basketball is a team sport that is increasingly popular with all groups, both teenagers and adults, men and women. Basketball requires skill, focus, and good cooperation between players. The various benefits obtained from basketball include physical, mental and social growth. Like other sports, the goal of basketball is to achieve maximum performance (Hardiansyah et al., 2019).

In basketball, there are two teams, each with five players. The goal of the competition between the two teams is to score as many points as possible by putting the ball into the opponents' ring. Many basketball leagues, including the Indonesian Basketball League (IBL), the National Basketball Association (NBA) in America, and the British Basketball League (BBL) in England, hold competitions every year. Basketball can be played indoors in a confined environment or outdoors on an open field. International basketball standards regulate four rounds of play, each lasting 10 minutes (4 x 10 minutes), interspersed with a 10-minute break (Arifin, 2024).

Basketball not only trains physically but also mentally. Basketball is one of the competitive sports, factors that can influence achievement are performance and psychological factors. Problems often experienced by basketball athletes are related to mentality, namely anxiety. Anxiety results in a decrease in athlete performance which ultimately results in failure in a match. Furthermore, anxiety is a kind of restlessness, worry and fear of something that is unclear and has detrimental characteristics. The definition of desire as a tendency to prepare a situation as a threat and will affect behavior (Hardiansyah et al., 2019).

Competition anxiety is a feeling of worry, fear, and discomfort when a match is considered dangerous or scary. Athletes can feel anxious about a match even before the match starts. This is caused by the shadow of the weight of the task or match that will be faced. Anxiety levels usually decrease during the match, but in matches that last a long time, anxiety levels usually increase. Towards the end of the match, anxiety levels usually increase again, especially if the score is not balanced (Arifin, 2024).

Anxiety also arises due to fear that will

be started negatively by the large number of spectators which is one of the threats to the athlete's self-esteem. Anxiety caused by intrinsic factors includes; poor performance due to fear and failure, lack of experience or flying hours, while extrinsic factors come from opponents, teammates, spectators, match facilities and infrastructure, coaches, referees, and family. Physical, psychological, environmental and other factors can also affect the process of achieving an achievement. Anxiety can affect an athlete's performance in a match (Putri et al., 2023).

People who experience high levels of anxiety without being accompanied by self-confidence may experience decreased performance. Furthermore, one of the factors that can affect an athlete's peak performance is that related to the athlete's condition, namely anxiety (anxiety) in competing; fear of injury, fear of being legal, fear of losing, etc. 40 The impact of anxiety and tension on an athlete's performance will have bad consequences. If the level of anxiety is high, it will affect muscle tension which also affects technical ability, physical and appearance (Jumrotul 'aqobah & Rhamadian, 2022)

One of the factors predicted to influence an athlete's anxiety in competing is the level of religiosity. Religiosity is an obligation in religion, which is considered as the validity of religion, meaning that what a person does is a form of belief, namely how feelings and experiences are understood by a person in their religion, and how each individual lives and is driven to do something based on the religion they believe in (Iskandar et al., 2023).

Religiosity is a very important and dominant aspect for Indonesia, where the majority adhere to the religions and beliefs they believe in. Religiosity is seen as able to overcome anxiety in athletes, because it relies on the values and norms they believe in. Religiosity originates from religious values that are applied in good and correct behavior by religious followers (Utama & Wahyudi, 2016). Religiosity is realized through belief in God, through action (Pajarianto & Irham Zainuri, n.d.)

Religiosity comes from religious values that are applied in good and correct behavior according to the religion adhered to by its adherents. Religiosity is manifested by belief in God, carrying out religious rituals and applying the teachings of the religion adhered to in social life. Religiosity is deemed necessary to be added to religiously based psychotherapy in curing mental illness. Religiosity was chosen because no serious psychological barriers were found in

devout religious adherents, even with their piety they can control their souls so that contemporary psychologists have failed to find serious barriers in their souls. Religiosity can be seen when a servant carries out activities related to spiritual power, not only when a servant performs worship. Therefore, all types of activities or activities carried out by a person, whether activities that seem religious or not, the dimension of religiosity is always involved in it (Wijayanti & Hartini, 2019).

Performance is something that is very important for a basketball athlete in achieving success. According to (Piermattéo et al., 2020) Athlete performance is a multifaceted concept that involves measurable physical and mental achievements in sports. Although generally assessed through certain metrics, its definition and evaluation can vary greatly depending on the context, making standardization an ongoing challenge in sports science and practice. Performance can also be referred to as performance, which can be interpreted as things that you want to achieve, achievements shown, and a person's abilities (Gunarsa, 2004 in Indraharsani & Budisetyani, 2018). According to (Putri et al., 2023) Sport performance is the ability and appearance of athletes in a competition or race, either individually or in groups.

Based on the explanation above, it is concluded that performance is the physical or technical ability of an athlete or the appearance shown by an athlete in a match, according to what is learned in the training process or learning process to achieve achievement.

Basketball has basic techniques that must be mastered, these basic techniques are one of the fundamental factors of an athlete's performance. Mastery of basic techniques in the game of basketball is important to improve individual quality in order to support team play. Mastery of basic techniques is also very important for every player in addition to tactical abilities in the game so that performance in playing can run well. In basketball itself, there are several basic techniques that must be mastered to support the individual abilities of players, namely: dribbling, passing, shooting, rebounding, and pivoting. (Susanto & Nurharsono, 2022)

According to (Nurrochmah & Laksono, 2024). basketball needs to have good mastery of several basic skills in the game, the basic skills in question are dribbling, shooting, and passing. These techniques are the foundation of the game, and a good understanding can improve the team's performance and strategy in the match.

Good aerobic endurance is the main

capital in the game of basketball. During the game, athletes must consistently maintain their performance from the beginning to the end of the match. In addition, there are specific movement skills that basketball athletes must have, namely; dribbling, shooting, passing. Thus, the athlete's aerobic endurance must be at a good level to play in 4 full quarters and display good playing techniques without experiencing fatigue and loss of concentration. (Zulkarnain Satwiko & Anita Kumaat, n.d.)

Athletes and coaches see competitive emotions and, in particular, performance anxiety as one of the most important factors that may affect the results of sports competitions. This emotion has attracted great interest and even today continues to raise many questions. While positive emotions are generally considered to be very helpful for athlete performance, the relationship between negative emotions, and in particular competitive anxiety, and performance seems less complete. As a phenomenon that can hinder performance for them, namely, anxious athletes are fragile athletes. (Palazzolo, 2020)

The perspective according to (Datu et al., 2021) Psychotherapists believe that there is a relationship between competitive anxiety and performance. can be directly proportional and, moreover, can go both ways, as systematically observed in the general population.

Sport psychologists, coaches, and other professionals should consider the importance of religious beliefs and help religious athletes practice positive religious coping (e.g., religious social support or religious meditation) to improve athlete well-being and performance. (Noh et al., 2024)

According to (Jirásek, 2018) religious and semi-religious behaviors are commonly found in sports environments, including superstitious rituals of athletes and fans, prayers in the sports area, and the application of non-Christian practices in sports psychology consultations. Furthermore, deeper values and meanings can be associated with sports activities as a kind of non-religious spirituality.

Extrinsically religious athletes have higher somatic anxiety than intrinsically religious athletes. Athletes pray before a match in order to get comfort before competing. Athletes turn to religion to calm their nerves but it is important to understand that their approach to religion can be associated with increased anxiety. (Clark et al., 2019)

The focus of this study was to determine the relationship between religiosity and performance

of male athletes of the Brebes Regency Popda towards competition anxiety in the Pekalongan Residency Level Popda match. Based on the researcher's personal experience who was once a member of the Brebes Regency Popda basketball team in 2019, and from the problem of poor performance, it turned out that it could affect the competition anxiety shown by an athlete resulting in loss of focus during the match and making the team's game chaotic. Based on this phenomenon, the researcher is interested in uncovering further about the relationship between religiosity and performance towards competition anxiety of male athletes of the Brebes Regency Popda basketball team.

This study presents a novelty by combining two main variables, namely religiosity and physical/technical performance as a simultaneous influence on match anxiety, which has not been widely discussed together in the context of student-level basketball in Indonesia, especially on POPDA teams. Different from previous studies that tend to examine the effect of religiosity or performance separately on anxiety, this study simultaneously examines the relationship between religiosity and performance on match anxiety. In addition, this study uses a quantitative approach with direct measurement of performance and the CSAI-2 psychological scale, and involves a specific population directly involved in official competitions, providing a strong contextual contribution to the field of sports psychology of basketball athletes in Indonesia.

## METHOD

The research design used is Correlation research with a quantitative approach. Quantitative methods are research methods used to study populations or samples that are often required to use numbers, starting from data collection, interpretation of the data, and the appearance of the results (Victor et al., n.d.).

Correlation analysis is a statistical analysis that attempts to find the relationship or influence between two or more variables. In this Correlational analysis, the variables are divided into two parts, namely the Independent Variables of Religiosity and Performance whose existence is not influenced by other variables and the Dependent Variable of Anxiety before competing whose existence is influenced by other variables Without making changes, additions or manipulations to existing data (Muhson, n.d.)

The research method used in this study

is a survey method with data collection techniques through questionnaires. Survey is a research approach that is generally used to collect large and extensive data (Arikunto, 2006 in (Nirmala, 2024). This research was conducted before the match which took place at the GOR Sasana Adhi Karsa Brebes and during the Pekalongan Residency Level Popda match at the GOR Wisanggeni Tegal on April 19-23, 2025. The population in this study were all male athletes of the Brebes Regency Basketball Popda Team with a total of 15 athletes. Sampling was carried out using the total sampling technique. So that the sample in this study amounted to 15. In this study, two data retrieval methods were used, namely questionnaires were used as a method of collecting data on religiosity and anxiety in competing. Then Observation and Performance Tests which included two tests, namely physical tests and basic technique tests. Questionnaires are data collection techniques that are carried out by submitting a series of written statements to respondents to be answered (Sugiyono, 2013 in (Nasution, 2020). The instrument used by the researcher was a closed questionnaire. A closed questionnaire is a questionnaire whose questions or statements do not give respondents the freedom to answer according to their own opinions and desires. (Komalasari, 2011 in (Nasution, 2020)

The researcher uses a closed questionnaire to collect religiosity data because closed questions or statements will help respondents to answer quickly and also make it easier for researchers to analyze the data. The research instrument is a test question based on the Glock and Stark theory of conditions or beliefs with four choices, namely: "Strongly Agree" (SS), "Agree" (S), "Disagree" (TS), "Strongly Disagree" (STJ) the respondent's answer is given by ticking the column provided.

**Table 1.** Levels of religiosity

Interval	Criteria
64 - 84	Very high
43 - 63	High
22 - 42	Low
0 - 21	Very low

The researcher also used a closed questionnaire in collecting competition anxiety data because it made it easier for the researcher to analyze the data. The research instrument was a test based on CSAI-2 (competitive State Anxiety inventory - 2) according to the condition before the match with four choices, namely; "Very" (S), "Quite" (C), "Not too" (TT), "Not at all" (TSS)

the answers from the respondents were given by ticking the column provided.

**Table 2.** Competition anxiety levels

Interval	Criteria
64 - 84	Very high
43 – 63	High
22 – 42	Low
0 – 21	Very low

Performance scale measurement is done by collecting data in the form of observations, namely physical tests and basic basketball technique tests. The physical test taken is the beep test. Then the basic technique test is the dribble, shooting, and passing test.

**Table 3.** Performance levels

Interval	Criteria
64 - 84	Very high
43 – 63	High
22 – 42	Low
0 – 21	Very low

The purpose of this study was to determine the relationship between religiosity and the performance of male athletes in the Brebes Regency Popda and their anxiety in competing in the 2025 Pekalongan Residency Level Popda competition.

**RESULTS AND DISCUSSION**

After the data is collected, the data is tabulated and processed using descriptive statistics to determine how high or low the variables X1, X2, and Y are, with the following results **Table 4**.

**Table 4.** Data how high or low the variables X1, X2, and Y

sampling	Research Data Results		
	Religiosity	Anxiety	Performance
X1	66	83	75
X2	72	86	75
X3	73	96	75
X4	67	61	73
X5	67	84	73
X6	65	89	74
X7	73	79	75
X8	67	77	74
X9	72	85	75
X10	65	82	74

X11	74	86	75
X12	71	64	73
X13	76	83	75
X14	74	107	75
X15	76	105	76

Based on the research **Table 4** that has been conducted on athletes, the results obtained on the religiosity variable with very high criteria were 15 athletes. On the anxiety variable in competition, the results obtained with very high criteria were 15 athletes. On the performance variable, the results obtained with very high criteria were 15 athletes.

**The Relationship between Religiosity and Competition Anxiety.**

The results of the study above show that there is a relationship between religiosity and competition anxiety of male basketball athletes on the Brebes Regency Popda team, as evidenced by a relationship coefficient of 0.678 with a significant value of 0.05

Based on the results of the analysis, the relationship between the two has an effect. Therefore, having trust, belief, and faith in God can be one of the keys to reducing the level of anxiety in athletes when competing. When an athlete has high religiosity, it will provide a sense of calm and comfort so that it can reduce anxiety in oneself to face a match. Sport psychologists, coaches, and other professionals should consider the importance of religious beliefs and help religious athletes practice positive religious coping (e.g., religious social support or religious meditation) to improve athlete well-being and performance. (Noh et al., 2024)

**The Relationship between Performance and Competition Anxiety.**

The results of the study above show that there is a relationship between performance and competition anxiety of male basketball athletes on the Brebes Regency Popda team, as evidenced by a relationship coefficient of (0.788) with a significant value of 0.00

Based on the analysis, there is an influence between performance and anxiety. An athlete who has good performance or ability in terms of basic techniques or physical is not a problem to face a match even though anxiety is definitely in every athlete. But when an athlete has good performance it will increase self-confidence to face the match so that it can reduce anxiety in oneself so that the game will run better and get

good results. It is different if there is no feeling of anxiety in an athlete, then the athlete can behave until play according to his desires and ambitions which will actually endanger himself, as well as his team. The perspective according to (Datcu et al., 2021) Psychotherapists believe that there is a relationship between competitive anxiety and performance. can be directly proportional and, moreover, can go both ways, as systematically observed in the general population.

#### **Relationship Between Religiosity and Performance on Competition Anxiety of Basketball Athletes of the Popda Team in Brebes Regency.**

The results of the study above show that there is a relationship between religiosity and performance on competition anxiety of male basketball athletes of the Popda Team in Brebes Regency as evidenced by a correlation coefficient of 124.637 with a significant value of 0.00

Indicates that there is a relationship between religiosity and performance on competition anxiety of male basketball athletes of the Popda Team in Brebes Regency.

These results provide a picture that when the element of religiosity is combined with performance, it will produce a significant correlation with athlete anxiety when competing. A high level of religiosity accompanied by good performance ability will result in a low level of anxiety when competing. Athletes pray before a match in order to get comfort before competing. Athletes turn to religion to calm their nerves but it is important to understand that their approach to religion can be associated with increased anxiety. (Clark et al., 2019). performance relationships, and competitive anxiety, as a phenomenon that can hinder performance for them, i.e. anxious athletes are fragile athletes. (Palazzolo, 2020) And the results of this match, the Popda men's basketball team in Brebes Regency won third place. Therefore, this study produces an appropriate answer, namely that there is a relationship between religiosity and performance on competition anxiety of male basketball athletes of the Popda Team in Brebes Regency.

#### **CONCLUSION**

Based on the results of data analysis to the discussion above, it can be concluded that this study obtained the following results: 1) There is a relationship between religiosity and anxiety in competing in basketball athletes of the Brebes Regency Popda team. there is a negative relationship between religiosity and match anxiety. This means that the higher the level of religiosity of

athletes, the lower the level of anxiety they feel when facing a match. Religiosity acts as a psychological factor that helps calm the mind and increase self-confidence. 2) There is a relationship between performance and anxiety in competing in basketball athletes of the Brebes Regency Popda team. Athletes who have good physical and technical performance tend to feel more prepared and confident, resulting in lower levels of match anxiety. 3) There is a relationship between religiosity and performance and anxiety in competing in basketball athletes of the Brebes Regency Popda team. Simultaneously, religiosity and performance together have a significant effect on match anxiety. The combination of the two explained most of the variation in athletes' anxiety levels, suggesting that both mental and physical preparedness are equally important in reducing match anxiety.

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