Relationship between Emotion Regulation and Self-Confidence of Female Hockey Athletes

Dea Destian[1], Komarudin[2], Mochamad Yamin Saputra[3], Geraldi Novian[4]

Study Program of Sport Coaching Education, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, West Java, Indonesia[123]
Study Program of Sport Physical Coaching, Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Bandung, West Java, Indonesia[4]

Abstract

In the sport of hockey, athletes' ability to regulate emotions is crucial, especially in high-pressure situations. Athletes often face emotional challenges that can affect their self-confidence, such as making mistakes during a game or competing against strong opponents. Poor emotional regulation can lead to a decline in performance, including impaired decision-making, loss of focus, and reduced motivation. This study aims to examine the relationship between emotional regulation and self-confidence in female hockey athletes. A descriptive method with a quantitative approach was used in this study, involving 30 female hockey athletes from various clubs in Jakarta. The instruments used were an emotional regulation questionnaire and a self-confidence scale, which were distributed once to the participants. Data were analyzed using the correlation test with SPSS version 29. The results showed a significant relationship between emotional regulation and self-confidence among female hockey athletes. The correlation value between the variables was 42%, indicating a strong relationship. This study concludes that emotional regulation plays an important role in enhancing the self-confidence of female hockey athletes. Coaches and team managers are encouraged to pay more attention to emotional regulation by providing mental training programs and activities that support emotional well-being.

How to Cite

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✉ Correspondence Author:
E-mail: geraldi.novian@upi.edu

INTRODUCTION

In the world of sports, especially women›s hockey, what often happens is the inability of athletes to manage their emotions during the game (Jooste et al., 2023). Athletes often experience high pressure, both from within themselves and from the external environment, such as spectators and opponents (Sahin et al., 2022). When facing difficult situations, such as making mistakes or facing stronger opponents, many athletes feel frustrated, anxious, or even lose motivation (El Moutaraji et al., 2021). This can result in a significant drop in performance, where athletes become less confident and unable to perform to the best of their ability.

Therefore, it is important to understand how emotion regulation relates to female hockey athletes› confidence (Zhu et al., 2024). The causes of these problems can vary, ranging from a lack of mental training, negative past experiences, to a lack of support from coaches and teammates. The inability to manage emotions can cause athletes to feel insecure, which in turn can affect their performance on the field. The inability to manage emotions can cause athletes to feel insecure, which in turn can affect their performance on the field. For example, when facing difficult situations, athletes who are unable to regulate their emotions may make more mistakes, such as incorrect passing or failing to shoot.Correspondingly, according to (Thrower et al., 2023) several literature studies, emotion regulation has a significant impact on athlete confidence. Research by (Talaei-Khoei et al., 2017) shows that the ability to regulate emotions can improve athlete performance by increasing focus and motivation. In addition, research by (Lane et al., 2011) found that athletes who have good emotion regulation skills tend to have higher levels of self-confidence.

However, although there are several studies that examine the relationship between emotion regulation and self-confidence, there are still few that specifically examine female hockey athletes. To address this issue, a literature study (Hossain et al., 2022) suggested mental training focused on developing emotion regulation skills. There is a void in research that examines the relationship between emotion regulation and self-confidence specifically in female hockey athletes. Most previous studies have focused on other sports, such as basketball or soccer, and have not given enough attention to women›s hockey.

This suggests the need for further research to understand the dynamics that occur in the context of women›s hockey. The issues raised in this study should be examined because emotion regulation and self-confidence are key factors in athlete performance (Aires & Aires, 2022). If not researched, female hockey athletes may continue to experience difficulties in managing their emotions, which may result in a decline in performance and even reduce their interest in sport (Hamid et al., 2023) This research is expected to provide useful insights for coaches and team managers in supporting athlete development. As such, this study offers a novel approach with a focus on female hockey athletes, who have not been extensively researched in the context of emotion regulation and self-confidence. Although there is some research examining this relationship in other sports, this study will make a unique contribution by exploring factors specific to women›s hockey, as well as providing practical recommendations for athlete training and development.

This study provides a novelty contribution to sports psychology by highlighting the relationship between emotion regulation and self-confidence in indonesian female hockey athletes-a group that has been rarely studied. The novelty lies in its spesific subject focus, the use of standardized instrumens that have been locally validated, and significant findings ($r = 0.722$; $p < 0.05$) that emphasize the importance of integrating emotions regulation training into the psychological developments of female athletes. This research opens opportunities for developments of gender and sport-specific psychological interventions.

METHOD

The research method used in this study is descriptive with a quantitative approach (Haryati, 2023), where the quantitative descriptive method aims to describe or describe a phenomenon based on quantitative data (Shabani Varaki et al., 2015). This method was chosen to provide a detailed description of the facts and characteristics of the population that have been determined precisely and factually (Purnamasari & Novian, 2021). This study also used a correlational design (Teguh, 2023), with the measurement of emotion regulation using the Emotion Regulation Questionnaire (ERQ) and self-confidence using the Athlete Self-Confidence Questionnaire (ASQ). Correlation analysis was conducted to examine the relationship between the two variables. The research subjects consisted of 10 athletes of the Indonesian women's hockey national team who

actively participated in national and international level competitions, with the inclusion criteria being active members of the national team aged 18-25 years who were willing to fill out the ERQ and ASQ questionnaires. The research instruments used include the Emotion Regulation Questionnaire (ERQ) developed by (Radde et al., 2021) to measure two emotion regulation strategies, namely cognitive reappraisal and expressive suppression, and the Athlete Self-Confidence Questionnaire (ASQ) developed by (Nursaba et al., 2024) to assess the level of self-confidence of athletes in a sporting context.

RESULTS AND DISCUSSION

The results of data processing and analysis are presented in tables and figures; statistical descriptions are included in **Table 1**.

Table 1. Statistical Description

Variable	N	Min.	Max.	Sum	Mean	Std. Deviation
Emotion Regulation	10	38	55	472	47.20	5.095
Self-Confidence	10	2.33	4.33	33.66	3.366	5.325

Based on **Table 1**, the emotional regulation variable obtained an average value of 47.20, a standard deviation of 5.095, the lowest value of 38, the highest value of 55, and a total value of 472. Meanwhile, in Self-Confidence, the average value was 3.366, a standard deviation of 5.325, the lowest value of 2.33, the highest value of 4.33, and a total value of 33.66. Furthermore, the authors present the results of the normality test in **Table 2.**

Table 2. Normality Test

Variable	Statistic	df	Sig.
Emotion Regulation	.966	10	.846
Self-Confidence	.945	10	.615

Based on **Table 2**, the significance value obtained in emotional regulation and Self-Confidence (.846; .615) > .05, then Ho is accepted, so it can be concluded that both data are typically distributed. Furthermore, the author conducted a hypothesis test, which can be seen in **Table 3.**

Table 3. Hypothesis Test

Variable	N	Pearson Correlation	Sig. (2-tailed)
Emotion Regulation – Self-Cofidence	10	.722	.018

Table 3 shows the results of the hypothesis test using Pearson correlation. Based on Table 3, it can be seen that the Pearson correlation value is .722 with a Sig. (2-tailed) value of .018. Based on the test results, the Sig. (2-tailed) value < .05 is obtained so that H0 is rejected. So, there is a significant relationship between emotional regulation and self-confidence among female hockey athletes.

The results showed a significant relationship between emotion regulation and self-confidence in hockey athletes. This shows that the better an athlete manages his emotions, the higher his level of self-confidence. In the context of sports, especially in hockey which is dynamic and stressful, emotion regulation is one of the important psychological abilities that athletes must have (González et al., 2022). When emotions are managed well, athletes can stay focused despite facing pressure from opponents, spectators, and their own expectations (Fadilah et al., 2024). Conversely, the inability to manage emotions can cause a decrease in self-confidence which has a direct impact on the quality of performance (Fahmiya et al., 2025). This is in line with what was conveyed by (Jooste et al., 2023), that female athletes often face emotional stress that affects their ability to cope with competitive situations.

One explanation why emotion regulation can affect self-confidence is because uncontrolled negative emotions can interfere with athletes' self-perception of their abilities (Oktavia & Jannah, 2023). Athletes who experience high anxiety or frustration tend to doubt their abilities, so they become unconfident when they have to make important decisions on the field (Fadilah et al., 2024). For example, an athlete who has just made a passing error can feel embarrassed or angry, and if he is unable to manage these emotions, then he can lose confidence to play aggressively. On the other hand, athletes who are able to reappraise mistakes in a positive or more rational way tend to be able to immediately bounce back and improve their performance (Zamanian et al., 2011). This strategy is called cognitive reappraisal, which is one form of emotion regulation that is considered adaptive and effective (Gross & John, 2003) In other words, the ability to rethink negative situations more logically and optimistically allows athletes to maintain self-confidence.

Other supporting evidence comes from research (Lane et al., 2012) which states that good emotion regulation is closely related to high levels of self-confidence. Athletes with good emotional regulation tend to have stronger self-control, stable mental endurance, and positive perceptions of

competition pressure (Novian & Purnamasari, 2020). In the context of the Indonesian women's hockey national team which is the subject of this study, athletes are required to perform optimally not only physically, but also mentally. Their success in managing competition pressure is closely related to their emotion regulation, both in training sessions and when competing (Saufi et al., 2024). Therefore, athletes who are able to control the expression of negative emotions such as anger, nervousness, or disappointment, are usually more mentally prepared to face complex challenges. This is the basis why strengthening emotional aspects needs to be a concern in training programs.

In addition to theory and previous research, this finding can also be explained practically from athletes' experiences during competition. In reality, hockey matches demand not only physical strength, but also mental resilience because they last for a long time and are full of physical interactions (Kim et al., 2025). In a tight match, athletes' ability to maintain emotional stability can make the difference between winning and losing (Trivena et al., 2023). If athletes are too immersed in negative emotions due to pressure or mistakes, then confidence decreases dramatically and ultimately has an impact on subsequent mistakes. Conversely, when athletes have strong emotional control, they can refocus and maintain the rhythm of the game despite the pressure (Putu et al, 2024). This confirms that coaches should give an equal portion to training the emotional and psychological aspects of athletes, not just technical and tactical skills.

Thus, it is important for coaches and team managers to realize that emotion regulation is not an aspect that can be ignored in the athlete development process. This research provides a clear picture that training that includes emotion regulation can be an important investment in improving athletes' confidence and performance. Psychological approaches such as reappraisal training, positive self-talk, and mindfulness can be implemented in a structured way in daily training routines (Nursaba et al., 2024). When emotional aspects are strengthened, athletes' confidence increases, which in turn contributes to the overall success of the team (Aliyas et al., 2024). This research also opens up opportunities for further studies on psychological interventions for female athletes in other sports that have not been widely researched. This is important because the emotional and psychological needs of female athletes often have different characteristics from male athletes, so the right approach will determine its effectiveness (Assayakurrohim et al., 2023).

CONCLUSION

Based on the research findings that show a significant relationship between emotion regulation and self-confidence in female hockey athletes, it can be concluded that the ability to manage emotions effectively plays an important role in increasing athletes' self-confidence, especially in the face of high competitive pressure. The problem formulated, namely low self-confidence due to lack of emotion regulation, has been answered through the results of correlation analysis which shows that the better emotion regulation athletes have, the higher the level of self-confidence. This study aims to fill the void of studies that specifically highlight Indonesian female hockey athletes, thus making a new contribution to science, especially in the field of sport psychology, by emphasizing the importance of training psychological aspects such as emotion regulation in athlete development programs to support optimal performance and mental well-being of female athletes in the sport of hockey.

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