



Anxiety Levels of Athletes in the Pati Regency Porprov Tarung Derajat Training Centre

Mayla Fasa Fadilla^{1✉}, Ipang Setiawan^{2✉}

Pendidikan Jasmani Sekolah Dasar, Fakultas Ilmu Keolahragaan, Universitas Negeri Semarang, Indonesia¹

Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas Negeri Semarang, Indonesia²

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Abstract

Anxiety is a psychological component that significantly affects athletes' focus, confidence, and performance, particularly during the rigorous training phase leading up to a competition. The purpose of this study is to examine the anxiety levels of Tarung Derajat athletes in Pati Regency while they are training at the Training Center (TC) in advance of Provincial Sports Week (Porprov). This study combined a survey method with a quantitative descriptive design. Because of the relatively small population size, a total sampling technique was used to select 22 athletes for the study. The Competitive State Anxiety Inventory-2 (CSAI-2), a tool that assesses self-confidence, somatic anxiety, and cognitive anxiety, was used to collect data. Norm intervals were used to classify anxiety levels in a descriptive data analysis. The findings indicated that while no athletes fell into the very high category, the majority of athletes (50.00%) fell into the moderate anxiety category, followed by the high (27.27%), low (13.63%), and very low (9.10%) categories. These results show that while psychological stress during the TC period persisted, most athletes were able to control their anxiety to a manageable level. Age, athlete classification, competition experience, and training category (arts or combat) can all have an impact on anxiety levels. This study emphasizes the importance of systematically implementing mental training and anxiety management strategies within training programs to improve psychological readiness and optimize athlete performance during competition.

How to Cite

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✉ Correspondence Author:

E-mail: maylafasa@students.unnes.ac.id

ipang_setiawan@mail.unnes.ac.id

INTRODUCTION

Sport is a planned and structured physical activity involving body movements that aims to improve physical fitness (Hasan, Muhibbi, and Fuad 2025). Sport has also become a key indicator of individual achievement across various sports. Achieving sporting excellence requires systematic athlete development, which includes physical and psychological training components (Candra et al., 2025 ; Labib & Setiawan, 2023). The main objective of athlete development programmes is to achieve optimal performance results. In sports, performance is a crucial factor in determining the success of sports development at both the individual and institutional levels. Thus, sports performance can be considered an indicator of overall performance status and success in sports (Nugroho et al. 2023). Several components determine the achievement of high performance in competitive sports, namely the condition of sports facilities and infrastructure, the condition of the competition, the psychological condition of the athletes, the condition of the athletes' skills, the condition of the athletes' physical abilities, the condition of their body constitution, and the condition of their tactical/strategic abilities (Ilham 2021). One of the popular competitive sports is tarung derajat.

Tarung Derajat is an Indonesian martial art and is classified as a competitive sport (Khairi, Asnaldi, and Sepriani 2024). Tarung Derajat is a martial art and sporting discipline that integrates muscle strength, cognitive processing, and moral values realistically and rationally. The training process involves coordinated movements of the entire body and vital organs to develop five core elements of movement driven by morals, namely strength, speed, accuracy, courage, and perseverance (Elda and Setiawan 2025). These elements are dynamically and aggressively embedded within a comprehensive self-defence and resilience system, supported by structured technical, tactical, and strategic patterns (Setiawan 2021).

The development of Tarung Derajat athletes is closely linked to a systematic training process that utilizes a range of training tools, including punching bags, targets, and striking pads. These training tools serve to improve the accuracy and effectiveness of striking and kicking techniques (Nopialestari et al. 2023). In recent years, Tarung Derajat has gained increasing popularity among people of all ages and social classes. Parents often view this martial art not only as a path to athletic success but also as a

means of personal development, adaptability, and self-defense (Setiawan, Soegiyanto, and Rustiadi 2021). Martial arts not only promote athletic performance but also impart fundamental skills. In Tarung Derajat, several basic fighting techniques must be mastered before a competition. These basic techniques include: (1) readiness to fight, (2) punches, (3) kicks, (4) blocking, and (5) evasion (Alwi and Mubarak 2024). Attack patterns in Tarung Derajat encompass both striking and kicking techniques. Punches are divided into four types: double quick punches, inside circle punches, top circle punches, and outside circle punches. Kicks can be categorized into front kicks (inside circle punches, side kicks, outside circle punches, and front hook kicks) and back kicks (back circle punches, back kicks, back hook kicks, and spinning kicks). Mastering these basic techniques is crucial for athletes to effectively apply advanced technical and tactical strategies in competition (Babang, Ladjar, and Pesingakai 2021).

The Training Centre (TC) programme conducted prior to the Provincial Sports Week is a crucial phase in an athlete's preparation. During the TC period, athletes undergo intensive training, adhere to strict discipline, and train in a highly competitive environment alongside their teammates. The primary objectives of the TC programme are to refine competitive strategies, enhance physical and technical abilities, and cultivate a winning mentality (Winarni, Sugiharto, and Yogaswara 2021). However, despite the expected benefits, the TC phase can also be a source of psychological pressure. Athletes may feel pressured to show significant performance improvements, worry about injuries, or be anxious about their position in the core team. In addition, being away from family and daily routines can also be an additional factor contributing to anxiety.

Anxiety is one of the most common psychological factors experienced by athletes. Symptoms include feelings of worry, tension, confusion, decreased concentration, and reduced self-confidence (Aqobah et al. 2022). In general, anxiety can be defined as an emotional symptom characterised by feelings of worry and usually followed by fear. Anxiety is essentially a condition in which a person experiences worry when facing something. Anxiety is a subjective psychological condition, characterised by the emergence of mental tension and restlessness as a response to an individual's inability to deal with problems or situations that are considered threatening (Antoniadou et al. 2024). Conceptually, anxiety

is divided into four levels: mild, moderate, severe, and panic. Mild anxiety is related to pressure in daily life and is still under control. At a moderate level, a person tends to focus on important aspects and ignore other stimuli. Severe anxiety is characterised by increasingly limited rational thinking and a need for more intensive guidance. At the panic level, a person experiences significant disturbances in their thought patterns to the point of losing self-control and being unable to function effectively even after receiving guidance. One factor that influences the level of anxiety is emotional intelligence. According to Ariyanti et al., (2024) emotional intelligence plays a role in determining an individual's ability to manage environmental demands and pressures. In the context of sports, athletes with strong emotional intelligence tend to manage anxiety and tension when facing a match. In contrast, athletes with low emotional intelligence are more prone to concentration disorders and decreased performance, which can affect the outcome of the match.

Inadequate mental training and psychological preparation can be significant factors contributing to athletic performance failure (Setiawan and Kurniawan 2023). Athletes are required not only to possess optimal physical qualities but also strong psychological resilience (Maulana et al. 2025). Athletes who experience excessive anxiety will develop health problems or deviant behaviour, resulting in decreased performance and self-confidence (Yuda & Setiawan, 2024). Anxiety consists of three main components: emotional, cognitive, and physiological aspects (Rahayu et al., 2025). The emotional aspect is anxiety related to an individual's understanding of the psychological impact, such as tension, sadness, self-deprecation, and concern. The cognitive aspect is anxiety related to thoughts of fear and worry that interfere with concentration. The physiological aspect is anxiety related to physical reactions to fear and worry (Noviansyah and Jannah 2021).

One factor that affects an athlete's performance in a match is pre-match anxiety. This anxiety generally arises when athletes are about to compete, and the pressure increases when they have to face their opponents directly (Algani, Yuniardi, and Masturah 2018). Competitive anxiety is a feeling of worry, restlessness, and unease that arises when athletes view the match as threatening or dangerous. In sports coaching practice, athletes are often faced with tense situations, whether stemming from the demand for results, the expectations

of coaches, or the conditions of the competition itself, which can potentially trigger anxiety that negatively impacts performance. However, many athletes and coaches still focus their coaching on physical aspects and technical skills, while mental factors are often neglected. In fact, anxiety is one of the psychological factors that significantly influences an athlete's performance on the field and is synonymous with negative feelings such as tension, fear, and emotional discomfort. Anxiety before competing or during championships is often accompanied by physiological responses, such as increased heart rate and blood pressure, stomach cramps, faster breathing, and facial redness, which ultimately disrupt an athlete's performance stability.

Based on initial observations and interviews with athletes participating in the Pre-Provincial Sports Week (Porprov) training camp in Pati Regency, it was found that, despite some athletes' competitive experience, anxiety persisted before the match. This was indicated by feelings of restlessness, anxiety, and decreased self-confidence among some athletes as the match day approached. Some athletes even expressed feelings of unpreparedness, despite having participated in trial training programs and match simulations prepared by their coaches before the actual competition. This condition was evident during pre-match training sessions, where athletes appeared less calm, hesitant to complete techniques, and not yet fully mentally prepared. These observational findings indicate that psychological aspects, particularly anxiety, remain a problem that requires serious attention in the training process of Tarung Derajat athletes prior to competition.

The urgency of this research lies in understanding athlete anxiety as a psychological factor that influences mental readiness, concentration, and performance of Tarung Derajat athletes during the training camp, especially amid the demands of maintaining their performance. The purpose of this study was to determine the level of athlete anxiety, identify influencing factors, and analyze athlete performance. The novelty of this study lies in its focus on analyzing athlete anxiety specifically in Tarung Derajat athletes during the Pre-Provincial Sports Week (Porprov) training camp, while examining its influencing factors and its relationship with athlete performance and it is hoped that it will contribute as a basis for developing more systematic and sustainable mental training for athletes.

METHOD

This study used a quantitative, descriptive design to measure athletes' anxiety levels. This study describes or depicts the current situation at the time the research was conducted. The method used in this study was a survey, with tests Competitive State Anxiety Inventory-2 (CSAI-2) as data-collection tools. The purpose of this study was to determine the level of anxiety among Tarung Derajat athletes.

The study population comprised Tarung Derajat athletes from Pati Regency who were officially registered and actively participated in the Pre-Provincial Sports Week (Porprov) Training Centre programme. The sampling technique used in this study was total sampling, in which all members of the population were included as the research sample. This was done because the population was relatively small, so the sample in this study comprised 22 Tarung Derajat athletes from Pati Regency who participated in the Pre-Provincial Sports Week (Porprov) TC.

The research instrument used in this study was a sports anxiety level questionnaire. The anxiety questionnaire used in this study referred to the Competitive State Anxiety Inventory-2 (CSAI-2), which had been adapted into Indonesian. This instrument measures three aspects of anxiety in sports, namely cognitive anxiety, somatic anxiety, and self-confidence (Ahmad et al. 2019). The scores from each respondent were then summed to determine the athletes' overall anxiety level. The higher the anxiety score obtained, the higher the level of anxiety of the athlete concerned. To determine the criteria, assessment norms can be used, as shown in the following Table:

Table 1. Assessment Norms (Annisa and Kurniawan 2022)

Interval Class	Category
$X \geq M + 1.5 \text{ SD}$	Very High
$M + 0.5 \text{ SD} \leq X < M + 1.5 \text{ SD}$	High
$M - 0.5 \text{ SD} \leq X < M + 0.5 \text{ SD}$	Moderate
$M - 1.5 \text{ SD} \leq X < M - 0.5 \text{ SD}$	Low
$X \geq M - 1.5 \text{ SD}$	Very Poor

RESULTS AND DISCUSSION

The characteristics of the research subjects included gender, age, athletic class, and training number, which are described in the following discussion.

Based on **Table 2**, there were 22 respondents, with female athletes comprising 13 (59.1%) and male athletes 9 (40.9%). Based on age, most

respondents were in the 14–18 age range, namely 11 athletes (50%), followed by 7 athletes (31.8%) in the 19–23 age range, and 4 athletes (18.2%) in the 24–27 age range. Based on athlete class, the majority of respondents were senior athletes (14, 63.6%), while junior athletes numbered 8 (36.4%). Furthermore, based on training number, respondents who participated in artistic numbers were more numerous, numbering 12 athletes (54.5%), compared to combat numbers, which were participated in by 10 athletes (45.5%).

Table 2. Characteristics of the Research Sample

Group	Characteristics	F	Frequency
Gender	Male	9	40.9
	Female	13	59.1
Age	14-18	11	50
	19-23	7	31.8
	24-27	4	18.2
Athletic Class	Senior	14	63.6
	Junior	8	36.4
Training Number	Fighting	10	45.5
	Arts	12	54.5

RESEARCH SAMPLE CHARACTERISTIC

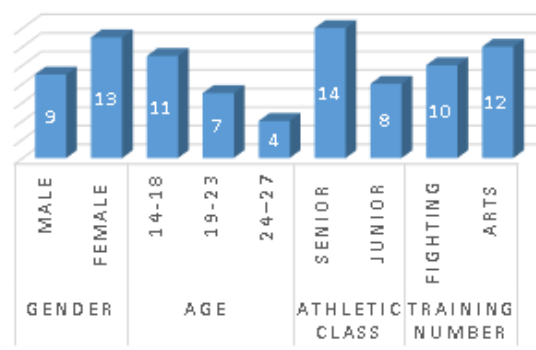
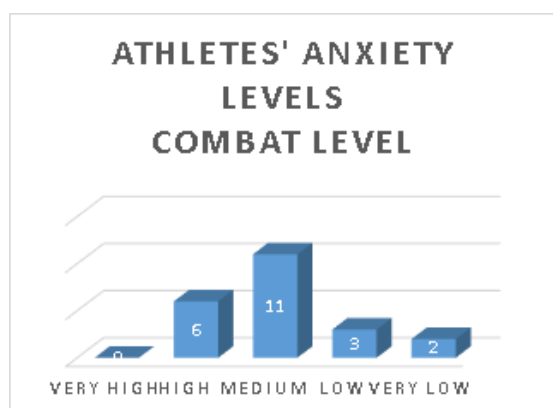


Figure 1. Research Sample Characteristic

Based on the **Table 3** distribution of athletes' anxiety levels, most respondents were in the moderate category, namely 11 athletes (50.00%). Furthermore, there were 6 athletes (27.27%) in the high category, indicating that there were still athletes with fairly high anxiety levels during training or competition. In the low category, 3 athletes (13.63%) were included, while the very low category had 2 athletes (9.10%). Meanwhile, no athletes were in the very high category (0%). Overall, these results indicate that athletes' anxiety levels tend to be in the moderate category, with relatively even variations in anxiety across the other categories.

Table 3. Distribution of Athletes' Anxiety Levels

Interval class	Category	Frequency	Percentage
$\geq 82,83$	Very High	0	0
71,31 - 82,83	High	6	27,27
59,79 - 71,31	Medium	11	50,00
48,27 - 59,79	Low	3	13,63
$\geq 48,27$	Very low	2	9,10
Total		22	100

**Figure 2.** Athletes' Anxiety Levels

The results of the study indicate that the anxiety levels of Tarung Derajat athletes in Pati Regency during the Pre-Provincial Sports Week (Porprov) Training Centre (TC) were generally in the moderate category, with a percentage of 50.00%. This finding indicates that most athletes are still able to control their anxiety, but remain in a psychological condition that requires special attention. The moderate anxiety category is often characterised by worry and tension that are still within reasonable limits, but have the potential to affect concentration and decision-making if not managed properly. Furthermore, the presence of athletes in the high anxiety category (27.27%) indicates that psychological pressure during the TC phase can be significantly felt by some athletes, even though they have undergone a structured and intensive training programme.

These findings are consistent with the research by Li et al., (2025), which states that athletes in the competition preparation phase tend to experience moderate to high levels of anxiety due to increased performance demands, coach expectations, and competitive pressure. Other studies also indicate that the training camp period leading up to a championship is a phase prone to anxiety because athletes face continuous performance evaluations and internal competition within the team (Yue et al., 2025; Häggglund et al., 2022). This condition reinforces the research findings that TC not only serves as a means of

physical and technical improvement but also as a source of psychological stress that can affect athletes' mental readiness.

The absence of athletes in the very high anxiety category indicates that, in general, the training programmes implemented are still capable of maintaining athletes' psychological conditions within controlled limits. This can be attributed to respondents' competitive experience, with the majority being senior athletes (63.6%). The relatively varied distribution of anxiety also reflects differences in the characteristics of individual athletes, such as age, athlete class, and training number. Junior athletes and younger athletes tend to have higher anxiety vulnerability due to limited experience and immature emotional control. This aligns with the findings of Raimundi et al., (2024), which indicate that athletes' mental readiness develops with maturity and competition experience. In addition, differences in training disciplines (combat and arts) also have the potential to affect anxiety levels, given that combat disciplines have characteristics of direct contact and a higher risk of injury, which can increase athletes' somatic anxiety.

Athletes who have more mature competition experience tend to show lower anxiety levels than novice or amateur athletes (Ikhrum, Jufri, and Ridfah 2020). Anxiety has been proven to affect athletes' performance, as it can prevent athletes from performing at their best due to fear of the outcome of the competition. The forms of anxiety experienced by athletes include concerns about their opponents' abilities, pressure from the audience, and fear of defeat, even though these conditions may not necessarily occur during the match. Therefore, anxiety needs to be managed so that athletes can compete calmly and apply strategies, tactics, and techniques optimally, thereby achieving maximum performance.

Anxiety problems in athletes can stem from external or internal factors (Prasetya et al. 2024). External factors include pressure from opponents, referees, spectators, the competition environment, and demands from coaches and family. Meanwhile, internal factors relate to the athlete's psychological state, such as emotional control, motivation, an anxious personality, high stress levels, and a lack of competition experience. Anxiety is a psychological condition that can be experienced by any athlete and can arise suddenly, either due to intrinsic or extrinsic factors. However, anxiety is not permanent and can be minimised through various mental management strategies, such as emotional control, rational thinking, focusing on the competition process,

staying active, and cultivating a positive mindset (Putra et al. 2024; Hengsukho 2025).

This study has several limitations, including a small sample size of only 22 athletes, which limits the generalizability of the findings. The use of a descriptive design and self-report questionnaire (CSAI-2) may also be influenced by subjective bias and does not explain causal relationships. In addition, this study did not examine other factors influencing anxiety, such as emotional intelligence, experience, and social support. Deviant findings showed that some athletes, including senior athletes and those who were physically prepared, still experienced moderate to high anxiety, indicating that physical readiness does not always reflect psychological readiness and highlighting the importance of systematic mental training.

CONCLUSION

Based on the research findings, According to the research findings, Tarung Derajat athletes in Pati Regency had generally moderate levels of anxiety during the pre-competition training center (TC). This suggests that even with the high psychological demands of competition preparation, the majority of athletes were able to keep their anxiety levels within manageable bounds. These results imply that the TC phase necessitates optimal mental preparation in addition to physical and technical preparation because unchecked anxiety can impair focus, judgment, and the reliability of athletic performance. Numerous internal (competition experience, age, and emotional control) and external (environmental pressure, performance demands, and the nature of the training activities) factors influenced the observed differences in athlete anxiety levels. Therefore, the results of this study underscore the importance of systematic, continuous mental development within the training center program, particularly through anxiety management strategies and the development of athletes' self-confidence. This allows athletes to achieve optimal performance and continue their success in provincial and national competitions.

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