



The Relationship of Anxiety with Basic Shooting Techniques Skills of Beginner Athletes Women's Soccer

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Abstract

This research is motivated by the importance of psychological aspects in football, especially the anxiety that novice athletes often experience when facing match situations. Uncontrolled levels of anxiety can affect a player's concentration, decision-making, as well as basic technical skills, especially in shooting, which is an important ability to score goals. Therefore, this study aims to determine the relationship between anxiety level and basic shooting technique skills in novice female football athletes at Goal Aksis Football School. The research uses a quantitative method with a correlational descriptive design. The study subjects consisted of 18 15-year-old female football novice athletes who were selected using purposive sampling techniques. Data collection was carried out through a Sport Competition Anxiety Test (SCAT) questionnaire which was modified into 20 statements to measure anxiety, an anxiety observation sheet based on physiological, psychological, and behavioral indicators, and a shooting skill test using the Bobby Charlton method to measure shot accuracy. Data analysis was carried out using descriptive statistics, normality test, Pearson correlation test and determination coefficient (R Square) with a significance level of 0.05. The results showed that the data were normally distributed and there was a very strong relationship between anxiety and basic shooting technique skills, with a correlation coefficient value of $r = 0.998$ and a significance value of $p < 0.05$. The determination coefficient of 0.996 showed that 99.6% of the variation in shooting ability was influenced by the athlete's anxiety level. Based on these results, it can be concluded that anxiety has a very significant relationship with the basic shooting technique skills of novice female football athletes, so the management of mental aspects needs to be considered in the process of coaching and training athletes.

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INTRODUCTION

Football is one of the most famous branch of team sports worldwide, played by two groups of eleven players each, with the main objective of scoring goals against the opponent's goal. The game requires a combination of physical ability, technical skills, strategy and mental readiness for players to perform at their best on the court. In terms of playing technique, one of the abilities that is very crucial in influencing the outcome of the match is the technique of shooting on goal. Shooting is the player's attempt to kick the ball towards the goal in the hope of scoring a goal. A team's success in getting a win often depends on how effective and precise the players are in performing their shooting techniques (Amiq & Istofian, 2019) Therefore, mastering good shooting technique is one of the basic elements that every football athlete must have.

In addition to technical and physical aspects, psychological elements have a very significant contribution in determining the performance of an athlete. In sports training activities, often coaches focus more on physical training and technique aspects, while the athlete's mental condition has not received adequate attention. However, the psychological state of athletes can have an impact on focus, decision-making, and accuracy in applying technical skills while competing. One of the psychological problems that athletes commonly experience is anxiety. Anxiety is an emotional state characterized by feelings of worry, tension and fear of the possibility of failure or undesirable outcomes (Spielberger, 1983). In the world of sports, anxiety often arises when athletes face competitive situations, in-game pressures or expectations from coaches and those around them.

Anxiety in the realm of sports can have a varied effect on the ability of athletes. The Inverted-U theory developed by (Yerkes, 1908) explains that there is an inverse U-curved relationship between anxiety and performance. This means that moderate levels of anxiety can improve athletes' performance by helping to improve concentration and alertness. However, if anxiety reaches too high a level, this can result in decreased performance due to impaired focus, muscle tension, and errors in decision-making. In the context of a football game, this kind of situation can have an impact on a player's technical qualities, including the ability to make shots with good accuracy.

Several previous studies have found that

there is a link between anxiety and athletes' performance in the field of sports. Research conducted (Kumbara et al., 2018) indicates a significant relationship between anxiety and shooting ability of football players with a correlation value of 0.555. Other studies by (Bahtiar et al., 2023) It also shows that mental factors, including anxiety, have the greatest influence in determining the success of the shooting technique of football players. In addition, research by also (Darajat et al., 2017) It shows that physical condition and healthy behavior are closely related to the level of anxiety experienced by athletes when competing. The findings in this study show that the psychological aspect cannot be separated from the technical performance of athletes in the field.

However, previous studies have generally focused more on athletes as a whole or on adolescent and adult athletes, while studies that have specifically examined the association between anxiety and basic shooting technique skills in novice female soccer athletes have been relatively few. Beginner athletes have different characteristics than experienced athletes, especially in terms of experience in competition, the ability to handle competitive pressure, and mental readiness to face match situations. This condition can cause them to experience higher levels of anxiety, which in turn can affect their technical skills, including shooting.

Based on initial observations made on female beginner athletes in football at Goal Aksis Football School, it was identified that a number of athletes experienced signs of anxiety before and during the match, such as feelings of anxiety, lack of confidence, and difficulty maintaining focus. This often leads to a decrease in the quality of kick technique, which can be seen from inaccuracies in achieving the goal, weak kicking power, or errors in decision-making when shooting at the goal. This phenomenon suggests that psychological factors, especially anxiety, are potentially closely related to the basic technique skills of athletes' kicks.

Based on the explanation above, it is very important to conduct a study that examines the relationship between anxiety and basic shooting technique skills in young female soccer players. This research is expected to provide deeper insights related to the impact of psychological factors on technical abilities in the field of football, especially for athletes who are just starting their careers.

This research presents an innovative approach to research, specifically exploring the

relationship between anxiety and basic shooting skills in female soccer players who are still at the beginner stage, which is still less researched compared to male players or more experienced athletes. Furthermore, this study investigates the psychological element (anxiety) directly in relation to a specific technique (shooting), which provides clearer and deeper insights. Another innovation is reflected in the context of the research taking place in the Football School Goal Aksis environment, producing relevant and contextual empirical data as a basis for the evaluation and development of training methods, especially considering the psychological factors of athletes.

Therefore, the main question in this study is whether there is a significant relationship between anxiety and basic skills in shooting technique among female football beginner athletes at Football School Goal Axis. The aim of this study was to explore the relationship between anxiety levels and basic shooting technique skills in female football beginner athletes at Football School Goal Axis. It is hoped that the results of this study can make a theoretical contribution to the development of sports psychology studies and provide practical benefits for coaches and athletes in dealing with mental aspects for the improvement of technical performance in playing football.

METHOD

This study uses a quantitative method through a correlational descriptive model that aims to determine the relationship between anxiety level and basic shooting technique ability in beginner athletes in women's football at Goal Aksis Football School. This study does not apply specific treatment to the subjects, but only focuses on objective observation and measurement of the variables being examined. The research process begins with the creation of research instruments, the implementation of tests on instruments, data collection in the field, to the data analysis stage to identify the relationship between the two variables being studied.

This study applied a quantitative approach using a relational descriptive model, with the aim of investigating the relationship between anxiety levels and basic shooting technique skills among female football beginner athletes at Goal Aksis Football School. In this study, no special treatment is given to the subject, but rather emphasis on observation and measurement that are objective to the variables analyzed. The first step in this

study is the creation of a measuring instrument, followed by testing the instrument, collecting data in the field, and finally the data analysis stage to identify the relationship between the two variables being studied.

The subjects studied in this study were novice athletes in women's football who were registered in Goal Aksis Football School with an age group of 15 years. The number of the population studied reached 25 athletes, while the sample was taken as many as 18 athletes who were selected through the purposive sampling method based on special criteria, namely novice athletes, female, 15 years old, have no history of injuries or chronic diseases, and are willing to participate in the entire research process. The focus of this study is the relationship between anxiety level as an independent variable and basic shooting technique skills as a dependent variable.

The type of data used in this study is quantitative data obtained from the measurement of the anxiety level and shooting proficiency of athletes. Data on anxiety was collected through SCAT questionnaires and observation sheets that were filled out according to the athlete's condition when training or competing. Meanwhile, shooting skill data was obtained through Bobby Charlton's shooting test which gave a score based on the accuracy of the athlete's shot to the goal.

The data collection process is carried out directly at the location where the athletes train. The study began by giving athletes SCAT questionnaires to gauge the level of anxiety they experienced before competing or training. Then the researchers observed the signs of anxiety that appeared in the athletes. After that, the athlete runs a shooting skill test using the Bobby Charlton method with several opportunities to kick the ball towards the goal. All measurement results are then recorded and collected as data for research.

The data obtained were then analyzed using quantitative statistical methods. The data analysis process is carried out through several steps, including descriptive statistical analysis to describe the characteristics of the research data, normality testing to identify the distribution of data, and Pearson correlation testing to understand the relationship between anxiety levels and basic skills in athletes' shooting techniques. In addition, the determination coefficient (R Square) is also used to measure how much anxiety contributes to an athlete's shooting ability.

RESULTS AND DISCUSSION

The implementation of this research was

carried out on novice female athletes in football who are members of Goal Aksis Football School. The research took place at the Anagata Soccer Field, the place where the athletes practice regularly. Data was collected during the exercise using several pre-prepared instruments. A total of 18 female athletes aged about 15 years were involved in this study, which was selected using purposive sampling techniques based on predetermined criteria. During the study, respondents were asked to fill out a questionnaire about anxiety using the Sport Competition Anxiety Test (SCAT) instrument. In addition, observations were made on anxiety indicators which included physical, mental, and behavioral aspects. After that, a test of basic shooting technique skills was carried out using the Bobby Charlton test to assess the accuracy and accuracy of athletes' shots. All the data collected were then analyzed through descriptive statistical analysis, normality test, Pearson correlation test, and determination coefficient (R Square) test to determine the relationship between anxiety levels and athletes' shooting skills.

The results of the data analysis showed that there was a very strong relationship between anxiety levels and basic shooting technique skills in Goal Aksis Football School women's soccer beginner athletes. The Pearson correlation test yielded a coefficient of $r = 0.998$ with a significance value of $p < 0.05$, which confirms that the relationship between variables belonging to the category is very strong. A determination coefficient (R Square) test of 0.966 showed that 99.6% of the variation in shooting ability could be explained by the level of anxiety experienced by the athlete, while 0.4% of the variation was influenced by other factors outside the study. These findings indicate that anxiety plays a huge role in determining the quality of shooting skills in novice athletes.

Based on the results of the Pearson correlation analysis, a correlation coefficient of $r = 0.998$ was obtained with a significance level of $p < 0.05$. This indicates a very strong and significant relationship between the level of anxiety and the basic shooting skills of beginner athletes. In other words, differences in the level of anxiety experienced by athletes, whether high or low, can have a significant impact on the quality of their shooting skills, making anxiety a crucial element in determining the performance of athletes' basic techniques on the field.

Based on the results of the coefficient of determination (R Square) analysis, a value of 0.996, or 99.6%, was obtained. This indicates that changes in the basic shooting skills of be-

ginner athletes can be explained up to 99.6% by the level of anxiety they face. Therefore, anxiety significantly influences athletes' shooting abilities. Meanwhile, the remaining 0.4% is influenced by other factors outside the scope of the study, such as physical condition, playing experience, concentration level, and the training approach used.

The results of this study also provide an answer to the formulation of the problem, namely whether there is a significant relationship between anxiety and basic shooting technique skills in beginner athletes of Goal Aksis Football School women's football. Based on the statistical analysis carried out, it was found that anxiety does have a significant relationship with athletes' shooting ability. In other words, an athlete's psychological condition, especially their anxiety level, can affect their performance when shooting. Athletes with high levels of anxiety tend to experience concentration disorders, muscle tension, and emotional instability, which ultimately impacts shooting accuracy and power.

The findings of this study are consistent with the theory of anxiety in the field of sports which states that anxiety is one of the psychological aspects that can affect athletes' performance. The Inverted U theory introduced by (Yerkes, 1908) states that a person's performance will decrease when their anxiety level is too low or too high, while moderate anxiety can actually help improve performance. In the context of this study, the anxiety experienced by novice athletes can affect the level of focus, decision-making process, and coordination of movements when shooting, thus directly affecting the quality of the shots produced.

The results of this study are reinforced by previous studies conducted by (Rahmad Subandi, 2018) which shows a significant relationship between anxiety and shooting ability in soccer players with a correlation value of $r = 0.555$. Other research by (Bahtiar et al., 2023) It also revealed that anxiety is one of the psychological factors that affect players' shooting performance. The similarity of these findings confirms that the mental aspect, especially anxiety, is an important variable that needs to be considered in the process of coaching football athletes, especially for beginner athletes who are still at the stage of developing technical abilities and mental readiness in competing.

Based on the results of the research and theoretical studies carried out, it can be concluded that anxiety has a very strong relationship with basic shooting technique skills in beginner athletes of Goal Aksis Football School women's football. The psychological aspect of athletes has

been proven to have a significant influence on the quality of technical performance displayed on the field. Thus, in addition to focusing on physical training and technique, mental coaching, especially in terms of anxiety control, needs attention from coaches and athletes so that shooting skills can develop optimally.

This research is expected to provide beneficial contributions to various parties. For the author, this study provided valuable experience and increased knowledge regarding the relationship between anxiety and shooting skills, as well as developing insights in the field of sports psychology. For coaches, the findings of this study can serve as a reference for paying more attention to the psychological aspects of athletes and helping them overcome anxiety through motivation and mental training. Furthermore, for future researchers, this study can serve as a reference source for further development by adding other variables, expanding the number of participants, or exploring different levels of athletes to obtain more comprehensive results.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that there is a very strong and significant relationship between anxiety and basic shooting technique skills in beginner female football athletes at Goal Aksis Football School.

This study revealed a strong correlation between anxiety levels and basic shooting skills among novice female soccer athletes. Athletes' mental health, particularly anxiety, has been shown to impact the quality of their shooting performance. Athletes experiencing anxiety often struggle to maintain concentration, experience tension, and experience decreased self-confidence, which impacts the accuracy and power of their shots. Conversely, effective anxiety management can help athletes perform more calmly, focus, and optimally execute shooting techniques.

Furthermore, the results of this study indicate that anxiety is a major factor influencing variations in athletes' shooting abilities, although other factors such as physical condition, playing experience, and quality of training also play a role. Therefore, mental aspects must receive balanced attention alongside technical and physical training during the athlete development process to ensure optimal shooting abilities.

This study confirms that psychological factors play a big role in determining sports performance, especially in basic shooting technique skills

in football. The level of anxiety experienced by athletes can affect focus, confidence, and accuracy when shooting. Therefore, the management of athletes' mental conditions and anxiety is an important aspect that needs attention in the training and coaching process, so that athletes are able to display more optimal technical performance.

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