



Analysis of The Self-Confidence of The Athletes of Sumedang

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Abstract

Confidence is one of the most important psychological aspects in rock climbing because athletes have to face various challenges, such as altitude, the difficulty level of the trail, and the pressure during training and competition. This study aims to analyze the confidence of rock climbing athletes from Sumedang Regency and identify the factors that influence it. This study uses a qualitative approach with a descriptive method. The data collection technique was carried out through observation and in-depth interviews with four rock climbing athletes who actively train in nature lovers organizations in Sumedang. The data obtained was then analyzed descriptively to describe the real conditions experienced by athletes regarding their confidence level. The results of the study show that in general the athletes have a fairly good level of confidence. This can be seen from their readiness before climbing, the courage to make decisions when facing challenging routes, and the ability to control emotions when at height. Athletes also show an open attitude in evaluating performance after climbing. Athletes' confidence is influenced by two main factors, namely internal factors and external factors. Internal factors include confidence in one's abilities, training experience, positive mindset, and courage to face fear. Meanwhile, external factors include support from coaches, teammates, family, and the availability of training facilities. In addition, some obstacles that can reduce athletes' confidence include nervousness during competitions, fear of heights, pressure from opponents who are considered stronger, and limited training facilities. Based on the results of the research, it can be concluded that the confidence of rock climbing athletes is not formed instantly, but through a continuous training process, competition experience, and support from the surrounding environment.

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INTRODUCTION

Rock climbing is one of the sports that requires a combination of physical abilities, techniques, and mental readiness of athletes to face various challenges during the climbing process. One of the psychological aspects that plays a major role in Supporting athletes' performance is confidence. Confidence can be interpreted as an individual's belief in his or her ability to deal with various situations, make decisions, and perform optimally (Vasile et al., 2023). In the context of sports, confidence plays an important role in helping athletes control emotions, maintaining focus, and overcoming stress during training and competition (Gan et al., 2024). In rock climbing, this psychological factor becomes increasingly important because athletes have to face risky conditions such as height, difficulty of climbing routes, and pressure to achieve the best performance in a limited time. Therefore, confidence is one of the main factors that can affect the success of athletes in rock climbing (Giles et al., 2025).

Based on the results of initial observations made on rock climbing athletes in Sumedang Regency, it was found that not all athletes have a stable level of confidence when climbing. Some athletes still experience nervousness, fear of heights, and lack of confidence in their abilities when facing difficult climbing paths. This condition often causes athletes to lose focus, have difficulty controlling movements, and even affect their performance during training and competitions. On the other hand, there are also athletes who are able to control pressure and show better performance because they have strong confidence in their abilities. This shows that confidence plays an important role in supporting the success of rock climbing athletes, especially in the face of complex physical and mental challenges.

Some previous studies have also shown that confidence has a significant relationship with athlete performance. Research conducted shows that self-concept and self-esteem have a significant effect on the confidence of rock climbing athletes (Martín-Talavera et al., 2023). Another study found that social support and mental toughness were associated with competitive anxiety in rock climbing athletes. In addition, research shows that pre-competition anxiety levels and self-confidence can affect the performance of bouldering climbers (Luo et al., 2025). The results of these studies show that the psychological aspect has a great contribution to

the performance of athletes in rock climbing. However, most of the studies use a quantitative approach and have not specifically examined the confidence condition of rock climbing athletes at the regional level, especially in Sumedang Regency.

Based on this background, the formulation of the problem in this study is how the level of confidence of rock climbing athletes from Sumedang, what factors affect the confidence of athletes, and how the role of coaches in shaping and increasing athletes' confidence during the training process and competitions. Thus, this study aims to analyze the level of confidence of rock climbing athletes from Sumedang, identify factors that affect the formation of athlete confidence, and find out the strategies carried out by coaches in building athletes' mentality and confidence. The hypothesis in this study is that the confidence of rock climbing athletes is influenced by various internal factors such as courage, experience, and positive mindsets, as well as external factors such as coach support, training environment, and availability of facilities.

The novelty of this research lies in the research approach used, namely a qualitative approach with an in-depth interview method of rock climbing athletes in Sumedang Regency. This study not only examines the relationship between variables statistically, but also delves deeply into the experiences, perceptions, and psychological dynamics experienced by athletes in building confidence. In addition, this study also provides a contextual picture of the confidence condition of rock climbing athletes at the regional level which has been rarely researched. Therefore, the results of this research are expected to contribute to the development of sports psychology and become the basis for sports coaches and coaches in designing more effective mental coaching programs for rock climbing athletes.

METHOD

This study uses qualitative research methods. Qualitative methods are used to understand phenomena that occur in depth through direct observation of the research subjects. This approach aims to describe and describe the confidence condition of rock climbing athletes in real life based on the experiences and views of the athletes. Data collection is carried out naturally in the field so that researchers can obtain comprehensive information about the factors that affect the confidence of rock climbing athletes from Sumedang. This approach was chosen because able

to provide a deeper understanding of the psychological condition of athletes in carrying out rock climbing activities.

The research design used in this study is a case study design. This design is used to delve deeply into the phenomena that occur in a group or individual in a certain period of time. The research instruments used were in the form of observation guidelines and interview guidelines prepared by researchers. Observations were conducted to observe athletes' training activities and behavior while rock climbing, while interviews were conducted to obtain information about athletes' experiences, feelings, and views regarding their confidence. In addition, documentation is used as supporting data to strengthen the research results.

The subjects in this study are rock climbing athletes from Sumedang Regency. The research was carried out at Graha Insun Medal (GIM) Sumedang which is one of the rock climbing training centers in the area. The selection of research subjects was carried out using the purposive sampling technique, which is the determination of the sample based on certain considerations that are relevant to the research objectives. The chosen subjects are athletes who actively participate in rock climbing training so that they can provide information that is in accordance with research needs.

The type of data used in this study is qualitative data. Qualitative data was obtained in the form of descriptive information in the form of interview results, observation results, and documentation related to the confidence of rock climbing athletes. The data describes the experiences, feelings, and factors that affect the level of confidence of athletes in performing rock climbing activities. The data obtained is then processed and analyzed to get an overview of the overall state of athletes' confidence.

The data collection technique in this study was carried out through triangulation, that is, using several data collection techniques simultaneously to obtain more valid data. The data collection techniques used include: 1. Observation, Observation is carried out to directly observe the training activities of rock climbing athletes and behaviors related to confidence when climbing. 2. Interviews, In-depth interviews are conducted with athletes to obtain information about their experiences, feelings, and factors that affect their confidence. 3. Documentation, Documentation is used as supporting data in the form of photos, field notes, and other documents related to research activities. Through this triangulation technique, the data obtained is expected to have

a higher level of accuracy (Gerlach et al., 2020).

The data analysis in this study uses a qualitative data analysis model proposed by Matthew B. Miles and A. Michael Huberman (Tang et al., 2019). The data analysis process is carried out through several interrelated stages, namely data reduction, data presentation, and conclusion drawing (Salmona & Kaczynski, 2024). The first stage is data reduction, which is the process of selecting, focusing, and simplifying the data obtained from observations, interviews, and documentation so that the data obtained becomes more targeted and in accordance with research needs. After the reduction process is carried out, the next stage is the presentation of data. At this stage, the data that has been selected and simplified is then presented in the form of a descriptive description so that it is easier for researchers to understand the patterns, relationships, and meanings contained in the research data. The last stage is drawing conclusions, which is the process of formulating research results based on data that has been analyzed to answer the formulation of the problem that has been determined. All stages of data analysis are carried out continuously during the research process until valid and accountable conclusions are obtained.

RESULTS AND DISCUSSION

Based on the results of research conducted through observation and interviews with rock climbing athletes from Sumedang Regency, an overview of the level of confidence of athletes in undergoing training and when climbing was obtained. The results of the observation show that most athletes have a fairly good level of confidence (Vealey & Zimmerman, 2023). This can be seen from the readiness of the athletes before climbing, the courage in choosing a route, and their ability to face difficult routes without showing any significant doubts. Athletes are also seen to be able to make decisions independently when facing variations of handles and footings on climbing walls, although still considering the direction of the coach. In addition, the athletes were able to control anxiety when at altitude and still try to complete the climbing route despite experiencing difficulties.

The observation results also show that the aspect of positive self-concept is one of the factors that supports the formation of athlete confidence. The athletes seemed to be able to control their emotions, be calm before starting the climb, and show an unyielding attitude when experiencing failure. They are also open to evaluating the per-

formance that has been carried out by discussing with colleagues and coaches after the training is over. This shows that athletes have awareness of their own abilities and try to improve their shortcomings (Chow & Luzzi, 2019). Overall, these conditions illustrate that the confidence level of rock climbing athletes from Sumedang is in the good category and develops through a continuous training process.

In addition, the results of the interviews show that athletes' confidence is influenced by several factors, both internal and external factors. Internal factors include the spirit of training, courage to face challenges, confidence in one's abilities, and a positive mindset. Athletes who have high motivation and confidence in their abilities tend to be able to control emotions and stay focused when facing routes difficult climbing. Meanwhile, external factors that affect athletes' confidence include support from coaches and training partners, competition experience, and the availability of training facilities. The support provided by the coach and the training environment is able to increase the motivation of athletes so that they are more confident in facing the challenges of rock climbing (Wang, 2022).

Table 1. Observation Results

Aspects Observed	Indicators (Behavior)	QZZ	FS	ASA	RHTR
Confidence in ability	Confident and ready before the climb	yes	yes	yes	yes
	Dare to choose the route without hesitation	yes	yes	yes	yes
	Keep trying when the route is difficult	yes	yes	yes	yes
Independence in action	Determine own strategy	yes	yes	yes	yes
	Not fully dependent on the trainer	yes	yes	yes	yes
Positive self-concept	Calm before and during climbing	yes	yes	yes	yes
	Able to control anxiety	yes	yes	yes	yes
	Keep trying even if fail	yes	yes	yes	yes
express opinions and evaluation	Brave to express opinions and evaluation	yes	yes	yes	yes

Based on the observation results in **Table 1** the four rock climbing athletes, namely QZZ, FS, ASA, and RHTR in general, showed a good level of confidence during the exercise. In terms of confidence in their abilities, all athletes look ready before climbing, dare to choose a route, and keep trying when facing difficult paths. In addition, in the aspect of independence in acting, athletes are able to determine climbing strategies independently while still considering the direction of the coach (Eastabrook et al., 2023).

In the aspect of positive self-concept, athletes

seem to be able to control anxiety when climbing and keep trying again when they experience failure (Négele et al., 2020). Meanwhile, in the aspect of self-expression, athletes show courage in expressing opinions and evaluating the performance that has been done. Overall, the observation results showed that the four athletes had a good level of confidence, which was reflected in readiness before climbing, courage in making decisions, the ability to manage emotions, and openness in conducting self-evaluation during the training process.

The results of interviews were conducted on four rock climbing athletes from Sumedang Regency, namely QZZ, FS, ASA, and RHTR. The interview aims to obtain more in-depth information about the experiences, views, and factors that affect athletes' confidence in rock climbing (Turchetto et al., 2025). Through this interview process, researchers can understand how athletes interpret confidence, factors that shape it, and the experiences they experience during training and facing matches.

Based on the results of interviews regarding the background of athletes' involvement in rock climbing, most athletes began to be interested in this sport when participating in student organization activities or rock climbing community activities (Langseth & Salvesen, 2018). One of the speakers, QZZ, said that;

"the beginning of his involvement in the world of rock climbing was when he participated in the activities of the Garjamara UKM on campus which often held fun climbing activities".

This made him interested and finally continued to pursue the sport until now. The same thing was also conveyed by FS who stated that;

"his interest in rock climbing arose when he joined the Mapala Garjamara organization, where he learned basic climbing techniques from the beginning until he finally understood the sport".

In addition, ASA said that *"his interest in rock climbing arose when he saw the Garjamara expo activities which featured climbing activities".*

After trying the activity, he felt challenged and interested in continuing to learn it even though he was scared at first. Meanwhile, RHTR stated that;

"his interest in rock climbing arose because the sport has elements of challenge and requires strong physical and mental readiness".

These experiences show that the initial interest in rock climbing is one of the factors that encourage athletes to continue practicing and developing their skills (Magiera et al., 2018).

In terms of confidence in one's abilities,

the athletes said that confidence is an important factor in completing the climbing route (Mangan et al., 2025). QZZ explained that;

"confidence determines his success in reaching the top point of climbing, because without confidence in his abilities, athletes will find it difficult to complete the route they face".

The same thing was also conveyed by FS who stated that *"confidence arises from mastery of techniques and experience gained while participating in training and organizational activities"*. ASA also said that *"confidence is formed from the process of learning, trying, and practicing experience that continues to be carried out gradually"*.

In addition to internal factors, the interview results also show that regular training and environmental support have an important role in increasing athletes' confidence. One of the speakers stated that;

"the exercises carried out regularly are able to improve the physical and mental abilities of athletes so that they feel more prepared when facing climbing routes and matches" (Dong et al., 2023). Even some athletes also mentioned that;

"support from coaches and training partners was a very helpful factor in building their confidence".

Based on the results of data analysis conducted on interview transcripts using NVivo software, several main themes related to the confidence of rock climbing athletes were found. This analysis results in data visualization in the form of word cloud and mind map that shows the words that appear most often in the interview results. The results of the analysis showed that the word "trust" was the word that appeared most often with a frequency of 0.84%, followed by the word "match" at 0.20%, and the word "development" at 0.18%. The appearance of these words shows that athletes' confidence is closely related to the experience of competing and the process of developing skills through continuous training (Faro et al., 2020).

Data analysis also shows that athletes' confidence is influenced by several interrelated factors, namely internal factors, external factors, and inhibiting factors. Internal factors include the spirit of training, courage, confidence in one's abilities, and the positive mindset possessed by athletes (Paic & Jurakić, 2021). Athletes who have high motivation and an optimistic mindset tend to be better able to control their emotions and stay focused when facing difficult climbing paths (Martin & Collins, 2025).

Meanwhile, external factors that affect athletes' confidence include support from coaches,

training partners, and training environments that support the development of athletes' abilities (Coussens et al., 2025). This support provides additional motivation for athletes to continue training and improve their skills. In addition, the existence of a structured training program also helps athletes in recognizing their abilities and increasing mental readiness when facing matches.

However, the results of the study also show that there are several psychological obstacles that can affect athletes' confidence, such as nervousness, nervousness, fear of heights, and pressure when facing matches (Edmizal et al., 2025). These obstacles are challenges that athletes must face in the process of developing their mental and confidence. Therefore, mental coaching and training environment support are important aspects in helping athletes overcome these obstacles and improve their performance in rock climbing.

CONCLUSION

Thus, it can be concluded that increasing the confidence of rock climbing athletes requires a comprehensive approach, including mental strengthening, improving the quality of training, providing adequate facilities, and support from coaches and the surrounding environment. Confidence is not something that comes up instantly, but rather the result of a process of practice, experience, and the formation of a positive mindset.

Furthermore, this study has several limitations that should be considered. The relatively small number of subjects, involving only four athletes, means the results cannot be broadly generalized to the entire population of rock climbing athletes. Furthermore, this study used a qualitative approach, which relies heavily on researcher subjectivity in interpreting observational and interview data. Another limitation is that the study was conducted at only one training center, making it less representative of conditions in other regions or training centers.

Based on these limitations, it is recommended that future research involve a larger number of subjects and employ a mixed-methods or quantitative approach to ensure stronger generalizability. Future research should also examine coach strategies in more depth in building athlete self-confidence and examine other psychological variables that influence performance. In addition, practitioners are advised to improve the quality of training facilities and develop structured mental training programs to support increased confidence and performance of rock climbers.

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