# THE ROLE OF SELF-CONFIDENCE IN ACHIEVING PEAK PERFORMANCE : A DESCRIPTIVE QUANTITATIVE STUDY OF YOUTH BASKETBALL ATHLETES IN SUKABUMI

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| Article's Info | *Abstract* |
|---|---|
| | *This research seeks to examine the impact of self-confidence on the achievement of peak performance in youth basketball athletes. In addition to physical, technical, and tactical aspects, self-confidence is a crucial psychological factor that supports athletic success. It helps athletes manage competition pressure and boosts their readiness to perform at their best. The study employs a descriptive quantitative approach with a correlational design, involving 33 youth basketball athletes from Sukabumi City as participants. The instruments used include the Sports State Confidence Inventory (SSCI) to assess self-confidence and a peak performance questionnaire created by Garfield and Bennet. Data analysis was conducted using the Statistical Program for Social Sciences (SPSS) version 25, with results showing a significant positive correlation between self-confidence and peak performance, yielding a correlation value of 0.759 and a significance level of 0.000. These findings suggest that higher levels of self-confidence increase the possibility of athletes reaching peak performance. This study aims to offer deeper insights into the factors that affect athletic achievement, particularly self-confidence, and contribute to future youth basketball athletes' development.* |

## INTRODUCTION

Achievement of sports achievements is closely related to the application of character values. These values play an important role in supporting individual success in achieving accomplishments in sports and education (Liu et al., 2023). There are various types of character values, each with its function, one of the character values that appears in sports is self-confidence and perseverance. Self-confidence is crucial in sports activities, while perseverance requires full dedication and strong determination to achieve the desired goals (Juriana & Tahki, 2017). The form of the relationship and intraindividual variability of self-confidence can explain why self-confidence does not always have the same effect on sports performance (Feltz, 2014). Previous studies have reminded us of the theoretical assumptions of the relationship between self-confidence and sports performance, it is not surprising that this relationship has been the subject of much research in sports psychology (Adam, 2023). Among the various relationships, the least debated is the positive relationship between self-confidence and performance. There is strong support for this positive relationship, both in theory and empirical evidence (Swann et al., 2017). Human movements are not only oriented towards physical goals, but psychological aspects are also very much needed. Likewise, in the game of football, not only physical and technical factors influence, but psychology has a very important role in football playing skills when competing or during the match (Komarudin & Risqi, 2020). However, this position has not been directly tested and is the focus of this study (Orth & Robins, 2022). We hypothesize that individuals who experience decreased self-confidence will try

harder to complete tasks, which in turn will improve their performance (Beck & Schmidt, 2015). Meanwhile, psychological training is rarely carried out on Adolescent Basketball Athletes due to minimal knowledge to understand the importance of psychological training (Saputra et al., 2022). In reality, when an athlete faces a tough challenge, such as when participating in a tournament, he needs mental strength to face it, therefore, high self-confidence is very important to achieve the expected results, namely peak performance and performance (Abdul Muhaemin M et al., 2023). This has been proven through various studies. Many factors can trigger adolescent basketball athletes to achieve their best performance in a match, which usually comes from within themselves or from the external environment (Mayangsari et al., 2024). Several studies have examined the benefits of self-confidence for athletes, but have not produced definitive conclusions (Jekauc et al., 2023).

Self-confidence is defined as the perceived ability to achieve a certain level of performance, meaning that some athletes tend to have different self-confidence between one athlete and (Greenacre et al., 2014) , Self- confidence is a belief in one's ability to achieve the desired goals. This self-confidence is an important factor in achieving maximum performance as an athlete and helps maintain the best abilities so that athletes can continue to show optimal performance (Burhaein, 2023) This is one aspect of personality that is the basic capital and forms the training process and relationships with the social environment (Fauzan et al., 2022) Another opinion states that self-confidence is a belief in one's ability to achieve the desired goals. This self-confidence is a crucial factor in achieving the

highest achievement as an athlete and helps maintain the best abilities so that athletes can continue to perform optimally. In general, self-confidence consists of two categories: excessive self-confidence or " overconfidence " and lack of self-confidence or " lack of confidence ." It is known that " overconfidence " can occur in athletes who are too optimistic and often win in local competitions. Athletes with this trait tend to get frustrated easily, especially when facing teams that are considered weak; their high expectations make them feel very devastated when they lose. On the other hand, " lack of confidence " is an attitude of lack of self-confidence that makes athletes set lower targets than their abilities, so that the achievements achieved are also low. Athletes with this attitude feel like they are always in the shadow of their opponents, considering their opponents very strong and difficult to face (Shelley et al., 2021).

Athletes often struggle with self-confidence due to a lack of specific training to build it. This is particularly concerning for teenagers, as they are in a critical growth phase both psychologically and physiologically. Low self-confidence disrupts the performance of young basketball players during matches, as confidence is crucial for making quick decisions, such as passing, dribbling, and executing plays. Without self-trust, athletes cannot achieve their best performance. The lack of confidence and motivation stems from their inexperience with the constant pressure of competition (Rinaldy et al., 2022). Research by (Doorley et al., 2022) highlights that athletes with low self-confidence tend to underperform, emphasizing the importance of building self-belief for peak performance in youth basketball, athletes who have trust low self tend to experience disturbance

in reaching peak performance and can see at moment.

As explained above, the psychological aspect is the capital needed by an athlete to achieve peak performance. Ideally, basketball athletes must have good technical, physical, and mental abilities, so that athletes can achieve good performance (Demands, 2016) . Peak Performance is a state also known as peak experience, zone of function, and optimal flow. This term refers to the moment when a person can combine all aspects perfectly, be in the "zone," and experience smooth flow, thus achieving an extraordinary level of performance. (Greg Wells, 2016) .

Based on the explanation above, the author feels it is important to conduct further research on this topic. Currently, the author has not found clear evidence regarding the relationship between self-confidence and peak performance in adolescent basketball athletes in the city of Bandung. This is certainly an interesting focus to study, so this study aims to analyze the impact of self-confidence on the optimal performance of adolescent basketball athletes. Thus, this study is expected to provide deeper insight into the factors that influence athlete achievement, especially in the context of self-confidence. This study aims to answer relevant questions and contribute to the development of adolescent basketball athletes in the future.

## METHOD

This research employs a quantitative descriptive approach with a correlational design, with purposive sampling as the method for selecting the sample The study's sample selection is crucial for ensuring valid and reliable results.

The criteria include male or female basketball athletes aged 14-16, with at least three years of training, residing in Sukabumi City. Additionally, interviews with athletes were conducted to complement the data, using a semi-structured format where the interviewer posed specific questions related to the main topic while allowing follow-up questions as needed. The interviews aimed to uncover insights that might not be easily gathered through observation, such as factors influencing training activities and the athletes' perspectives on basketball training, particularly regarding their self-confidence before and after competition.

The study's sample consisted of 33 youth basketball players from Sukabumi City, including 17 males and 16 females. The primary instrument used was the State Sport Confidence Inventory (SSCI) questionnaire, which measures three key factors: physical skills and training, cognitive efficiency, and resilience, based on the 13 questions developed by (Mayangsari et al., 2024) Additionally, the peak performance questionnaire, developed by Garfield and Bennet in (Fakhrurrazi, 2018) was also used, with responses rated on a Likert scale (Subandrio & Kartiko, 2021). Data analysis was performed using the Statistical Package for the Social Sciences (SPSS) version 25, employing Pearson correlation to assess relationships between variables.

## RESULT AND DISCUSSION
## RESULT

Respondent characteristics obtained from the questionnaire filled out by respondents based on gender, age, and highest championship level are described in detail in the following Table 1:

Table 1. Recpondent Characteristics

| Respondent Characteristics | | n=33 | |
|---|---|---|---|
| | | n | % |
| Gender | Man | 17 | 51.5% |
| | Woman | 16 | 48.5% |
| Age | 13 | 13 | 39.4% |
| | 14 | 19 | 57.6% |
| | 15 | 1 | 3% |
| | 16 | 0 | 0% |
| Highest Championship Level | City/District | 16 | 50% |
| | Province | 5 | 12.5% |
| | National | 9 | 28.1% |
| | International | 3 | 9.4% |

Table 1 shows that there were 33 respondents consisting of 17 athletes (51.5%) male, and 16 athletes (48.5%) female, then the age range of the respondents table can be seen at 13 years old with 13 athletes (39.4%), 14 years old with 19 athletes (57.6%), at 15 years old with 1 athlete (3%), and at 16 years old with 0 athletes (0%), the next discussion can be seen from the highest championship level achieved by the city/district with 16 athletes (50%), at the provincial level with 5 athletes (12.5%), at the national level with 9 athletes (28.1%), and at the international level with 3 athletes (9.4%).

Table 2. Description Statistics

Description Statistics described in detail in the following Table 2:

| Variables | N | Min | Max | Sum | Mean | Std. Deviation |
|---|---|---|---|---|---|---|
| Confidence | 33 | 42 | 37 | 1869 | 56.64 | 7.382 |
| Peak Performance | 33 | 37 | 65 | 1577 | 47.79 | 7.162 |

The statistical description of each variable can be seen. It can be seen that the self-confidence variable has the lowest value of 42, the highest value of 73, a total value of 1869, an

average value of 56.64, and the standard deviation value of 7.382. Meanwhile, the peak performance variable has the lowest value of 37, the highest value of 65, the total value of 1577, the average value of 47.79, and the standard deviation value of 7.162. Furthermore, the author presents the normality test results in Table 3.

Table 3. Normality Test

| Tests of Normality | | | |
|---|---|---|---|
| Variable | Statistics | df | Sig. |
| Peak Performance | 0.939 | 33 | 0.065 |
| Confidence | 0.966 | 33 | 0.383 |

The decision taken from these criteria is that there is a positive influence of self-confidence on the peak performance of teenage basketball athletes in Sukabumi City. Showing the results of the normality test. Based on Table 3, it can be seen that the results of the *peak performance questionnaire* obtained a statistical value of 0.939, df 33, and Sig. of 0.065. The results of the self-confidence questionnaire obtained a statistical value of 0.966, df 33, and Sig. of 0.383. Based on the test results, both data obtained a Sig. Value> 0.05 so that both data are declared "Normally Distributed". Therefore, the author uses a parametric approach in making a hypothesis. The results of the hypothesis test can be seen in Table 4. Therefore, the author uses a Spearman correlation approach to his hypothesis. The results of the hypothesis test can be seen in Table 4.

Table 4. Correlation Test Self-Confidence in Peak Performance

| Variables | Pearson Correlation | Sig(2-tailed) |
|---|---|---|
| Self-Confidence – Peak Performance | 0.759 | 0 |

Shows the results of hypothesis testing using Pearson correlation. Based on Table 4, it can be seen that the t-value is 0.759 with a sig. (2-tailed) value of 0.000. Based on the test results, the sig. (2-tailed) value <0.05 so that H0 is rejected, it can be concluded that there is a significant relationship between self-confidence and peak performance in adolescent basketball athletes.

**DISCUSSION**

Results of the research conducted were reinforced with the use of session interviews with athletes, according to the resource person " The Importance of increase confidence self, control self in the field, at the time match, no only that's support from coaches, and colleagues the team is also very important thing When we can coordinate all that, then at the time match, psychological We can awake, so that capable give maximum peak performance results, because if there is a sense of trust self according to so performance game will decrease too, then from it is very important mental training before preparing an event or match ." (Wawancara, 2024).

Based on statistical test results, it can be seen existence connection between trust in self and performance peak in youth basketball athletes. If the level of trust in self is high, then performance at the peak is also high. On the other hand, if an athlete's own level of trust

is low self, then performance peak will also be decreased. This is in line with studies previously shown that aspect psychological, such as trust in self, can influence performance athletes ( Purnasari & Novian, 2021).

In research by (Ita et al., 2022) State that influence trust self to performance peak will the more big when pressure high. If the pressure is low, the influence of the trusted self is also low. The results of the study (Fernández et al., 2015) Show something similar, namely trust self more influential in a way significant in conditions competition, but not in condition practice. Research also shows that trust in self can play a role as a stabilizer in situations of pressure. This is by theory disaster, which looks at pressure as a form anxiety cognitive and somatic (Hill & Shaw, 2013).

Athletes often face challenges with self-confidence due to insufficient training designed to develop it. This issue is particularly significant for teenagers, who are in a crucial phase of psychological and physiological growth. Low self-confidence affects young basketball players' performance, as confidence is essential for making quick decisions such as passing, dribbling, and executing plays effectively. Without it, athletes struggle to reach their full potential, with their lack of confidence and motivation often stemming from limited experience handling competitive pressure (Sachie et al., 2024).

Self-confidence is vital for achieving peak performance, enabling athletes to take strategic risks, maintain focus under pressure, and perform consistently. Confident players are better equipped to implement strategies, communicate effectively with teammates, and demonstrate resilience during challenging

moments. It also helps reduce anxiety, allowing athletes to stay composed during critical plays, such as last-minute shots or free throws (Creasy, John, 2008).

Research by (Doorley et al., 2022) underscores that athletes with low self-confidence often fail to perform at their best, highlighting the need to cultivate self-belief for success in basketball. Confidence not only enhances individual performance but also strengthens team dynamics by boosting collective morale and energy. To address this, training programs should incorporate psychological skill development and competitive simulations to build confidence, ensuring young athletes can thrive and achieve their highest potential in sports (Hidayat et al., 2023).

Study This is in line with the results of research conducted on 30 teenage basketball athletes, which showed the existence connection a positive and significant between trust in self and performance peak. (Mayangsari et al., 2024). Based on the results of research and opinions above, the relationship is positive This makes athletes who have a level of trust self tall more mature and ready to try hard To reach success so that they will give their best and achieve peak performance (Chen & Wu, 2014). Like explained by (Fauzan et al., 2022) Existence connection between trust in self and performance peak can help athletes to achieve performance.

On the other hand, when athletes trust themselves low in practice, they will doubt their ability alone and feel defeated by the opponent, As a result, several athletes reduce their effort, which leads to a decline in performance. (Nursaba et al., 2024). Findings This shows the connection between emotions, behavior, and cognition, as well as supports theory

competition. Attitudes and behavior athletes affected by the level of trust self show that when trust self low, athletes tend to feel anxious and interested self during matches. (Martín-Rodríguez et al., 2024). However, when trust themselves, they come on stage more believe self and performance they increased. Trust self and performance peak each other influence, with influence performance to trust self more strong than on the contrary. (Saleem et al., 2020)

**CONCLUSION**

Psychological factors significantly influence student performance. Even with optimal physical preparation and technical training, a lack of motivation often leads to disappointing results (Risqi & Arsila, 2021)

Building self-confidence from the preparation stage helps athletes better handle competitive pressure and achieve optimal results (Setyawati, 2014). Research highlights the strong link between self-confidence and peak performance, with higher confidence increasing the likelihood of success, particularly for adolescent basketball players (Feltz, 2014)

Future research should aim to uncover deeper insights and innovations, advancing our understanding and methods for fostering athletic success.

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