



Analysis of Players' Anxiety Level Before Futsal Matches in Futsal Extracurricular Activities at Public Elementary Schools Teluk Dalam 3 Banjarmasin

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Article History

Received May 2025

Accepted May 2025

Published Vol.14 No.(2) 2025

Keywords:

Anxiety Level; Futsal
Players; Public Elementary Schools Teluk
Dalam 3 Banjarmasin

Abstract

This study aims to analyze the level of anxiety of players, before a futsal match, in the futsal extracurricular, at Public Elementary Schools Teluk Dalam 3 Banjarmasin. The tool used in this study was a questionnaire, while the research method used was quantitative descriptive. Descriptive data analysis was carried out using percentages. The subjects in the study were extracurricular male futsal at Public Elementary Schools Teluk Dalam 3 Banjarmasin consisting of 17 students. The percentage results for the level of anxiety of players before a futsal match, in futsal extracurricular activities, at Public Elementary Schools Teluk Dalam 3 Banjarmasin, the number of intrinsic factors (originating from within the individual) consists of morale 13.92%, match experience 15.98%, negative thoughts 13.40%, complacent thoughts 15.98% with a percentage of 59.28%, and extrinsic factors (influenced by external environmental factors) consisting of coaches and teachers 15.98%, referees 4.64%, opponents 13.40%, friends and parents 6.70% with a percentage of 40.72%. The conclusion of this study shows that the most dominant level of anxiety in players before a futsal match at Public Elementary Schools Teluk Dalam 3 Banjarmasin is intrinsic anxiety compared to extrinsic.

How to Cite

Taufik., Arifin, R., & Fauzan, L. A. (2025). Analysis of Players' Anxiety Level Before Futsal Matches in Futsal Extracurricular Activities at Public Elementary Schools Teluk Dalam 3 Banjarmasin. *Journal of Physical Education, Sport, Health and Recreation*, 14 (2), 445-450.

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INTRODUCTION

Futsal is the most popular sport among students at school because existence field facilities which is generally available in almost every school environment. In addition, futsal offers a combination of fast-paced game excitement and strategic challenges, thus attracting students to participate. This sport also has high educational value, such as training teamwork, discipline, and physical and mental agility. With its dynamic and easily accessible characteristics, futsal is not only a sports activity, but also an effective medium for building students' character through healthy competition and collaboration (Arifin and Fauzan 2025).

Students can hone their athletic skills and interests through school-sponsored futsal extracurriculars. Through this activity, students not only learn basic futsal techniques, but also understand game strategies, build teamwork, improve physical endurance and have self-confidence, according to (Aunilah et al. 2024) Self-confidence is an important aspect of a person's personality that can be acquired through social interaction and learning. A person's level of self-confidence plays a major role in determining success in various competitions, because strong self-confidence helps face challenges and achieve goals more effectively. Apart from being a means of channeling talent, futsal extracurricular activities also provide opportunities for students to explore their potential more deeply, both in terms of individual skills and competitive mentality (Batubara et al. 2024). With proper guidance from a coach or sports teacher, students can hone their skills and compete healthily, so that they are better prepared to take part in tournaments at school and outside school level (Hidayat 2023). In addition, this activity also plays a role in forming character such as discipline, sportsmanship, and self-confidence which are important for students' personal development both inside and outside the world of sports. In addition to the three characters above, physical education helps develop emotions, ways of thinking, and motor skills, so that a person is better prepared to achieve his life goals (Hayati et al. 2023).

Futsal requires a balance between technique, tactics, physical condition, and mentality so that players can perform optimally. By developing these four components in a balanced way, futsal players can improve their performance on the field and play more confidently and effectively (Ilham Surya Fallo, Suharjana 2024). According to (Mahdiansyah et al. 2023) Physical

education shapes physical, mental and character, and instills a healthy lifestyle to support lifelong human development. In futsal, the mental aspect plays a very important role besides technique, tactics, and physical condition. According to (Daniel Vella, Fondacaro 2023), A strong mentality helps players deal with the pressure of the match, make quick decisions, and maintain focus throughout the game. One of the mental challenges often experienced by futsal players is anxiety before competing, which can affect the athlete's performance and readiness.

Pre-match anxiety can arise from a variety of factors, such as personal expectations, team pressure, or fear of failure. Two main categories of anxiety have been identified through research: 1) Somatic anxiety, which manifests as bodily symptoms including muscle tension, excessive sweating, and increased heart rate. 2) Cognitive anxiety, which is associated with negative thoughts, self-doubt, and difficulty concentrating (Zaidan et al. 2025).

A strong mentality is one of the crucial factors in futsal, especially in dealing with anxiety before a match (Shalahudin and Sifaq 2024). This anxiety can arise due to various pressures, such as expectations of victory, fear of failure, or uncertainty in facing opponents. If not managed properly, anxiety can interfere with players' focus and performance, making it difficult for them to make the right decisions on the field. However, anxiety in appropriate levels can actually be a trigger for enthusiasm and increase alertness (Alficanra 2024).

Therefore, it is important with a good mentality, players can face the match more calmly and are able to show their best performance in every match. There are several studies on the level of anxiety before playing futsal as follows: 1) "Analysis of the Anxiety Level of Futsal Extracurricular Students at Senior High School Negeri 10 Ternate" by (M. Irfan Hasanuddin, Benny Badaru 2023), 2) "Anxiety Level of Futsal Players of Vocational High School Taruna Jaya Prawira Tuban Before the Bupati Cup Match" by (Herry Sumartono 2018), 3) "The Level of Competitive Anxiety of Extracurricular Futsal Students at Junior High School Negeri 22 Padang" by (Mendrofa et al. 2023).

From various existing studies, it appears that research on anxiety levels before futsal matches focuses more on high school and junior high school students. This shows that the mental aspect of sports is starting to receive more serious attention, especially among teenagers. However, research on anxiety before futsal matches at the

elementary school level is still very limited.

In fact, understanding anxiety from an early age can be the first step in forming a stronger mentality for children who are just starting to get to know competitions, especially in futsal. Elementary school children who participate in futsal extracurricular activities or inter-school competitions also face certain pressures, both from themselves, their peers, and coaches. If this anxiety is not managed properly, it can affect their confidence in playing and even their motivation to exercise in the future.

This study is about Analysis of Anxiety Level, Players Before Futsal Match, In Futsal Extracurricular, at Public Elementary Schools Teluk Dalam 3 Banjarmasin, the main reason for conducting this study is because anxiety before the match can affect the way children play and develop in sports. Too much anxiety can cause them to lose focus, feel afraid of making mistakes, and even reduce self-confidence in competing. Based on the limitation of the problem, the problem can be formulated as "How big is the level of anxiety of players before a futsal match at Public Elementary Schools Teluk Dalam 3 Banjarmasin". The purpose of the analysis of anxiety experienced by players before a futsal match at Public Elementary Schools Teluk Dalam 3 Banjarmasin.

METHODS

Analysis of Anxiety Level, Players Before Futsal Match, In Futsal Extracurricular, at Public Elementary Schools Teluk Dalam 3 Banjarmasin. This research was conducted on March 4, 2025 - May 19, 2025. The location of data collection in this study was in the classroom of Teluk Dalam 3 Elementary School, Banjarmasin, Jl. Batu Damar, Banjarmasin Tengah District, Banjarmasin City, South Kalimantan.

Descriptive quantitative research is a research method that aims to describe a phenomenon systematically and objectively using numerical data (Ardiansyah, Risnita 2023). Population by (Sugiyono 2019) is a generalization consisting of items or people with certain attributes and traits selected by researchers to be studied and then conclusions drawn. The research population was male futsal players from the extracurricular program of Public Elementary Schools Teluk Dalam 3 Banjarmasin consisting of 17 students. According to (Sugiyono 2019) sample is part of the number and characteristics owned by the population. The sample in this study was the extracurricular male futsal of Public Elementary Schools Teluk Dalam 3 Banjarmasin with a total of 17

male students who participated in the futsal extracurricular.

The sampling technique in this study used purposive sampling, namely a sampling technique that is not carried out randomly, but rather based on certain criteria that have been determined by the researcher so that the sample selected is in accordance with the research objectives (Subhaktiyasa 2024).

Research instruments according to (Asrula et al. 2023) is a method for measuring observable social and environmental events. Questionnaires are used as research tools. After obtaining permission from educational institutions, researchers will approach the contingent. The data collected is primary data using questionnaire data. This data collection process is carried out by distributing closed questionnaires to all respondents, to obtain data on anxiety towards respondents. The instrument used in this study is a questionnaire. Data analysis is analyzed descriptively with a percentage.

Data analysis is analyzed descriptively with percentages. The data that has been obtained will then be analyzed using percentages with formulas processed using Microsoft Excel. After the calculation is complete, the results will be grouped into two main categories, namely intrinsic anxiety (which comes from within the individual) and extrinsic anxiety (which is influenced by external environmental factors). To facilitate interpretation of the results, the data can then be visualized in the form of tables and descriptions, so that the comparison between the two anxiety categories can be seen more clearly.

RESULTS AND DISCUSSION

Research on Analysis of Players' Anxiety Levels Before Futsal Matches in Futsal Extracurricular Activities at Public Elementary Schools Teluk Dalam 3 Banjarmasin is presented in the form of tables and descriptions to provide a clear picture of the research results as **Table 1**.

Table 1. Frequency and Percentage for Intrinsic Factors

Indicator	Frequency	%
Moral	27	13,92%
Competing Experience	31	15,98%
Negative Thoughts	26	13,40%
Self-Complacent Mind	31	15,98%
Amount	115	59,28%

Intrinsic factor of moral indicator frequency 27 with percentage 13.92%, Moral can include concepts such as honesty, loyalty, empathy, and justice. Competitive experience indicator frequency 31 with percentage 15.98%, The competitive experience is a competitive moment that involves preparation, strategy, challenges, and learning. When competing, a person experiences various emotions and learns about sportsmanship, teamwork, and pressure management. This is an opportunity to improve skills and gain valuable experience. The negative thought indicator frequency is 26 with a percentage of 13.40%, Negative thoughts before the match are a natural response to pressure, uncertainty, and high expectations. This can cause anxiety, lack of focus, and reduce performance. The indicator of self-satisfied thoughts is a frequency of 31 with a percentage of 15.98%. Self-satisfied thoughts after the match are feelings of pride in the effort and results. So that it makes yourself more active in practicing. If managed properly, this can be a motivation to develop. However, if excessive, it can hinder the improvement of abilities. The number of frequencies is 115 with a percentage of 59.28%.

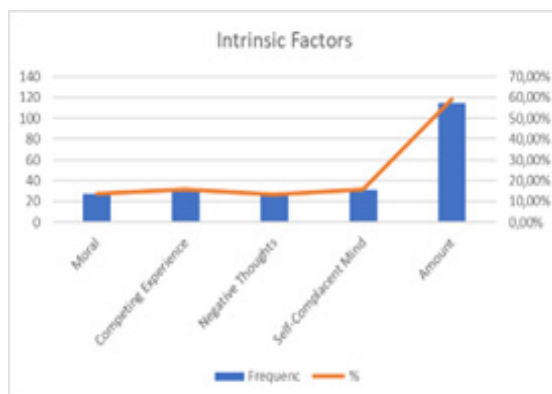


Figure 1. Frequency Bar Chart and Percentage of Intrinsic Factors

Table 2. Frequency and Percentage for Extrinsic Factors

Indicator	Frequency	%
Coach and Teacher	31	15,98%
Referee	9	4,64%
Against	26	13,40%
Friends And Parents	13	6,70%
Amount	79	40,72%

Extrinsic factors of coach and teacher indicators frequency 31 with a percentage of 15.98%. In futsal matches, the coach acts as a strategy

and tactics designer, ensures that players play effectively, and provides motivation so that they remain focused and confident.

Meanwhile, teachers serve as moral support, instilling sportsmanship values, supervising student behavior, and helping them understand the importance of teamwork and communication in the game. Referee indicator frequency 9 with a percentage of 4.64%, in futsal matches, students have an important role in maintaining a good relationship with the referee. They must show respect and sportsmanship by accepting the referee's decision without excessive protest. Opponent indicator frequency 26 with a percentage of 13.40%, in futsal matches, stronger opponents have an important role in improving the quality of the game and creating challenges that hone the abilities of the weaker team. They provide pressure that makes the opposing team have to think quickly, improve strategy, and play more effectively. Friend and parent indicator frequency 13 with a percentage of 6.70%, in futsal matches, friends and parents have an important role in providing emotional support and motivation for students.

Friends serve as encouragement, provide cheers, and support the players' morale to stay confident and enthusiastic in playing. Meanwhile, parents play a role in providing mental encouragement, building children's self-confidence, and ensuring they play with a spirit of sportsmanship.

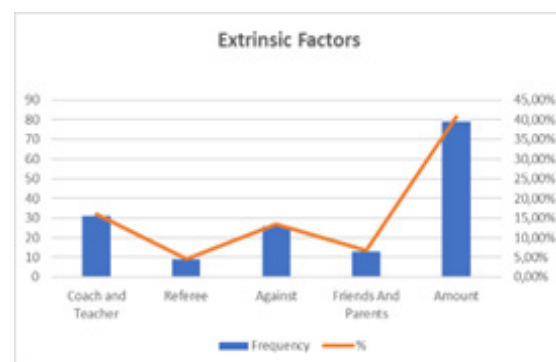


Figure 2. Frequency Bar Chart and Percentage of Extrinsic Factors

Table 3. Frequency and Percentage for Anxiety Level

Intrinsic		Extrinsic	
F	%	F	%
115	59,28%	79	40,72%
115	59,28%	79	40,72%
	59,28%		40,72%

Description of frequency and percentage for the anxiety level of Public Elementary Schools Teluk Dalam 3 Banjarmasin for the highest score of 194, the number of intrinsic frequencies 115 percentage 59.28%, and extrinsic frequencies 79 percentage 40.72%.

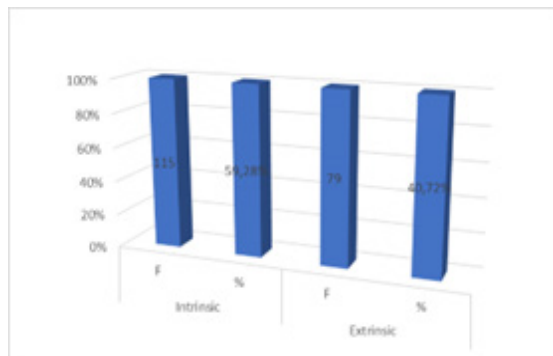


Figure 3. Frequency Bar Chart and Percentage of Anxiety Level

Based on the results of the study, intrinsic factors have a greater influence on the level of anxiety of students at Public Elementary Schools Teluk Dalam 3 Banjarmasin compared to extrinsic factors, with a total frequency of 115 or a percentage of 59.28%. This shows that anxiety is more triggered by internal aspects such as morale, competitive experience, and negative mindsets or complacency. Meanwhile, extrinsic factors such as the influence of coaches, teachers, opponents, referees, friends, and parents also contributed, but in smaller proportions, namely a frequency of 79 percent (40.72%).

Many sports psychologists agree that pre-game anxiety generally stems from personal pressure felt by athletes. Weinberg and Gould in *Foundations of Sport and Exercise Psychology* explain that competitive anxiety is often related to fear of failure and high personal expectations, which can negatively affect an athlete's performance. They emphasize that players who are overly focused on the end result tend to experience increased anxiety, especially if they feel less confident (Muhammad Fixi Nurcahyadi 2024).

In addition, Martens in his theory regarding Competitive Anxiety Theory revealed that competitive anxiety consists of somatic anxiety (physical tension) and cognitive anxiety (fear of failure and self-expectations) (Qory Jumrotul 'Aqobah 2022). Players who have high self-confidence are better able to manage their anxiety and stay focused on the game. Therefore, experts recommend psychological approaches such as mental exercises, visualization, and relaxation techniques to help reduce anxiety that stems from

personal pressure (Firmansyah 2023).

Given the high influence of intrinsic factors on students' anxiety, strategies are needed to help them manage psychological aspects more effectively. Schools can provide counseling or mental training programs to increase self-confidence and reduce negative thoughts. In addition, experiential approaches, such as match simulations or stress management strategies, can help students be more prepared to face challenges. On the other hand, teachers, coaches, and parents need to provide emotional support and motivation so that students feel more confident and comfortable in the learning environment and competition. With these steps, it is hoped that the level of anxiety can be minimized and students can develop optimally.

The opinion is in line with the statement that strategies such as mental training, psychological counseling, simulation of experiences, and support from the social environment are very important in helping students overcome anxiety. With this comprehensive approach, students will not only be more emotionally prepared, but can also develop optimally both in the context of learning and competition (Firmansyah 2023).

Therefore, effective strategies are needed to help students manage their anxiety, such as mental training, as well as support from the environment. Schools can provide counseling programs and psychological training to increase students' self-confidence, while teachers, coaches, and parents play a role in creating a supportive environment. so that their anxiety can be minimized and their performance can be optimally improved.

CONCLUSION

The conclusion of the anxiety level of players before the futsal match at Public Elementary Schools Teluk Dalam 3 Banjarmasin is influenced by two main factors, namely intrinsic factors and extrinsic factors. Based on the results of the study, intrinsic factors (which come from within the individual) have a greater influence with a percentage of 59.28%, compared to extrinsic factors (which are influenced by external environmental factors) which have a percentage of 40.72%.

Further research could also explore the interaction between intrinsic and extrinsic factors to understand more complex psychological patterns. For coaches and trainers, it is important to provide mental support and a conducive environment for players to feel more confident before competing. With a more comprehensive approach

ch, the results of this study can be the basis for improving player performance and their psychological well-being.

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