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The Relationship between Confidence Level and the Decision to Take Remote Shooting in Futsal Players of the Excellent Sport Club Bogor City Team

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Abstract

This study aims to analyze the relationship between self confidence and long-range shooting decision-making in futsal players of the Bogor City Excellent Sport Club Team. The study used a quantitative approach with a correlational design to test the relationship between psychological variables and players' tactical behavior in the context of futsal matches. The research subjects consisted of 30 futsal players who were selected using saturated sampling techniques, so that the entire population was used as a research sample. The level of self-confidence was measured using the State Sport Confidence Inventory (SSCI), while shooting decision-making was measured using the Scale Of Effective Decision-Making Sport (SEDMS) which was equipped with observation of player performance on the field. Data analysis was carried out using SPSS software, including descriptive static, Shapiro-Wilk normality test, and Spearman correlation test as inferential analysis. The results of the analysis showed that the selft confidence level of futsal players was in the relatively high category, while the shooting decision-making ability was in the medium category. The normality test showed that the SSCI data was normally distributed, while the SEDMS data was not normally distributed, so the relationship analysis was carried out using the Spearman correlation test. The results of the correlation test showed a very weak and insignificant positive relationship between self confidence and shooting decision-making ($r = 0.091$; $p > 0.05$). These findings indicate that self-confidence has no meaningful relationship with long-range shooting decision-making. Thus, shooting decision-making in futsal games is influenced by various other factors outside of confidence, such as technical readiness, tactical understanding, match experience, and match situational conditions.

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INTRODUCTION

Exercise is an activity that not only functions to maintain physical health, but also trains the mental and social aspects of a person (Bauman, 2018). One of the sports that is currently widely popular is futsal Futsal is one of the branches of the game that has grown the fastest in the last two decades. The fast dynamics of the game, the narrower movement space compared to field football, and the high intensity of attacks require the players to have optimal technical and tactical skills. In addition to basic technical aspects such as passing, ball control, and shooting, futsal also requires strong cognitive skills, especially in terms of decision-making during the match (Sarmento et al., 2016). In games that take place at a high tempo, players are faced with situations that change very quickly, so that the right decision in a matter of seconds can determine the success or failure of an attack (Hamdi et al., 2016).

In sports performance theory, decision-making ability is influenced by factors such as tactical knowledge, playing experience, situational perception, and the psychological condition of athletes (Stamatelopoulou et al., 2018). Schmit and Lee (Motor Learning and Performance) explain that decision-making in sports is influenced by the interaction between environmental stimuli and the response that athletes choose based on experience and belief in their abilities. In futsal, one of the most decisive decisions is the decision to shoot, including shooting from a relatively long distance. Long-range shooting is not just a technical action, but a tactical response that involves a quick assessment of the player's chances, position, and self-confidence.

Long-range shooting has a higher level of risk and difficulty than close-range shooting, as it requires the right shot power, ball direction accuracy, and timing. Situational factors such as the density of players in the defensive area, goalkeeper position, and game momentum also have an effect. However, research in sports psychology emphasizes that such decisions are not only based on rational analysis, but are also greatly influenced by psychological conditions, especially self-confidence. Weinberg and Gould (Foundations of Sport and Exercise Pyschology) mentioned that self-esteem has a direct effect on an athlete's tendency to take challenging or risky actions in a match.

Self-confidence is an individual's belief in his or her ability to perform certain tasks effectively (Bandura, 1997). Athletes with a level of confidence are usually more courageous to take initiative in the game, have better emotional control, and show a measurable level of aggressiveness in situations that require quick decisions, In the context of futsal, confident players tend to be more confident in shooting from distance when they see an opportunity, even if the opportunity is not always clear to other players (Larissa et al., 2024). Conversely, players with low confidence levels may prefer to pass even if they are actually in a position where it is possible to make shots. This shows that confidence plays an important role in the decision-making process in the field (Dewi Nurfadillah & Yamin Saputra, 2023).

At the amateur and semi-professional club level, the difference in confidence level between players is evident due to the varied experience and quality of training. This makes the relationship between confidence and decision-making an important area of study, especially in emerging teams that require a more structured approach to training. Futsal Excellent Sport Club Bogor City is one of the clubs that actively participates in regional competitions and has a composition of young players who are in the stage of improving performance. In some matches, there is a tendency that players' decision-making in shooting from distance varies greatly, from players who are too hesitant to players who are too brave to take risks.

Meanwhile, based on initial observations and informal interviews with coaches, it can be seen that some players with good shooting technique skills rarely shoot long distances even though their accuracy is not consistent, but they have a high level of self-confidence. This phenomenon suggests that the psychological aspect is likely to play an important role in technical decisions when competing (Sinangling et al., 2024)(Aunilah et al., 2024).

So far, research on the relationship between confidence and decision-making in futsal has been conducted, but it has focused more on passing, dribbling, or performance decisions in general (Fathurochman et al., 2025). There are relatively few studies that specifically examine the relationship between confidence levels and the decision to shoot remotely, especially in the context of amateur clubs or communities in the Indonesian region (Grova et al., 2023). Therefore, focused and contextual research is needed to understand how confidence affects players' tactical behavior in matches (Rizky, 2020).

Based on this description, this study aims to analyze the relationship between the level of confidence and the decision to take a long distance shooting in futsal players of the Bogor City Excellent Sport Club Team. The results of this rese-

arch are expected to contribute to coaches, clubs, and the development of sports science, especially in strengthening the psychological aspect of futsal training and increasing the effectiveness of player decision-making in real player situations.

METHODS

This study uses a quantitative approach with correlation to determine the relationship between confidence level and the decision to take a long shot in futsal players of Excellent Sport Club Bogor City. The correlational design was chosen because it is suitable for testing the relationships between variables in the absence of treatment manipulation, thus allowing researchers to observe the natural relationship between psychological variables and players' tactical behavior during matches, as described by (Vealey, 1986) in the study of sports psychology.

The population of this study is all futsal players who are active members of the Excellent Sport Club of Bogor City during the research period, in totaling 30 people. Given that the number of team members is relatively small and homogeneous, the sampling technique used is total sampling (saturated sampling), which is the entire population (n = 30) is used as a research sample. The use of this technique is relevant in the context of a limited population and is in line with research (Aunilah et al., 2024) which involved 20 extracurricular futsal participants and made the entire population a research sample.

The independent variable in this study was the level of confidence, while the dependent variable was the decision to take a long-distance shot. Confidence levels are measured using the State Sport-Confidence Inventory (SSCI) developed by (Vealey, 1986). This instrument was chosen because it has been widely used in sports psychology research and is able to measure athletes against their abilities in competitive situations. Meanwhile, the decision to take a long-range shot was measured through a combination of questionnaires based on the Scale Of Effective Decision-Making In Sport (SEDMS) developed by (ÇETIN & KARA, 2024) as well as direct observation of the player's performance on the field, which includes the frequency of long-range shooting, shooting distance, and shooting results. The combination of questionnaires and field observations is in line with previous research methodologies, as carried out by (Muhammad Aldi Hutami, 2020) which combines confidence measurement with shooting performance tests in futsal players.

Before being used in the main data collection, all questionnaire instruments first undergo a validity and reliability test process. The validity test of the SSCI instrument was carried out using positive and significant correlations at the significance level of 0.05 and 0.01, with correlation values in the medium to strong category. This indicates that each item is able to measure the confidence construct precisely, so that all question items are declared valid. Furthermore, the results of the SSCI instrument reliability test showed Cronbach's Alpha of 0.951 with a total of 13 question items. This value shows that the SSCI instrument has a very high level of internal consistency.

The validity test of the SEDMS instrument was also carried out using pearson correlation. The results of the analysis showed that all statements had positive and significant correlation values at the significance levels of 0.05 and 0.01, which indicated that each item was able to accurately measure the construct of decision-making in sports. Furthermore, the results of the reliability test of the SEDMS instrument showed that Cronbach's Alpha tilapia was 0.084 for 15 statement items. Thus, SEDMS instruments are declared to have high internal consistency.

Based on the results of the validity and reliability test, it can be concluded that the SSCI and SEDMS instruments used in this study are declared valid and realistic, so they are suitable for use as a data collection tool in the research.

Data collection began after obtaining official permission from the management of EXCELLENT SPORT CLUB Bogor, with the questionnaire distributed in person or online using Google Forms, and the researcher assisted in filling in to ensure the respondents understood the correct statements. In addition, light observations were made of club facilities and training program documentation as additional data to support the interpretation of the results, while the data collected was encoded to maintain the confidentiality of respondents' identities.

Data analysis was quantitatively using SPSS software. The analysis began with descriptive statistics to describe the characteristics of the data, including minimum, maximum, average, and standard deviations of confidence score (SSCI) and decision to take remote shooting (SEDMS). Furthermore, a normality test was carried out as a prerequisite for the analysis. The relationship between the two variables was analyzed using the Pearson correlation test when the data was normally distributed and the Spearman Rho when the data was not normally distributed, with a level of significance $\alpha = 0,05$. Results The

analysis is presented in the form of tables and narratives to provide a clear picture of the relationship between confidence and the decision to take long-range shooting in futsal players.

RESULTS AND DISCUSSION

Table 1. Descriptive

	N	Min	Max	Mean	Std. Deviation
SSCI	30	67	117	95.53	13.938
SEVENS	30	41	73	52.43	9.250

The descriptive statistical **Table 1** shows an overview of the data from 30 respondents on two research variables, namely SSCI and SEDMS. The SSCI variable has a minimum value of 67 and a maximum of 117, with an average value of 95.53 and a standard deviation of 13.94. These results show that in general, the level of self-confidence of respondents is in the high realistic category with considerable score variation between respondents.

Meanwhile, the SEDMS variable has a minimum value of 41 and a maximum of 73, with an average niai of 52.43 and a standard deviation of 9.25. These findings indicate that the decision-making ability of the respondents is at a moderate level with a relatively more homogeneous data distribution compared to the SSCI variable. All respondent data is declared valid and can be analyzed further, as indicated by the value of Valid N (listwise) = 30.

Table 2. Normality

	Kolmogorov-Smirnova			Shapiro-Wilk	
	Statistic	Say.	information	Statistic	Say.
SSCI	.132	.196	significant	.947	.140
SEVENS	.185	.010	significant	.894	.006

Table 2. The Normality Test was conducted to determine the distribution of data on the SSCI and SEDMS variables using the Kolmogorov-Smirnov and Shapiro-Wilk tests with a sample of 30 respondents. The test results showed that the variable had a significance value of 0.196 in the Kolmogorov-Smirnov test and 0.140 in the Shapiro-Wilk test.

In contrast, the SEDMS variable showed a significance value of 0.010 in the Kolmogorov-Smirnov test and 0.006 in the Shapiro-Wilk test. The significance value is less than 0.05, which indicates that the SEDMS data is not normally distributed. Given that the number of samples was less than 50, the results of the Shapiro-Wilk test were used as the main acean. Based on these results, the follow-up analysis in this study uses a nonparametric approach.

Correlation analysis using the Spearman's rho test showed a correlation coefficient value of 0.091, which indicates a positive relationship with a very weak strength between the SSCI and SEDMS variables. A single-infecticity value of 0.634 ($p > 0.05$) confirms that the relationship is not statistically significant.

These results show that the level of self confidence does not have a relationship in line with shooting decision-making in the study respondents. In other words, variations in athletes' confidence levels do not directly affect the quality of long-range shooting shooting. These findings indicate that technique, playing experience, understanding of tactics, match situational conditions, and coach's direction. Therefore, self-confidence cannot be used as the only predictor in explaining shooting decisions in futsal players in the context of this study.

This study aims to determine the relationship between sport confidence (SSCI) and shooting decision-making (SEDMS) in futsal players. The results of descriptive statistical analysis showed that the level of self-confidence of respondents in general was in the relatively high category, while the ability to make shooting decisions was in the medium category. These findings indicate that while most players have a good level of confidence, this is not always followed by optimal shooting decision-making abilities.

The results of the normality test showed that the SSCI data was normally distributed, while the SEDMS data was not normally distributed. Therefore, the analysis of the relationship between variables was carried out using the Spearman correlation test. The results of the correlation test showed that the relationship between self-confidence and shooting decision-making was positive but very weak and not statistically significant. These findings indicate that the level of self confidence does not have a meaningful relationship with shooting decision-making in futsal players in the context of this study.

The absence of a significant relationship between the two variables shows that shooting decision-making is not solely determined by psychological aspects in the form of confidence. In the game of futsal, shooting decision-making is a complex skill and is influenced by various other factors, such as mastery of basic shooting techniques, match experience, the ability to read game situations, pressure from opponents, and under-

standing of the coach's strategy and instructions (Oliveira et al., 2023). Thus, even though players have a high level of confidence, the decision to shoot remotely remains highly dependent on the situational conditions on the pitch.

The results of this study are in line with the view that psychological factors need to be supported by technical and tactical readiness so that they have a real impact on game performance (Tassi et al., 2024). Self confidence plays a supporting factor, but it is not the dominant factor in determining the quality of shooting decision-making. Therefore, the development of shooting decision-making skills in futsal players needs to be carried out through a comprehensive approach, not only focusing on increasing confidence, but also on technique training, tactical understanding, and simulation of match situations.

Although the study provides relevant findings, there are some limitations to be noted. First, the number of samples is relatively limited and only involves one futsal club, so the results of the study cannot be generalized widely. Second, this study only focuses on one psychological variable, namely self-confidence, while shooting decision-making as a big is based on questionnaire instruments and limited observations, so it does not fully represent the dynamics of decision-making in real match situations.

In practical terms, these findings provide implications for futsal coaches and practitioners to not only emphasize the mental aspect in the development of athletes, but also to integrate it in a balanced manner with technical and tactical training. Based on the results of this study, further research is recommended to include other variables that have the potential to have a greater influence on shooting decision-making, such as shooting technique skills, playing experience, tactical understanding, and match situational pressure. In addition, advanced research can use a multivariate research design or mixed methods approach to obtain a more comprehensive picture of the factors that influence shooting decision-making in futsal games (Wei et al., 2025).

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the level of self-confluence of futsal players of the Bogor City Excellent Sport Club Team is in the relatively high category, while the ability to make shooting decisions is in the medium category. However, correlation analysis results showed that the relationship between self-confidence and shooting decision-making was positive but very weak and not statistically related. Thus, self-confidence does not have a relationship that is in line with long-range shooting decision-making in futsal players.

The findings show that shooting decision-making is a complex skill and is not determined by one psychological factor alone. Although self-confidence plays an important role as a supporting factor in athletes' performance, the decision to shoot remotely is more influenced by technical readiness, tactical understanding, playing experience, and the situational conditions of the match. Therefore, improving the quality of shooting decision-making cannot be achieved only through strengthening confidence, but requires a comprehensive and integrated training approach.

Practically, the results of the study provide implications for futsal coaches and practitioners to develop training programs that not only focus on the mental aspect, but also integrate them in a balanced way with technical and tactical training. In addition, this research can be the basis for future research to examine other factors that influence shooting decision-making by using a broader and more comprehensive research design.

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