



Confidence, Anxiety, and Peak Performance of Football Athletes at Safin Pati

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Keywords

Confidence; Anxiety;
Peak Performance

Abstract

This research is motivated by the importance of psychological actors in determining the peak performance of football athletes, especially confidence and anxiety. The purpose of this study was to analyze the relationship between confidence levels and anxiety in the peak performance of athletes at the Safin Pati Sports School. This study uses a quantitative approach with a correlational method. The research sample amounted to 40 athletes who were selected deliberately. The instruments used were questionnaires to measure confidence, anxiety, and peak performance, with data analysis using descriptive statistics, normality tests, linearity, multicollinearity, and simple and multiple correlation. The results showed that self-confidence had a positive and significant relationship with peak performance ($r = 0.662$; $p < 0.05$), while anxiety also showed a significant association ($r = 0.798$; $p < 0.05$). Simultaneously, confidence and anxiety had identical effects on peak performance with a contribution of 67.4%. The conclusion of this study is that increased confidence and optimal anxiety management play an important role in supporting the achievement of peak performance of football athletes.

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INTRODUCTION

Sport is a very close thing to humans whenever and wherever they are. Because sports are one of the needs of life that must be met by every human being. One of the sports that is currently in great demand by all levels of society, especially young people, is football (Jihad & Annas, 2021). Football is a popular sport as well as a lifestyle. Stunning action from the stars of the pitch, fierce competition and spectacular goals are an attraction for football enthusiasts (Saputra et al., 2023).

In addition, football is not just a game that emphasizes physical ability, it also requires mental acuity and high strategic thinking. Players must consistently evaluate the flow of the game, anticipate the opponent's actions, and make decisions in seconds that could potentially affect the final outcome of the match. The synergy between individual skills and solid teamwork is an important element that makes football more than just a sport, but an alluring alluring spectacle capable of capturing the attention of millions of fans around the world (Irawan et al., 2025)

Peak performance can be achieved by all athletes through consistent and optimal training. These conditions include efficiency, creativity, and productivity in sports activities that validate an intuitive belief in extraordinary strength in athletes. When at the peak of performance, athletes will feel mentally and physically relaxed, optimistic, focused on the game, and avoided various external distractions. Success at this point opens up a great opportunity for the team to win the competition. To achieve peak performance, it is also necessary to practice better pairing to improve the passing ability of the player (Nugra et al., 2024). To meet peak performance requires a training program in a good category with coaches, each coach has a training program that is quite effective and efficient (Jihad & Annas, 2021).

In the development of modern football that is increasingly competitive, psychological factors are the main differentiator of achievement success when the physical and technical abilities between athletes are relatively balanced. One of the most important mental pillars is confidence, which is a strong belief that an athlete is capable of completing tasks or challenges on the field successfully. High confidence has a positive effect on performance, making athletes more courageous to take measurable risks and stay calm even when in a lagging position. On the other hand, low self-confidence is often associated with negative emotions such as anxiety and doubt.

The relationship between confidence and anxiety in athletes is like two sides of opposites. Uncontrolled anxiety can interfere with fine motor coordination, cause excessive muscle tension, and make technical movements stiff. Athletes who experience high anxiety without confidence tend to experience decreased concentration and errors in decision-making. Therefore, the development of athletes in institutions such as the Safin Pati Sports School must pay attention to the development of psychological aspects in a sustainable manner in order to minimize mental obstacles that can interfere with performance on the field.

Based on observations, it is often found that there is a difference in athletes' performance between training and match situations, which is strongly suspected to be influenced by low confidence and high levels of anxiety. This phenomenon demonstrates the importance of empirical studies to understand how these psychological factors interact. Thus, this study aims to analyze the relationship between the level of confidence and anxiety towards the peak performance of football athletes at the Safin Pati Sports School.

METHODS

This study uses a quantitative approach with a correlational design that aims to identify the relationship between confidence and anxiety variables on peak performance of football athletes. The correlational design was chosen because this study did not manipulate variables, but rather examined the natural relationships between variables based on empirical data.

This study involved athletes from the Safin Pati Sports School, while a research sample of 40 athletes was selected as a research sample that could represent the population in the specified research subject using the purposive sampling technique, which is the selection of samples based on certain criteria relevant to the research objectives. This approach is used to ensure that the sample actually presents characteristics that are relevant to the research objective. This research involves three main variables, namely; the independent variables of confidence (X1) and Anxiety (X2), then the dependent variable of peak performance (Y).

Data collection was carried out using a Likert scale-based questionnaire, which consisted of; Confidence scale (measures self-confidence, optimism, and self-control), Anxiety scale (measures cognitive and social aspects), Peak performance scale (measures focus, emotional control, and optimal performance).

Data was collected directly through the distribution of questionnaires to athletes before the training session began, while still paying attention to the psychological condition of the respondents so as not to be under the pressure of direct competition. The researcher provides an explanation of the purpose of the research and ensures the confidentiality of respondent data.

The data analysis technique is carried out in several stages, namely descriptive statistical analysis to describe the data of each variable. Then the analysis infrastructure test which includes the normality test, the linearity test, and the multicollinearity test. A simple correlation test to find out the relationship of each free variable to the bound variable. A double correlation test to determine the simultaneous relationship between confidence and anxiety and peak performance.

RESULTS AND DISCUSSION

This study was conducted to test whether there is a relationship between confidence and anxiety in athletes' peak performance. This study collected data on Tuesday, April 14, 2026 involving 40 athletes from Safin Pati Sports School to collect data on Confidence and Anxiety Levels for Peak Performance. Therefore, this descriptive data provides an overview of the variation in levels of confidence and anxiety towards athletes' peak performance. The data can be seen in **Table 1**. Descriptive Statistics.

Table 1. Description of Statistics

Variabel	N	Minutes	Max	Means	Deviation hours
Confidence	40	30	78	61.88	10.668
Anxiety	40	7	14	10.18	1.583
Peak Performance	40	130	196	159.65	15.123
Valid N (in the direction of the list)	40				

Table 1. The above shows that there are 40 samples with an average confidence level of 61.88 with a standard deviation of 10.668 and have the highest score of 78 and the lowest score of 30. Then the average anxiety was 10.18, with a standard deviation of 1.583 and had a highest score of 14 and a lowest score of 7. Then the average peak performance is 159.65 with a standard deviation of 15.123 and has a high score of 196 and a low score of 130.

Table 2. Normality Test

Variabel	Signs	Description
Confidence	.200	Signifikan
Anxiety	.036	Signifikan
Peak Performance	.145	Signifikan

From the results of **Table 2**. The Normality Test uses the residual values of the three variables in the table above, as can be seen from the confidence of the sig value. 0.200. Then the value of sig. 0.036. And the peak performance value sig. 0.145. The three variables tested are normally distributed because the value of the Kolmogorov Smirnov normality test with a sig value of > 0.05 can be stated that the data is distributed normally.

Table 3. Linearity Test

Variabel	Signs	Description
Confidence* Peak Performance	0,116	Signifikan
Anxiety* Peak Performance	0,969	Signifikan

Based on the results of **Table 3**. The Linearity test in the table above on the confidence variable with peak performance shows a Sig value of 0.116 so it can be concluded that the linearity test on the variable is linear because the sig value < 0.05.

Then the anxiety variable with peak performance in the table above shows a sig value of 0.969 so that it can be stated that the linearity test on the variable is linear because it is able to meet the requirements of the sig value < 0.05 .

Table 4. Multicollinearity Test

Variabel	Tanda		Description
	Tolerance	LIVE	
Confidence	0,980	1,020	Signifikan
Anxiety	0,980	1,020	Signifikan

Based on the results **of Table 4.** The Multicollinearity test in the table above on the confidence variable has a VIF value of 1.020 and a Tolerance value of 0.980 so that it can be concluded that the multicollinearity test on the variable is said to have not experienced multicollinearity because the VIF value is < 10 , and/or the Tolerance value > 0.10 . Then in the anxiety variable, the VIF value is 1.020 and the Tolerance value is 0.980, so it can be concluded that the multicollinearity test on the variable is said to have not experienced multicollinearity because the VIF is < 10 , and/or the Tolerance value > 0.10 .

Table 5. Simple Correlation Test

Variabel	Sig	PC	Description
Confidence* Peak Performance	0,000	0,662	Signifikan
Anxiety* Peak Performance	0,000	0,335	Signifikan

Based on the results **of Table 5.** The Simple Correlation Test in the table above on the confidence variable with a peak performance value of Sig 0.000 and a Pearson Correlation value of 0.662 so that it can be concluded that there is a relationship between the trust value and peak performance because it has a Sig value of < 0.05 , besides that there is also a strong relationship because the Pearson Correlation value > 0.600 .

Then in the anxiety variable with a peak performance value of Sig 0.000 and a Pearson Correlation value of 0.335 so that it can be concluded that between the anxiety value and peak performance there is a relationship because it has a Sig value of < 0.05 , besides that there is also a strong relationship because the Pearson Correlation value > 0.600 .

Table 6. Multiple Correlation Test

Variabel	Sig. F Change	Description
Confidence * Anxiety * Peak Performance	0,000	Signifikan

Based on the results **of Table 6.** The Multiple Correlation test in the table above on the variables Confidence, Anxiety, and Peak Performance shows a Sig. F Change value of 0.000 so that it can be concluded that there is a significant relationship (Sig. F Change) because the Sig. F Change value < 0.05 .

This study aims to understand how psychological conditions, especially confidence and anxiety levels, affect the achievement of peak performance of football athletes at Safin Pati Sports School. Based on research data, the average athlete's confidence score is 61.88. Meanwhile, the average anxiety was 10.18. For the peak performance variable, athletes recorded an average score of 159.65. The figures show that in general, athletes have enough psychological capital to achieve peak performance, although there is variation between the lowest and highest scores in each variable.

The results of the correlation analysis showed a significant and strong relationship between trust and peak performance. At a Sig. value of $0.000 < 0.05$, which means that the higher the confidence, the greater the athlete's chances of achieving Peak Performance. Then the correlation value of 0.662 is in the strong category, because confidence acts as a "machine" that encourages athletes to dare to make decisions on the field, such as when making a kick or a one-on-one duel, without being haunted by doubts (Djaba et al., 2024). An interesting thing was found in the anxiety variable. The data showed a significant relationship with a correlation value of 0.035. In the

context of sports, anxiety doesn't always mean negative. If managed properly, mild anxiety (such as pre-match tension) can actually increase an athlete's alertness and focus, which ultimately supports their achievement. (Aliberti et al., 2025).

When we look at the big picture, confidence and anxiety together have a very real impact on athletes' performance. The higher the anxiety, the lower the performance; The more confident, the more performance tends to improve (A. Stephen et al., 2022). In the results of the double test, a Sig F Change value of 0.000 proved that the combination of these two psychological factors had a significant influence on the achievement of Peak Performance. Then based on the R Square value of 0.498, it can be concluded that 49.8% of the peak performance of athletes at Safin Pati Sports School is influenced by their confidence and anxiety factors. The rest is influenced by other factors such as the physical condition, technique, and strategy of the coach.

This study examines in depth how the relationship between confidence and anxiety to Peak Performance Football athletes. Confidence has a relationship with Peak Performance because it can increase the effort and perseverance and motivation of athletes in achieving their OAK performance (Horcajo et al., 2021). Then in a match situation in a high situation, confidence helps to stabilize performance so that Peak Performance Athletes can be achieved (Jekauc et al., 2023).

Positive and supportive coach communication can increase confidence and motivation in athletes as well as a cooperative team climate (Bryan & Loisa, 2024). Then mental exercises such as self talk, visualization, stress management and relaxation have been shown to improve confidence and quality skills (Fauzan et al., 2022). Self-confidence is highly dependent on competition experience and social support (teammates, school/club environment) as it can increase confidence and mental resilience as well (Ayrancı & Aydin, 2025). High confidence is consistently associated with better sports performance and a greater chance of achieving Peak Performance (Jaha et al., 2024).

Anxiety has a relationship with Peak Performance because anxiety causes muscle tension, decreased flexibility, and impaired coordination of motion; As a result, technical capabilities deteriorate and performance declines (Rhamadian & Jumrotul'Aqobah, 2022). Anxiety can also affect Peak Performance Because in anxiety there is sympathetic nerve activation (heart palpitations, rapid breathing, high blood pressure) making smooth movements and timing difficult to control, especially in branches that require high precision such as shooting a soccer ball (Chen & Nakagawa, 2023).

Cognitive anxiety in the form of worry, negative self-evaluation, fear of failure to interfere with concentration, multiplication of negative thoughts, and decreased ability to process information can affect Peak Performance Athletes (Korkutata et al., 2024). Then anxiety is so influential that it becomes difficult for the athlete to focus on important cues (ball, opponent, and coach instructions), so tactical decisions slow down and more missteps (Zhao et al., 2025).

Confidence is positively correlated, while anxiety is generally negatively correlated with performance, although the effects vary according to the type of anxiety and how the athlete interprets it (Wang, 2025). Self-confidence increases self-perception of performance, whereas cognitive/physical anxiety decreases it and instead increases the perception of opponents' performance (Kang & Jang, 2021). In youth football, confidence is positively correlated with psychological profile and flow, while anxiety is negatively correlated with both (Domínguez-González et al., 2024). A number of studies have shown that self-confidence reduces the impact of anxiety and can protect against the negative effects of perfectionism and anxiety on performance (Roy et al., 2025).

CONCLUSION

Based on the results of research and data processing that has been carried out, the best performance of a soccer player on the field is not only determined by strong physique or great technique, but also greatly influenced by mental readiness. A ballplayer's best performance on the field is not only determined by a strong physique or great technique, but also greatly influenced by mental readiness.

Then on the influence of self-confidence, there is a very strong and real relationship between self-confidence and peak performance. This means that the more confident an athlete is in his abilities, the greater his chances of performing optimally in the match. Anxiety also has a significant relationship with performance.

Football athletes at Safin Pati Sports School who have high confidence and are able to control their anxiety tend to be braver in making the right decisions and appear more stable than athletes who feel doubtful or too anxious.

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