



Supporters' Chant Support and Senior Football Athletes' Self-Confidence During Competitions

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Abstract

Supporter chant support is one of the external factors that can influence an athlete's mental state, especially in soccer. Chant provided during a match can create an atmosphere that influences an athlete's level of self-confidence. This study aims to determine the role of supporter chant support on the self-confidence of senior soccer athletes during matches. The method used in this study is descriptive with a quantitative approach, involving 23 soccer athletes competing in the Indonesian professional league. The instrument used for data collection was a Likert scale questionnaire, consisting of 71 questions to measure the level of supporter chant support and self-confidence indicators administered once to the sample. After the data was obtained, the data were analyzed using the SPSS 25 correlation test. The results showed a significant relationship between supporter chant support and soccer athletes during matches. This study concluded that supporter chants play an important role in increasing soccer athletes' self-confidence, thus supporting their performance to improve externally. Therefore, the researcher recommends that supporters continue to provide positive support through positive chants to build an athlete's self-confidence during matches.

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INTRODUCTION

Supporters' chant support is one of the external factors that can influence the mental condition of athletes, especially self-confidence in the sport of soccer (Coussens et al., 2025). The rhythmic chants of the fans create an intense emotional atmosphere during the match, directly influencing the psychological responses of the athletes (Cottingham, 2012). Self-confidence is being able to have me believe in my own abilities that I am able to achieve certain achievements (Bayani et al., 2024; Nursaba, Sidik, et al., 2024). Athletes who have a high level of self-confidence are able to cope with pressure, are able to make the right decisions, and show their best performance during the competition (Arifah et al., 2025; Purnamasari & Novian, 2021). This study explores how these vocal elements play a role in building the mental resilience of senior teams.

Supporters' chants are thought to increase athletes' self-confidence through social reinforcement and reduced competitive anxiety (Smith et al., 1995). Empirical studies show that collective cheering stimulates the release of endorphins, which are positively correlated with athletes' self-perception during competition (Jin, 2025). In soccer, chants are often the difference between a narrow victory and a mental defeat. The phenomenon of home advantage in soccer is largely driven by vocal support from fans, including sustained chants. The effect is stronger in senior athletes who are vulnerable to external pressure.

Soccer athletes' self-confidence is influenced by the interaction between fan support and match pressure (Freeman & Rees, 2010). Chanting not only motivates but also reduces the "choking" effect in crucial moments, such as penalty kicks or the final period. This is relevant in the Indonesian context, where fanatical supporters often dominate stadiums (Purwaningtyas et al., 2023). Longitudinal research in the Premier League confirms that chant intensity correlates with athletes' post-match self-efficacy scores. In Southeast Asia, PSSI fan chants have been shown to boost national team morale during the AFF Cup. Case studies highlight how local chant rhythms, such as confidence and organization, can build stronger, more motivated teams (Damaruci, 2025). However, the effects have not been specifically measured in senior athletes.

The psychological effects, particularly in the quality of support, can have a positive impact on athletes, strengthening self-confidence through group reinforcement (Nabiha et al., 2025). EEG in soccer athletes shows decreased stress activity when exposed to familiar chants (Hendrawan, 2021). This explains why chanting has become a tactical weapon in high-stakes competitions. It indicates that chanting influences not only the psychological aspects but also the physiological responses of athletes (Pratama & Utami, 2024). Thus, supporters' chants can be considered an external factor that plays a role in maintaining an athlete's mental stability and competitive readiness.

The novelty of this study lies in its approach, which specifically examines the influence of supporters' chants on soccer players' self-confidence by integrating perspectives on social support and athletes' psychological states within the context of a match. Unlike previous studies, such as those by (Zhao et al., 2022) and (Zahra et al., 2025), which situated social support within the broader framework of athletes' mental health and burnout, as well as (Aritonang, 2025), who limited the discussion of chant supporters to aspects of competitive advantage, this study offers a more focused and under-explored perspective. More specifically, this study aims to uncover the psychological mechanisms linking supporters' vocal expressions to increased athlete self-confidence in live match situations. Thus, this study makes a conceptual contribution by demonstrating that supporter support does not merely serve to shape the match atmosphere but also plays a significant role in influencing athletes' psychological aspects, particularly self-confidence as a key determinant of competitive performance.

Furthermore, the role of chanting supporters can be explained through the theory of arousal in sports psychology, where optimal levels of emotional arousal can enhance athlete performance (Åkesdotter et al., 2020). Rhythmic and consistent chanting can increase athlete arousal to an ideal level, thereby helping improve focus, concentration, and mental readiness during competition. Other research also shows that a competitive environment supported by supporters can increase player enthusiasm during matches (Valbuena et al., 2016). This is reinforced by the finding that audience support contributes to improved performance through psychological mechanisms such as increased self-confidence and reduced anxiety (Hatzigeorgiadis

et al., 2009; Novian et al., 2025). Thus, supporters' chants not only serve as a form of external support but also as a stimulus that can optimize athletes' psychological well-being during matches.

On the other hand, a number of studies have emphasized that the effects of supporters' chants on athletes are not uniform, but rather depend significantly on each athlete's individual perception of the support received, whereby athletes with greater competitive experience tend to be more capable of utilizing such support effectively compared to those with limited exposure to competitive settings (Grova et al., 2024). Furthermore, the quality of chants particularly those that are positive in nature and well-organized serves as a critical determinant of the extent to which supporters' encouragement can contribute to enhancing athlete self-confidence (Lailin et al., 2026), whereas support that is negative in tone or excessive in intensity may generate counterproductive psychological pressure that ultimately undermines athlete performance during competition. These conditions underscore the urgency of the present study, as a thorough understanding of the influence of supporters' chants on football athletes' self-confidence is essential to ensure that the potential of supporter encouragement as a source of psychological strength is neither overlooked nor allowed to become a detrimental burden, thereby positioning this research as an empirical foundation for supporters, coaches, and club administrators in fostering constructive, structured, and psychologically oriented forms of support throughout the course of competition.

METHODS

The method used in this study is descriptive with a quantitative approach. The design used in this study is a cross-sectional design. Cross-sectional design is a method used to describe phenomena or collect data quickly and efficiently. The subjects in this study were soccer athletes aged 18-35 years and had more than 5 years of training experience. 23 senior soccer athletes will be involved in this study. The study was only conducted on one group and one test. The research instrument was a questionnaire with 71 questions and will be given 30 minutes to answer the questions. The questions used are referred to the Fam Motivation Scale (FMS) for the variable chant supporters (Al-Thibiti, 2004), and the Sources of Sport-Confidence Questionnaire (SSCQ) for the variable self-confidence (Tenenbaum et al., 2011), which consists of 71 question items. Researchers will develop existing questions. Data analysis in this study used SPSS version 25, including statistical tests, descriptive tests, and normality tests.

RESULTS AND DISCUSSION

Table 1. Descriptive Test

Variabel	N	Minimum	Maximum	Sum	Mean	Std. Deviation
Chant Supporters	23	23	56	134	2302	100.09
Self-Confidence	23	23	180	290	5709	248.22

Based on the results of the descriptive test, the average value (mean) for the supporters' chant variable was 100.09, while the athlete's self-confidence was 248.22. This indicates that, in general, the level of support from supporters and athlete self-confidence is in the fairly high category. The standard deviation values for both variables indicate data variation, but are still within normal limits, so the data can represent the conditions of the research sample.

Table 2. Normality Test

Variabel	Shapiro-Wilk		
	Statistic	df	Sig.
Chant Supporters	.915	23	.052
Self-Confidence	.939	23	.169

The results of the Shipiro-Wilk normality test showed a significance value of 0.052 for the supporters' chant variable and 1.69 for the athletes' self-confidence variable. Both values are 0.05,

indicating a normal distribution of the data. Therefore, further statistical analysis, such as linear regression, can be performed.

Table 3. Linear Regression

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	-80.903	27.819		-2.908	.008
SC	.729	.111	.819	6.547	.000

Based on the results of the linear regression test, a significant value of 0.000 ($p < 0.05$) was obtained, with a regression coefficient of 0.729 and a beta value of 0.819. This indicates a significant and strong influence between two variables: support from chant supporters and self-confidence of senior soccer athletes. This means that any increase in support from chant supporters will be followed by an increase in self-confidence.

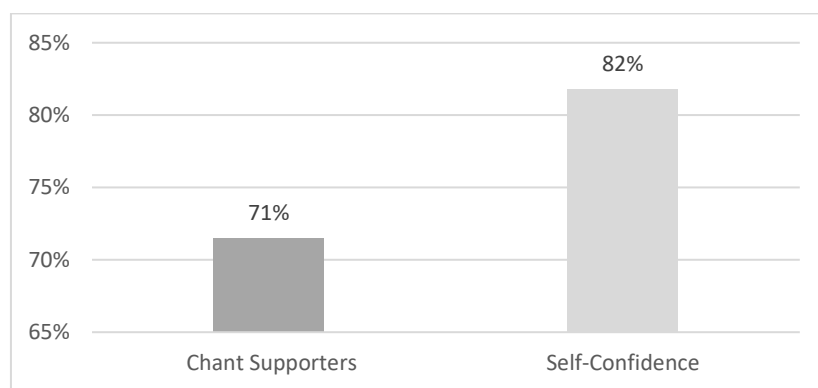


Figure 1. Results of the Role of Supporters' Chant Support on Senior Football Athletes' Self-Confidence During Competitions

Based on Figure 1, it can be seen that the contribution of chant supporters' support to self-confidence reached around 71%, which shows that this factor has a fairly large role in influencing the psychological condition of athletes during the competition..

The results of this study indicate a significant relationship between chant support from supporters and the self-confidence of senior soccer athletes, at 71%. This was demonstrated through a linear regression test, which showed a significant result of 0.000 ($p < 0.05$), with a regression coefficient of 0.729 and a beta value of 0.819. This finding indicates that the higher the support provided by chant supporters, the higher an athlete's self-confidence.

Descriptively, the contribution of chant support from supporters to athlete self-confidence reached 71%. This figure indicates that social support in the form of chants, cheers, and the stadium atmosphere plays a significant role, especially in the psychological state of athletes during matches, according to Andriansyah et al., (2025). This support can build self-confidence, increase motivation, and strengthen athletes' belief in their own abilities during competition.

These findings align with social support theory in sports psychology, which states that social support, particularly supporter chants, can influence athletes' performance and mental state (Sheridan et al., 2014). Self-confidence is one of the important psychological factors that contributes to an athlete's performance when competing, according to (Almaqdisy et al., 2025; Komarudin, 2023). External support, such as chanting from supporters, can be a source of increased confidence for athletes.

Furthermore, the findings of this study are also supported by research (Mageau & Vallerand, 2003) which states that a coach's motivation and emotional involvement can have a positive impact on an athlete's performance during a match. According to researchers, support is not only from a coach but there are other very important factors, one of which is the chanting of supporters. They also found that support from supporters has a significant influence on an

athlete's self-confidence, according to (Routhan & Ruhela, 2014), Thus, these results reinforce research that support from chat supporters plays a significant role in shaping an athlete's psychological state during competition.

However, despite the significant support from chant supporters, other factors also influence an athlete's self-confidence, such as competition experience, physical condition, mental preparedness, and strategies provided by the coach (Freeman & Rees, 2010; Nursaba, Komarudin, et al., 2024). Therefore, the support of chant supporters should be seen as a supporting factor, not the only determinant in increasing an athlete's self-confidence.

CONCLUSION

Based on the research findings, it can be concluded that support expressed through supporters' chants exerts a positive and significant influence on the self-confidence of senior football athletes. These results also reinforce the findings of (Zhao et al., 2022) and (Zahra et al., 2025), which demonstrated that social support plays a protective role in maintaining athletes' psychological well-being, while simultaneously extending the scope of those studies by establishing that more specific forms of support such as supporters' chants also make a measurable contribution to the direct formation of athlete self-confidence in competitive contexts. Accordingly, the presence of supporters should not be regarded merely as passive spectatorship, but rather as a psychosocial element that actively influences athlete performance on the field. This research is therefore expected to serve as an empirical reference for coaches, team management, and relevant stakeholders in optimizing the role of social support as an integral component of athletes' psychological development strategies. In addition, further studies are recommended to examine other contributing factors to athlete self-confidence in order to obtain a more comprehensive and holistic understanding of the phenomenon.

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