INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND ANALYSIS
ISSN(print): 2643-9840, ISSN(online): 2643-9875
Volume 05 Issue 11 November 2022
DOI: 10.47191/ijmra/v5-i11-25, Impact Factor: 6.261
Page No. 3165-3170

Confidence, Motivation, and Anxiety; Does it Affect the Performance of Basketball Athletes?

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ABSTRACT: This study aims to analyze the effect of self-confidence, motivation, and anxiety on the performance of basketball athletes. This type of research is quantitative with an ex post facto approach. The population in this study were high school basketball athletes in Baubau City, totaling 119 people (68 male, 51 female). The instrument used is a questionnaire. The data analysis technique used the F test. The results showed that (1) there was a positive effect of self-confidence on competitive performance in high school basketball athletes in Baubau City. (2) there is a positive motivational effect on competitive performance in high school basketball athletes in Baubau City. (3) there is a negative effect on match performance on high school basketball athletes in Baubau City. (4) There is an effect of self-confidence, motivation and anxiety on the competitive performance of high school basketball athletes in Baubau City.

KEYWORDS: confidence, motivation, anxiety, competitive performance

INTRODUCTION

Basketball is one of the most popular team sports and is quite popular. Basketball is a group ball sport consisting of two teams of five people each. According to the rules, basketball players are not allowed to take more than 2 steps after they start tackling the ball (Omi et al., 2018). Basketball is played by two teams, each team is played by five players. Each team tries to get as many balls into the opponent's basket as possible and prevent the other side from putting the ball into its own basket.

The game of basketball consists of many high-speed forward and lateral movements combined with decelerations from frequent sprints. Explosive vertical jumps can be performed up to 50 times per game (D'Elia et al., 2020). One of the factors related to performance in a match is mental endurance. The process of the appearance of an athlete is influenced by mental. Mental is the capital that must be owned by an athlete in reaching the top. Ideally, a basketball athlete must have optimal technical, physical, and mental abilities, so that athletes are able to achieve good performance. Performance or appearance is what is seen or what the player shows in a game or match. Performance is an action or appearance, action, or work that is achieved or carried out.

According to Smrdu (2015) after a good performance, athletes can feel satisfaction, and happiness, they are even more open to the surrounding environment, in the sense that they will have more sympathy for other athletes who have fought together. Performance can be influenced by psychological factors including self-confidence, motivation, and anxiety. Chang-Yong et al., (2012) studied dozens of elite athletes where there are several psychological sources for performance characterized by self-confidence and motivation.

Sources of confidence are influenced by mental, tactical, and physical preparation before competition while sources of motivation allow sports coaches to target the athlete's abilities. Competitive anxiety is an athlete's emotional reaction when feeling threatened which negatively affects behavior and performance during matches (Palazzolo, 2020). Athan & Sampson (2013) also explained that another factor that also affects the emergence of competition anxiety is the level of skill and experience. Athletes are able to reduce their anxiety with themselves, motivational encouragement from parents and coaches, and control anxiety well.

Smith et al., (1990) analyzed the factors of the anxiety scale The Sport Anxiety Scale (SAS), with the result that somatic anxiety, and two classes of cognitive anxiety namely, worry and concentration disorders can measure individual anxiety. Gould et al., (2002) stated that the characteristics of Olympic champion athletes are athletes who have the ability to overcome and

control anxiety. Research by Mottaghi et al., (2013) and Bali (2015) shows that there is a significant negative relationship between anxiety and athlete performance.

The characteristics of competitive maturity are being able to overcome mental disorders such as anxiety, giving motivated advice, and solving problems with self-confidence. In general, anxiety is experienced by all basketball athletes when competing. Athletes feel fear because their opponent is better, worry about things around them like the audience, are nervous, and lose concentration. Another problem that occurs is the athlete's lack of confidence in his own abilities, even though the athlete is able to win the match but due to lack of confidence, the athlete cannot bring out all his abilities. The peak performance of athletes requires confidence because self-confidence has a significant correlation with increasing athlete performance. The higher the self-confidence, the athlete is able to achieve his best performance. High self-confidence supports peak performance, while low self-confidence will make athletes lead poor performances

Burton & Raedeke (2008) explain that motivated athletes will do sports for pleasure and enjoy the learning process to master a skill. In addition, the motivational aspect is also distinguished between motivation that comes from outside (extrinsic) and motivation that comes from within oneself (intrinsic). Good motivation does not base its encouragement on extrinsic factors such as gifts or rewards in the form of material, while to develop this intrinsic motivation, the role of coaches and parents is very large. Athletes must have a very strong motivation to form positive energy. The results of Cucui & Cucui (2014) research conclude that motivation is the key to achieving the best performance, performance in sports is influenced by the intensity of motivation, the higher the motivation, the more athletes will achieve their best performance.

Based on the previous description, it can be assumed that the psychological aspects between self-confidence, motivation, and anxiety above have no significant scientific evidence that these four aspects influence the performance of adolescent basketball athletes. The explanation above is certainly interesting to study and research more deeply, so this study aims to analyze the effect of self-confidence, motivation, and anxiety on the performance of basketball athletes.

METHOD

This type of research is descriptive quantitative with an ex post facto approach. Ex post facto is research that aims to find the causes that allow changes in behavior, symptoms or phenomena caused by an event, behavior or things that cause changes in the independent variables which as a whole have occurred. The population in this study were high school basketball athletes in Baubau City, totaling 119 people (68 male, 51 female). The subjects used were selected based on the characteristics of the sample in the study, namely (1) athletes who actively participate in training and tournaments, (2) athletes are adolescent athletes who attend high school level, and (3) often attend training for at least 1 year.

Competing performance instruments were adopted from (Cohn, 1991) with a validity value of 0.863 and a reliability of 0.953, self-confidence was adopted from (Amir, 2015) with a validity of 0.614 and a reliability of 0.87, motivation was adopted from (Pelletier et al., 1995) with a validity of 0.70 and reliability 0.85, and anxiety was adopted from (Smith et al., 1990) with validity 0.838 and reliability 0.74. The data analysis technique used is a prerequisite test which consists of a normality test, linearity test, and multicollinearity test, while hypothesis testing uses partial and simultaneous tests. Analysis was performed using SPSS 23.

FINDING

Analysis Prerequisites Test

The normality test of the data in this study used the Kolmogorov-Smirnov method. The results of the data normality test carried out in each group were analyzed using the SPSS version 20.0 software program for windows with a significance level of 5% or 0.05. The results of the normality test in this study showed a significance value of 0.314 which was greater than 0.05. Based on the statistical analysis of the normality test that has been carried out using the Kolmogorov-Smirnov test in Table 6, the variables of confidence, motivation, and anxiety on basketball athletes' competitive performance obtained normality test results with a significance value of $p > 0.05$, which means the data is normally distributed.

The heteroscedasticity test used was the Glejser test using SPSS 23. Based on the results of the analysis, it was found that the three variables showed no heteroscedasticity with significant values for each variable, namely self-confidence: 0.843; motivation: 0.921; anxiety: 0.491. All three show that there is no heteroscedasticity.

A Multicorrelinearity test was conducted to determine whether there is multicollinearity between independent variables in the model. If the tolerance is more than 0.25 and the Variance Inflation Factor (VIF) is less than 10, it means that there is no multicollinearity. Based on the results of multicollinearity, it shows that the correlation between independent variables has a tolerance value of more than 0.25 and a VIF value of less than 10. So it can be concluded that the regression model meets the assumption test that there is no multicollinearity.

Hypothesis testing

Furthermore, hypothesis analysis is performed, namely partial test and simultaneous test. The t-test (partial) was conducted to determine the effect of each independent variable, namely self-confidence, motivation, and anxiety on the performance of basketball athletes. The results of the t-test analysis (partial) are presented in Table 1 as follows.

Table 1. Results of Partial Test Analysis (t test)

Model		t	Sig.
1	Constant)		
	Confidence	4.481	0.000
	Motivation	3.708	0.000
	Anxiety	-7.415	0.000

Table 1 shows that the independent variable self-confidence has a t-count value of 4.481. This value is greater than the t table which is 1,660. Another criterion can be seen from the sig value on the confidence variable which is smaller than 0.05, which is 0.000. The decision taken from these criteria is that there is a positive influence of self-confidence on the competitive performance of high school basketball athletes in Baubau City. Based on these results indicating that $p < 0.05$ then Ho is rejected, which means that there is an influence of confidence on the performance of high school basketball athletes in Baubau City, the first hypothesis is accepted.

Table 1 shows that the independent variable motivation has a t-count value of 3,708. This value is greater than the t table which is 1,660. Another criterion can be seen from the sig value on the motivation variable which is smaller than 0.05, namely 0.000. The decision taken from these criteria is that there is a positive influence of motivation on the competitive performance of high school basketball athletes in Baubau City. Based on these results indicating that $p < 0.05$ then Ho is rejected, which means that there is an influence of motivation on the performance of high school basketball athletes in Baubau City, the second hypothesis is accepted.

Table 1 shows that the anxiety-free variable has a t-count value of -7.415. This value is smaller than the t table which is 1,660. Another criterion can be seen from the sig value on the anxiety variable which is smaller than 0.05, which is 0.000. The decision taken from these criteria is that there is a negative effect of anxiety on the competitive performance of high school basketball athletes in Baubau City. Based on these results, it shows that $p < 0.05$ then Ho is rejected, which means that there is a relationship between anxiety to the competitive performance of high school basketball athletes in Baubau City, the third hypothesis is accepted.

The F test is used to test the hypothesis of whether the independent variables simultaneously (simultaneously) affect the dependent variable. H4 reads "There is a joint influence of confidence, motivation, and anxiety on the competitive performance of high school basketball athletes in Baubau City". The results of the analysis are in Table 2.

Table 2. F Test Analysis Results (Simultaneous)

ANOVA[b]						
Model		**Sum of Squares**	**df**	**Mean Square**	**F**	**Sig.**
1	Regression	7611.540	3	2537.180	61.081	0.000[a]
	Residual	4361.505	105	41.538		
	Total	11973.046	108			
a. Predictors: (Constant). confidence, motivation, anxiety						
b. Dependent Variable: competitive performance						

Based on Table 2 above, the calculated F coefficient is 61.081, and the value of sig. $0.000 < 0.05$, then Ho is rejected, meaning. The alternative hypothesis which reads "There is an effect of self-confidence, motivation, and anxiety together on the competitive performance of high school basketball athletes in Baubau City", is accepted.

The coefficient of determination is essentially used to measure how far the regression model's ability to explain the variation of the dependent variable is. The results of the analysis in Table 3 are as follows.

Table. 3 The Result of the Coefficient of Determination

Model Summary				
Model	***R***	***R Square***	***Adjusted R Square***	***Std. Error of the Estimate***
1	0.797[a]	0.636	0.625	6.445
Predictors: (*Constant*), confidence, motivation, anxiety				

The value of the coefficient of determination R Square or self-confidence, motivation, and anxiety together in explaining or predicting the variable performance of high school basketball athletes in Baubau City is 0.636 or 63.6%. This means that the variables of confidence, motivation, and anxiety have an influence on the performance of high school basketball athletes in Baubau City by 63.6%, while the rest is influenced by other factors 36.4% outside this study.

DISCUSSION

The effect of Confidence on Competing Performance

Based on the results of statistical tests that have been carried out, show that self-confidence has a positive influence on the competitive performance of high school basketball athletes in Baubau City. This means that the higher the level of self-confidence, the higher the level of competitive performance in athletes. If the athlete has good self-confidence, the athlete will have a good competitive performance as well. However, on the contrary, if the athlete does not have good self-confidence, it will affect the athlete's competitive performance.

This is also reinforced by the opinion of Plakona et al., (2014) which states that self-confidence is the foundation for athletes' competitive performance in competitions. Athletes who have optimal self-confidence are competent and ready. When athletes feel competent and ready, athletes will do well in the end and can achieve competitive performance. Confidence contributes by increasing performance can help athletes achieve peak performance (Machida et al., 2012). Based on the opinion above, self-confidence has a positive influence on competitive performance. Athletes who have self-confidence are able to display their abilities to the fullest and make self-confidence the main capital to achieve achievement, be a predictor of success in competitions, and improve athletes' competitive performance.

The Effect of Motivation on Competing Performance

The results of the study indicate that motivation has a positive influence on competitive performance in high school basketball athletes in Baubau City, which means athletes with high motivation will produce a highly competitive performance as well and vice versa. This is in line with Hatzigeorgiadis et al., (2008) which revealed that motivation has a positive impact on performance, increases self-confidence, and reduces cognitive anxiety. The study conducted by Singh & Pathak (2017) also added that intrinsically motivated athletes strive to master skills and encourage them to complete their tasks well. Optimal levels of motivation are very important to improve performance, meaning that motivation has a tremendous impact on athlete performance.

In line with the opinion of Subarjah et al., (2019) revealed that motivation has a positive influence on the performance of badminton athletes. The results of another study by Cucui & Cucui (2014) concluded that motivation is the key to achieving the best performance, performance in sports is influenced by the intensity of motivation, the higher the motivation, the more athletes will achieve their best performance. Based on the explanation above, it can be concluded that motivation has a positive influence on athletes' competitive performance. When the athlete's motivation is high, the athlete's competitive performance is high and vice versa if the athlete's motivation level is low, the competitive performance cannot be achieved.

The Effect of Anxiety on Competitive Performance

Based on the results of the analysis showed that anxiety has a negative effect on competitive performance. The result of this study is that there is a negative relationship between anxiety to competitive performance in high school basketball athletes in Baubau City. That is, the lower the level of anxiety, the higher the athlete's performance when competing, and vice versa, the higher the anxiety, the athlete's performance will decrease. This is in line with Mylsidayu (2022) who states that anxiety can have a considerable influence on appearance. Anxiety is synonymous with negative feelings, so self-control is needed to keep up with everything that happens; lack of self-control can cause uncontrollable anxiety that will interfere with activities and harm athletes. Anxiety is a situational reaction to various stressful stimuli. Anxiety is caused by feelings of fear, worry, and excessive tension. Athletes with high anxiety cause cannot bring out their abilities because of fear of the opponent they are facing, worry, and excessive tension before the match. Athletes must be able to control their anxiety levels as well as possible to achieve performance during matches (Jannah et al., 2019).

The results of this study are in line with Khan et al., (2017) concluded that anxiety negatively affects athlete performance. Another study conducted by Sanioglu et al., (2017) examined the effect of anxiety on the success of individual athletes. Researchers explain that many athletes cannot show their best performance in training sessions or competitions that are full of pressure; this is due to the level of anxiety of the athletes. Anxiety experienced by athletes before and during the game causes the athlete's performance to be not optimal. In addition, research by Parnabas et al., (2015) illustrates that high-level cognitive anxiety during competition is very dangerous; it can worsen performance and even cause failure. Based on the results of research and existing theories, it is found that there is a negative influence of anxiety on athletes' competitive performance with these results show that the lower the athlete's anxiety level, the higher the performance competing in the match.

The Effect of Confidence, Motivation, and Anxiety on Competing Performance

The test results obtained the calculated F value of 61,081 with a significance of 0.000. Therefore, the significant value is less than 0.05 (0.000 <0.05), and it can be concluded that the fourth hypothesis, which states that there is a joint influence between self-confidence, motivation, and anxiety with the performance of high school basketball athletes in Baubau City, then the hypothesis is accepted. The disclosure of performance in sports is influenced by low levels of anxiety and high motivation. Self-confidence, motivation, and anxiety influence improving performance; when self-confidence is high, anxiety is low, and when the athlete has optimal self-confidence, the athlete has an intrinsic motivation to develop the game and achieve success. Based on the explanation above, it can be concluded that there is a joint influence between self-confidence, motivation, and anxiety on competitive performance. The higher the self-confidence and motivation, as well as the lower anxiety, the more competitive performance, can be achieved.

CONCLUSION

Based on the results of the analysis, it can be concluded that; (1) there is a positive effect of self-confidence on competitive performance in high school basketball athletes in Baubau City. (2) there is a positive effect of motivation on competitive performance in high school basketball athletes in Baubau City. (3) there is a negative effect of anxiety on competitive performance in high school basketball athletes in Baubau City. (4) There is an effect of self-confidence, motivation, and anxiety on competitive performance in high school basketball athletes in Baubau City.

Further researchers interested in the same background and problems endeavor to examine this problem with a broader range and by adding other variables that have not been revealed in this study. It is necessary to control the sample under study because, in this study, there are still many shortcomings, so it is essential to develop and improve this research.

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