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Exploring The Correlation between Motivation, Anxiety, Stress, and Hockey Athletes' Confidence Before Competition



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Abstract

Confidence is a key aspect of an athlete's performance, affecting motivation, performance, and stress management while competing. This study aimed to analyze the correlation between motivation, anxiety, and stress with the confidence of East Java hockey athletes before competition. The design of the study was cross-sectional. The population was 2024 PON hockey athletes aged 18-25 years totaling 60 athletes, namely 30 male athletes and 30 female athletes using the total sampling method. A quantitative descriptive research method was conducted with the DASS-42 questionnaire to measure anxiety and stress levels, as well as a questionnaire adopted for motivation and confidence. Of the 60 respondents, 73.3% of the athletes showed excellent motivation, while anxiety and stress ranged from normal to severe. Analysis using Spearman rank showed a significant correlation between motivation ($p=0.001$), anxiety ($p=0.006$), and stress ($p=0.005$) and self-confidence. Emphasize the importance of athletes' mental readiness in facing competition and the need for support and education regarding the management of psychological factors. Advice is given for coaches to strengthen mental support programs to increase athletes' confidence.

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INTRODUCTION

Self-confidence is an individual's positive attitude that enables him to develop a positive assessment, both towards himself and the environment or situation he is facing, confidence can improve athletes' motivation and performance, as well as reduce anxiety and stress that arise before competition. Before competing, an athlete must have strong confidence or mental readiness to be able to face the match well ([Falaahudin et al., 2024](#)). Confidence also has a great influence on the final result of the match.

Hockey is a sport that originated in Ancient Persia and Ancient Egypt. Hockey is a game that uses a bent or curved stick called a stick and uses a ball, sport not only provides physical benefits, but also has a significant psychological impact on athletes ([Latifah et al., 2019](#)). One of the important aspects that affects an athlete's performance is self-confidence, therefore, the mental readiness of an athlete is needed when facing a match, this mental readiness can be in the form of confidence ([Falaahudin et al., 2024](#)), the things that make confidence increase are the presence of motivation or support from the surroundings ([Dunan & Sulistiandari, 2023](#)).

Athlete motivation is the desire, desire, will, and drive to be able to outperform the achievements that he has achieved himself or the achievements achieved by other athletes, the motivation you get can come from words of encouragement from your family, encouragement from coaches, and support from the team, the motivation given can make the performance of the athletes more optimal, however, there are several factors that cause a decrease or increase in an athlete's confidence ([Dunan & Sulistiandari, 2023](#)). One of them is anxiety.

Anxiety is the right reaction to something that is considered threatening, but anxiety becomes unnatural if the reaction and appearance are not appropriate, both in intensity and level of symptoms ([Nugraha, 2020](#)). Anxiety is an emotional state that can cause feelings of fear, dread, and uneasiness ([Zundel et al., 2022](#)). Anxiety is an unpleasant condition experienced by individuals that affects their physical state ([Savitri et al., 2023](#)). Anxiety is

a negative emotion that is characterized by feelings of worry, anxiety and is accompanied by increased changes in network systems ([Mufidah & Widiyawati, 2022](#)). Match anxiety is a state of stress experienced by an athlete, which is a negative emotional condition that increases in line with how an athlete interprets and assesses the match situation ([Setiawati et al., 2024](#)). A person who is experiencing anxiety can experience loss of concentration and less than optimal in doing something ([Nugraha, 2020](#)). However, excessive anxiety will cause a reaction that pushes towards negativity, namely stress that can further disturb the athletes' ongoing psyche.

Self-confidence is a person's mental attitude in assessing himself and the surrounding objects so that the person has confidence or his ability to be able to do something according to his ability ([Azmi et al., 2021](#)). Self-confidence is a positive belief and awareness of one's own abilities and worth ([Rahayu, 2023](#)). Stress is an individual's state of mind when the individual responds physiologically and psychologically to conflict with the state and system of individual biological, psychological, and social resources, as well as to changes that demand self-adaptation that make physical and mental disorders appear ([Adelia et al., 2023](#)). Stress is negative stress, which gives the effect of pressing feeling burdened, uncomfortable, and so on discomfort, and so on ([Marsidi, 2021](#)). The level of anxiety and stress of each athlete is different because everyone is different in coping with it. This results in athletes having a higher risk of experiencing both physical and mental problems ([Putra, 2023](#)).

METHODS

The type of study used in this study was descriptive quantitative. this study aimed to provide an overview of the level of motivation, anxiety, and stress that affect the confidence of East Java hockey athletes before competition. The sampling technique uses a total sampling technique from the total population and analysis using Spearman rank. The population and sample in this study were East Java hockey athletes who will compete in PON 2024 with a total of 60 athletes, namely 30 male

athletes and 30 female athletes. Data collection using the DASS-42 questionnaire to assess anxiety and stress levels. Motivation and self-confidence using a questionnaire adopted from ([Arifin et al., 2023](#)), which has been tested for validity and reliability. This study was conducted on 27-28 August 2024 and was held at Gor Nisrina Surabaya, data collection using a questionnaire. The inclusion criteria in this study were East Java hockey athletes

aged 18-25 years, the exclusion criteria were athletes who were not willing to be respondents. The independent variables were motivation, anxiety, and stress and the dependent variable was self-confidence. The data analysis used the Spearman rank. The data collection obtained permission and in accordance with ethics with number 063 / KET / II.3.UMG / KEP / A / 2024, which was validated on August 26, 2024.

RESULTS

Table 1. The Frequency distribution of East Java Hockey Athletes by gender and age

Respondents' Characteristics	Frequency	%
Gender		
Man	30	50%
Woman	30	50%
Total	60	100%
Age		
18-21	43	72%
22-25	17	28%
Total	60	100%

Obtained from [Table 1](#), the frequency distribution of hockey athletes in East Java shows that there are 30 male athletes (50%) and 30 female athletes (50%). In addition, the table also noted that

43 athletes were between the ages of 18-21 (72%), while 17 athletes were in the age range of 22-25 years (28%).

Table 2. The Incidence of anxiety and stress in East Java Hockey Athletes

Classification	Frequency		Presented	
	Anxiety	Stress	Anxiety	Stress
Normal	19	17	31.7%	28.3%
Light	25	36	41.7%	60.0%
Keep	11	4	18.3%	6.7%
Severe	3	2	5.0%	3.3%
Very severe	2	1	3.3%	1.7%
Total	60	60	100%	100%

Obtained from [Table 2](#). The level of anxiety and stress in East Java hockey athletes, there were 19 (31.7%) and 17 (28.3%) athletes with normal anxiety and stress, 25 (41.7%) and 36 (60.0%) athletes with mild anxiety and stress, 11 (18.3%)

and 4 (6.7%) athletes with moderate anxiety and stress, 3 (5.0%) and 2 (3.3%) athletes with severe anxiety and stress, 2 (3.3%) and 1 (1.7%) athletes with very severe anxiety and stress.

Table 3. The Incidents of motivation and confidence in East Java Hockey Athletes

Classification	Frequency		Presented	
	Motivation	Self-Confidence	Motivation	Self-Confidence
Excellent	44	38	73,3%	63.7%
Good	16	22	26.7%	36.7%
Enough	0	0	0%	0%
Less	0	0	0%	0%
Very Less	0	0	0%	0%
Total	60	60	100%	100%

Obtained from [Table 3](#). The level of motivation and confidence in East Java hockey athletes, there are 44 (73.3%) and 38 (63.7) athletes have very good motivation and confidence, 16 (26.7%) and 22 (36.7%) athletes with good motivation and confidence 0 (0%) and 0 (0%) athletes with sufficient motivation and confidence, 0 (0%) and 0 (0%) athletes with less motivation and confidence, 0 (0%) and 0 (0%) athletes with very little motivation and confidence.

Table 4. The Correlation of motivation, anxiety, stress and confidence

		Confidence												Statistic Test:	
														Sperm rank	
		Excellent		Good		Enough		Less		Very less		Total		<i>p-value</i>	Correlation Coefficient (r)
		F	%	F	%	F	%	F	%	F	%	F	%		
Motivation	Excellent	33	75.0	11	25.0	0	0	0	0	0	0	44	73.3	0,001	0,401
	Good	5	31.3	11	68.8	0	0	0	0	0	0	16	26.7		
	Enough	0	0	0	0	0	0	0	0	0	0	0	0		
	Less	0	0	0	0	0	0	0	0	0	0	0	0		
	Very	0	0	0	0	0	0	0	0	0	0	0	0		
	Less														
Anxiety	Total	38	63.3	22	36.7	0	0	0	0	0	0	60	100	0,006	0,354
	Normal	6	31.6	13	68.4	0	0	0	0	0	0	19	31.7		
	Low	20	80.0	5	20.0	0	0	0	0	0	0	25	41.7		
	Keep	9	81.8	2	18.2	0	0	0	0	0	0	11	18.3		
	Severe	1	33.3	2	66.7	0	0	0	0	0	0	3	5.0		
	Very severe	2	100.0	0	0	0	0	0	0	0	0	2	3.3		
Stress	Total	38	63.3	31	36.7	0	0	0	0	0	0	60	100	0,005	0,359
	Normal	6	35.3	11	64.7	0	0	0	0	0	0	17	28.3		
	Low	26	72.2	10	27.8	0	0	0	0	0	0	36	60.0		
	Keep	4	100.0	0	0	0	0	0	0	0	0	4	6.7		
	Severe	2	100.0	0	0	0	0	0	0	0	0	2	3.3		
	Very severe	0	0	1	100.0	0	0	0	0	0	0	1	1.7		
Total		29	63.3	31	36.7	0	0	0	0	0	0	60	100		

In [Table 4](#). From the results of the analysis of the motivation correlation test, a significance value of 0.001 ($p\text{-value} < 0.05$) was obtained and a correlation coefficient of 0.401 was obtained, anxiety was obtained a significance value of 0.006 ($p\text{-value} < 0.05$) and a correlation coefficient of 0.354 was obtained, and stress was 0.005 ($p\text{-value} < 0.05$) and a correlation coefficient of 0.359 was obtained, the three variables were interpreted as moderate correlation. This proves that there is a significant correlation between stress and the confidence of hockey athletes before competition.

DISCUSSION

The Correlation of motivation and confidence

In general, motivation is an important psychological factor and is often associated with athletes' involvement in sports. Motivation can provide encouragement to do something, whether it is intrinsic (from within) or extrinsic (from outside) motivation. Intrinsic motivation is from within the individual himself to carry out activities that are permanent, independent, and stable because the impulse comes from within, the person's is from outside the individual to carry out sports activities. It is temporary, dependent, and unstable in nature ([Komarudin, 2019](#)). Obtained from Table 4. Motivation events in hockey athletes before the competition, there were 44 (73.3%) athletes who experienced very good motivation and 16 (26.7%) athletes with good motivation levels. Motivation has a significant correlation with self-confidence as evidenced by the results of the study in table 6 obtained a correlation test result of 0.001 ($p\text{-value} < 0.05$). This proves that there is a significant correlation between motivation and confidence of hockey athletes before competition. This study is in line with ([Irfandi & Rahmat, 2022](#)) who said that motivation is very influential on athletes.

The Correlation of anxiety and confidence

Anxiety is a feeling of unease, confusion, tension and worry in certain circumstances. Anxiety is an unpleasant emotion, such as feeling uncomfortable, chaotic, anxious and characterized by worry, concern, and fear that is sometimes

experienced in different levels and situations ([Zekha et al., 2023](#)). Anxiety is a subjective feeling that is difficult to understand caused by sufferers "The term Anxiety is a subjective feeling in the form of worry and increases psychological tension ([Hardiyono, 2020](#)). Obtained from Table 4. The incidence of anxiety in hockey athletes before competition was 19 (31.7%) athletes who experienced normal level of anxiety, 25 (41.7%) athletes with mild level of anxiety, 11 (18.3%) athletes with moderate level of anxiety, 3 (5%) athletes with severe level of anxiety, and 2 (3.3%) athletes with very severe level of anxiety. Anxiety showed a significant correlation with self-confidence, as evidenced by table 7, where the correlation test showed a value of 0.006 ($p\text{-value} < 0.05$). This proves that there is a significant correlation between anxiety and confidence of hockey athletes before competition. In a match, anxiety before competition is a natural thing experienced by athletes.

This statement is in line with research which states that there is a significant correlation between anxiety levels and athlete confidence ([Purnamasari & Novian, 2021](#)). Therefore, the higher the athlete's confidence level, the lower the level of anxiety the athlete will have, and vice versa. Therefore, it is very necessary to pay special attention in the form of analyzing these conditions in athletes, especially Western athletes so that they can be handled and regulated properly. Because we all know that athletes' achievements are the cumulative result of various aspects, especially the psychological aspect ([Novian & Noors, 2020](#)). In this study, the results of the significance value were obtained showing the results of the data correlation test using the Pearson Correlation Bivariate technique. Based on the test results, a value of Sig.(2-tailed) $0.001 < 0.05$ H_0 was accepted, so it can be concluded that there is a significant correlation between anxiety and self-confidence. The results of the significance value were obtained showing the results of the data correlation test using the Pearson Correlation Bivariate technique. Based on the test results, a value of Sig.(2-tailed) $0.001 < 0.05$ H_0 was accepted, so it can be concluded that there is a

significant correlation between anxiety and self-confidence ([Marbun et al., 2023](#)).

The Correlation of stress and confidence

Stress is a person's response to a dangerous change in a situation ([Musfarah, 2024](#)). Therefore, the heavier the physical activity, the more it will affect the level of stress due to fatigue, especially for athletes ([Juwariyah et al., 2024](#)). Stress is an active coping disorder, and seeking social-emotional support ([Purnama et al., 2023](#)). Stress is something that feels pressing in the individual ([Umjani, 2024](#)). In this context, there are individuals, namely athletes who strive to reach the peak of achievement. With effective stress and confidence, athletes can achieve maximum achievement and reach the top of their careers. Obtained from Table 4. The incidence of stress in hockey athletes before competition was 17 (28.3%) athletes who experienced normal levels of stress, 36 (60%) athletes with mild levels of stress, 4 (6.7%) athletes with moderate stress levels, 2 (3.3%) athletes with severe stress levels, and 1 (1.7%) athletes with very severe stress levels. Stress has a significant correlation with self-confidence, as shown in table 8, where the correlation test shows a value of 0.005 ($p\text{-value} < 0.05$). This proves that there is a significant correlation between stress and confidence of hockey athletes before competition.

This study also explains that stress and self-confidence have an important role and have a positive impact on improving sports performance in athletes. The results showed a significance value of stress and self-confidence of 0.002 ($p\text{-value} < 0.05$). so it can be concluded that stress and self-confidence together do have a positive effect ([Noerfitri & Oktantia, 2023](#)).

CONCLUSION

Based on the results of the study, it can be concluded that motivation, anxiety, and stress have a close correlation with the confidence of hockey athletes before the match. Psychological disorders that cause discomfort for athletes greatly affect their confidence. Therefore, it is important to address this issue, given the link between motivation, anxiety,

stress, and confidence of hockey athletes before competition.

SUGGESTION

Based on the findings of the study, it is recommended that coaches provide education to hockey athletes about motivation, anxiety, stress, and confidence before competition. This education can be carried out by nurses as promoters or by other experts to provide support and motivation. The goal is to protect athletes from the risk of lack of confidence due to lack of motivation as well as anxiety and stress problems before competition.

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CONFLICTS OF INTEREST

The authors revealed that as long as this study no conflicts occurred, the study was also free of plagiarism, and the results had never been published anywhere else before.

AUTHOR CONTRIBUTIONS

Nafiatus Sa'adah as the lead author in this study, is responsible for overseeing the research process and designing the design used. He was assisted by a second researcher, Wiwik Widiyawati, in distributing the questionnaire that had been approved based on the ethics test permit with the number 063/KET/IL3.UMG/KEP/A/2024. After that, researchers collect and analyze the data obtained before publishing it.

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