

Psychological Profile of Football Athletes of Special Classroom Sport Senior High School Students for the Special Region of Yogyakarta

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Abstract: Psychological factors are factors that determine athlete's achievements, besides physical factors, techniques and tactics. Anxiety and confidence are the dominant psychological factors raised by adolescents in accordance with the stages of human psychological development. This study aimed to determine the psychological profile in the form of anxiety and self-confidence in soccer athletes of special high school students of state high schools in Yogyakarta. This research was a quantitative study, and the method used in this study was a survey method. Data were collected using an instrument in the form of a questionnaire. The population in this study were soccer athletes of special sports class students in state high schools in the Special Region of Yogyakarta. The subjects of this study were all soccer athletes of senior high school students in the Special Region of Yogyakarta, totaling 168 athletes. Data were analyzed using the descriptive analysis with percentages. The results of the research on the level of anxiety of soccer athletes in special sports classes showed 8.33% in the very high category, 8.33% in the high, 58.33% in the moderate, 16.67% in the low, 8.33% in the very low. As for the confidence of 20.83% ,the category is very high, 16.67% is high, 33.33% is moderate, 12.50% is low, 16.67% is very low.

1 INTRODUCTION

In the world of education, everyone who passes through this phase has a good level of intelligence. Moreover, the senior high school students have already started thinking about their future education with a lot of considerations about. The success in education is determined in the learning process through communication between human beings who are called learners and those who teach so-called teacher. Schools need to design a program in order to achieve that desire. The program involving activities with learners is the primary object in achieving the objectives of education in the cognitive, affective and psychomotor. The program can also be used to hold ideas and develop the talents and interests of learners.

It is easier for students who have a good academic grades to continue their education to the next level. However, it will be a little different with their special class sport. Special Class sport or the Marines is a class consisting of all kinds of sports in which it requires different academic abilities from the regular classroom. If the regular classroom is used the cumulative value of the UN (national exam) as the main consideration, it is different from the Marines

class in which students must pass the test in order to enter the selection bias and the score of the UN will be used as additional scores. It is very hard to enter the special class and it is clear that there is a big gap between regular class and special class the Marine Corps.

The opening of a special class of this sport is to prepare the learners to have a strong national identity and has the ability to compete on a national and international levels. The special class of this sport is expected to be a spearhead in order to recognize the quality of national education, and prepare graduates who are able to uphold the dignity of the nation. Supported by educators and adequate facilities, this special class is expected to be featured school-based sport graduates who are able to play an active role in society, skilled, and self-contained.

Based on the results of interviews to some Marine students, some problems were found, namely 1) students were less excited due to the difference between the regular classroom and the special classroom; 2) students were lack of confidence due to low self-esteem and anxiety related to the high demands of schools.

Atkinson (1993: 212) states that anxiety is an

unpleasant emotion, which is characterized by worries, concerns, and fears that often occurred in different levels of anxiety. People can use the emotional power more than they realize. Anxiety is a mental tension, that is usually accompanied by disturbances of the body causing the individuals to feel helpless and to experience fatigue due to unclear but constant alerts against the threat of danger (appendices, 2015: 102). Husdarta (2011: 80) stated that the anxiety felt by athletes in a certain time, for example before the match (state anxiety) and it is classified as a worrier (trait anxiety). Satiadarma (2000: 11) explains that in the world of sport anxiety (anxiety), arousal, and stress are aspects which have a very close relationship with one another, making it difficult to separate.

Self-confidence is an important aspect in the development of students in the school. Students should perform a variety of school activities with confidence. Various activities involving students' confidence can be found in the discussion, including asking the teacher when experiencing difficulties, and expressing ideas in public. If students do not show high confidence, it certainly will affect their academic performance in school. Mustari (2014: 51) defines self-esteem as the belief that one has the ability to do something to achieve certain goals. Referring to the opinion, it can be argued that self-confidence is the basis for a person to meet the objectives of his life. Various goals in life can be achieved by believing to potential one has. Through a strong belief of being capable of doing something, a person becomes motivated to continue their activities that lead to success in life purpose.

Appendices (2013) explains that "the athlete who has the confidence always think positively always shows the best and has confidence in himself that he was able to do it". Having negative thoughts and less confidence may decrease the athlete's performance. Bandura in Satiadarma (2000) states that positive and negative expectations of a person are influenced by the person's confidence to finish or complete the good job (self-esteem or self-efficacy).

At the moment, football game is the most popular sport and it has a lot of fans in Indonesia even in the world. Football is also a sport that knows no boundaries, and therefore everyone should play football. Danny Mielke (2007: 10) defines football as a team game, and each team consists of eleven players and one goalkeeper. In the process of playing football, it requires strength, stamina, speed, agility, endurance, courage, and teamwork during 2x45 minutes.

2 RESEARCH METHODS

2.1 Types of Research

This study was a descriptive research with quantitative approach. This study only described the condition in which this object was not exhaustive prior to an examination of the object in question. This study sought to describe the psychological profile of the level of anxiety and self-confident footballers particular grade students high school sports throughout Yogyakarta. Data were obtained based on the formulation of the problem. The method was survey and data were collected using questionnaires. Scores were obtained from the questionnaire, and then analyzed using descriptive analysis in the form of a percentage.

2.2 Time and Place of Research

The place of research was in the Special Class Sports SMA Yogyakarta. This study was conducted on March - May 2019.

2.3 Research Subject

This study involved 168 athletes.

2.4 Data, Instruments and Data Collection Techniques

Data used in this study were collected using a closed questionnaire. Arikunto (2006: 168), states that the enclosed questionnaire is a questionnaire that is presented in the form such that respondents live provides a check list (✓) in the column or a suitable place, with direct questionnaire using a graduated scale. Questionnaire in this study was a questionnaire presented in such a way that respondents can just give a check list (✓) in column or a suitable place, with direct questionnaire using a graduated scale.

2.5 Data Analysis Technique

Data analysis techniques in this study used descriptive data analysis techniques, namely percentage. With the following formula (Sudijono, 2009: 40):

$$P = F / NX 100\% \quad (1)$$

Information:

P = percentage sought (Relative Frequency)

F = Frequency

N = Number of Respondents

3 RESULTS AND DISCUSSION

This study aimed to determine the psychological profile of football athletes of senior high school in Yogyakarta. Psychological profile in this study was limited to the level of anxiety and self-confidence. The results of the study are described as follows.

3.1 Worry

Anxiety is basically a feeling often experienced by a person in this case athletes. It can cause emotional stress including anxiety, worry, and fear of something and is not clear what happened at a particular time, such as when facing a match. Based on analysis of the level of anxiety, it can be known that: 1) Motor factors: The results showed that anxiety of football athletes in Special Class was 4.17% in the category "very low", 8.33% in the category of "low", 58.33% in the category "medium", 16.67% in the category of "high", and 12, 50% in the category of "very high". Based on the average value, namely 27.61, anxiety based on motor factor was in the category of "medium"; 2) Affective factors: The results showed that anxiety football athletes in Special Sports Class was 16.67% affective factors that are in the category of "very low", 8.33% in the category of "low", 62.50% in the category "medium", 8, 33% in the category of "high", and 4.17% in the category of "very high". Based on the average value, which is 4, anxiety based on affective factors was in the category of "medium"; 3) Somatic factors: The results showed that anxiety of football athletes in Special Class by the somatic factor was 12.50% in the category "very low", 4.17% in the category of "low", 58.33% in the category "medium", 4, 17% in the category "high", and 12.50% in the category of "very high". Based on the average value, which is 14, anxiety based on factors somatic was in the category of "medium"; 4) Cognitive factors: The results showed that anxiety of football athletes in Special Class by the cognitive factor was 8.33% in the category "very low", 29.17% in the category of "low", 45.83% in the category "sufficient", 8, 33% in the category of "high" and 8.33% in the category of "very high". Based on the average value, namely 7.9, anxiety by cognitive factors in the category of "medium".

Based on overall level of anxiety, it was known that there were 8.3% students had very high level of

anxiety, 16.7% had high anxiety, 58.4% had moderate anxiety, 8.3% had a low level of anxiety, and 8, 3% had very low levels of anxiety. It can be interpreted that the majority of football student athletes from Special Class Sports have medium level of anxiety. This showed that most of the specialized sports graders (Marines) should increase mental exercise in order to achieve a better mental condition.

3.2 Confidence

Confidence is the belief to perform an activity or action to achieve goals in life. Confident is divided into several factors with the following results. 1) Confidence in the ability of self: The results showed that the confidence of football student athletes of Special Sport Class that is based on the ability of self-confidence factor was in the category "very low" at 8.33%, "low" 16.67%, "medium" 33,33%, "high" 33,33% and "very high" at 8.33%. Based on the average value, namely 28.67, confidence based on the ability of self-confidence factor was in the category of "medium"; 2) Optimism: The results showed that the confidence of football student athletes of Special Sport Class that is based on optimism was in the category "very low" of 8.33%, a "low" of 20.83%, "medium" of 37.50%, the "high" of 29, 17% and "very high" at 4.17%. Based on the average value, namely 26.62, confidence based on a factor of optimism was in the category of "medium"; 3) Objectivity: The results showed that the confidence of football student athletes of Special Sport Class that is based on objectivity was in the category of "very low" of 4.17%, a "low" of 29.17%, "enough" of 37.50%, "high" is 25.00%, and "very high" at 4.17%. Based on the average value average, namely 24.38, confidence based on objectivity was in the category of "medium"; 4) Consistency: The results showed that the confidence of football student athletes of Special Sport Class that is based on consistency was in the category of "very low" of 4.17%, a "low" of 29.17%, "medium" by 29.17%, "high" 33,33%, and "very high" at 4.17%. Based on the average value, namely 29.21, confidence based on consistency was in the category of "high"; 5) Rational and realistic factor: The results showed that the confidence of football student athletes of Special Sport Class that is based on rational and realistic factors was in in the category of "very low" at 4.17%, "low" is 25.00%, "medium" by 54.17%, "high" of 8.33%, and "very high" at 8.33%. Based on the average value, namely 27.75, confidence based on rational and realistic factors was in the category

of "medium".

Based on the analysis, the result showed that the confidence level for football student athletes of Special Class was category "very low" 16.67%, "low" at 12.50%, "medium" amounted to 33.33%, "high" at 16, 67%, and "very high" amounted to 20.83%. The majority of football student athletes had a moderate level of confidence.

Satiadarma, MP., 2000. *Fundamentals of sports psychology*. Jakarta: Pustaka Sinar Harapan.

4 CONCLUSIONS AND SUGGESTIONS

4.1 Conclusions

Based on the result of research that has already been done, it can be described that: 1) The anxiety level of football student athletes in Special Sports Class mostly included in the category of "medium" with a percentage of 58.3%; 2) While, the level of confidence owned by students mostly included in the category of "medium" with a percentage of 33.3%.

4.2 Suggestions

Based on the research conclusions, relevant advice is given is as follows. 1) For the researcher, a similar study with more complex variables can be done by not only determining the level of anxiety and self-confidence alone, but also the other factors; 2) For further research, it is better to keep an eye on students when filling in the data so that the data can be generated more objectively.

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