

Can athletes with disabilities when experiencing anxiety maximize performance?

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Abstract

This study aims to determine the impact of anxiety on the performance of athletes with mild taekwondo disabilities. This type of research is quantitative with a predictive correlation design. The participants in this research were athletes with disabilities in Taekwondo Cahaya Achievement who were members of the Bandung City team to take part in PEPARNAS 2026, West Java Province, totaling 7 people. The instrument used is a questionnaire (CSAI-2) which includes 3 items, namely: cognitive anxiety, somatic anxiety, self-confidence. The research design used predictive correlation analysis and t-test and f-test using the IBM SPSS 26 assistance program. The research results showed that anxiety had no effect on the performance of athletes with disabilities.

Keywords: *Sports Psychology; Anxiety; Disability Athlete*

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INTRODUCTION

In combat sports, athletes' psychological factors are closely related to the possibility of competitive success (Dongoran, 2021). Sometimes feelings of worry arise when competing (Noviansyah & Jannah, 2021). Likewise with the martial sport taekwondo. Taekwondo describes martial arts as a body contact combat sport that uses punching and kicking movements (Linhares et al., 2022). Currently, taekwondo has two contested numbers, namely kyorugi and poomsae (Kosanke, 2019). Kyorugi or sparring class taekwondo athletes when competing are greatly influenced by the athlete's own level of anxiety (Hasibuan et al., 2015). Explanation about taekwondo Research (Sungkowo et al., 2023) states that poomsae athletes can also experience anxiety when competing because not all athletes can overcome anxiety.

There have been many investigations that point to the relationship between anxiety in athletes. According to (raalte, 2006) this study, two of the four athlete identity factors have a significant influence on athlete anxiety and characteristics, for example self-identity and negative affectivity. In competitive sports, anxiety can be seen as a source of threat, because athletes are usually associated with achievement, the results are always uncertain and tend to be pressured by public judgment (Medicine, 2018). The stressful nature of sports and competitive environments place high demands on athletes and cause anxiety (Hamidi & Besharat, 2010).

The anxiety problems faced by athletes are different, for example problems caused by external factors, namely. problems that come from outside the athlete, such as the presence of

opponents, judges, spectators, and the environment. Athlete anxiety is an athlete thinking too much about the possibility of experiencing defeat or fear of failure. Negative thoughts are related to assumptions about danger that will befall oneself (Amir, 2013). anxiety is considered normal and healthy. However, extreme anxiety in athletes can be detrimental (Patel et al., 2010). According to psychology, anxiety is defined as a form of psychological reaction that arises towards everything new. Anxiety is a situation where the body's physiological condition seems to be suffocating, giving rise to an excessive heartbeat due to the reaction that has just arisen (KUMBARA et al., 2019). Problems caused by internal factors, namely problems that originate from within the athlete, for example emotional problems, motivation, intelligence, high levels of anxiety, excessive stress (Ramadhani & Jumain, 2019). This fear always haunts athletes. This fear can appear before or during a match and can ultimately affect performance (Verawati, 2015). In athletes, this fear of competition is called the competitive anxiety phenomenon (FORASTERO, 2016).

Athletes experience competitive anxiety when preparing for matches, both athletes with disabilities and non-disabled athletes both experience competitive anxiety (Purnamasari & Novian, 2021). Competitive anxiety is a type of anxiety that in recent years has been considered in the field of psychology, especially sports psychology (Heinschke, 2020). A type of anxiety that has been considered in recent years in the field of sports psychology is competitive anxiety which occurs in competitive sports situations, and is defined as the desire to understand the competitive position as a threatening factor that the response to this situation is associated with worry and stress (Jamshidi et al., 2011). A threatening situation for every disabled athlete, whether mentally retarded, blind, speech impaired, deaf, has different symptoms with various types of people with disabilities (Setianti et al., 2019). Competitive anxiety is divided into two, namely cognitive state anxiety and somatic state anxiety (Madsen et al., 2022). Somatic state anxiety is an expression of the player's physical/physiological state, while cognitive state anxiety is an expression of the player's mental state. In research (Marín-González et al., 2022) that explains the relationship between sports and personal variables and competitive anxiety in elite athletes of Olympic and Paralympic sports in Colombia, it is concluded that the symptoms of competitive anxiety and self-confidence in Colombian elite athletes are a function of gender, age, type of sport, sport modality, other professional occupations, as well as level of competition. The research results show that men have higher levels of self-confidence than women. Athletes aged 25 years or younger had higher cognitive and somatic state anxiety than subjects aged 26 years or older. Athletes from individual sports

had higher average somatic state anxiety than athletes from collective sports. Paralympic athletes have higher self-confidence scores than Olympic athletes.

Paralympic athletes, when new environments sometimes make disabled athletes lack self-confidence (Ives et al., 2021). Research shows that people with disabilities experience uncomfortable conditions if the conditions they live in are relatively new and will experience fear of things they have not known before. However, depending on experience and hours of competition, this is one of the factors that can influence athletes with disabilities in responding to stimuli that cause competitive anxiety. The more experience and flying hours an athlete has makes the athlete better able to overcome the anxiety they experience (Ikhrum et al., 2020). The more experience and flying hours an athlete has makes the athlete better able to overcome the anxiety they experience and be more confident (Nisa & Jannah, 2021).

High self-confidence can reduce anxiety that will arise in athletes. Self-confidence in athletes with disabilities also arises because of the responsibility that must be accepted whatever the results (F Nurbayati, 2018). High self-confidence in disabled athletes can help improve performance and achievement in sports. For people with disabilities by providing motivation and reinforcement that originates from themselves so that they can restore their self-confidence, belief and foster a sense of optimism that they can achieve the highest achievements (kurnia & apsari, 2021). Self-confidence defines self-confidence as a person's ability to complete a task successfully without pressure (Alsalamah, 2020). Self-confidence involves feelings, a person's thoughts and courage in developing themselves in carrying out the tasks and activities required by the trainer (Moneva & Tribunalo, 2019). Self-confidence influences the interpretation of anxiety by protecting one from the debilitating effects of one's feelings (Tomé-Lourido et al., 2019). Confidence in sport builds things like autonomy as well as self-esteem and different skills, challenging yourself and resilience, a lot of things in terms of mental health headspace (Ballas et al., 2022).

(Rice et al., 2019) examined the influence of anxiety factors on elite athletes. And recommends future research that identifies the influence of anxiety in athletes with disabilities on competitive performance. Based on this, the author conducted research on the influence of anxiety on the performance of athletes with disabilities.

METHOD

This research began in May 2023. Using a quantitative prediction research design. The aim is to determine the influence or effect on the research to be carried out. This research is an activity carried out in a planned and systematic manner to obtain answers to problems regarding

certain phenomena. This research has been determined, so this type of research is quantitative research with a deductive approach. Data analysis techniques use SPSS 26.

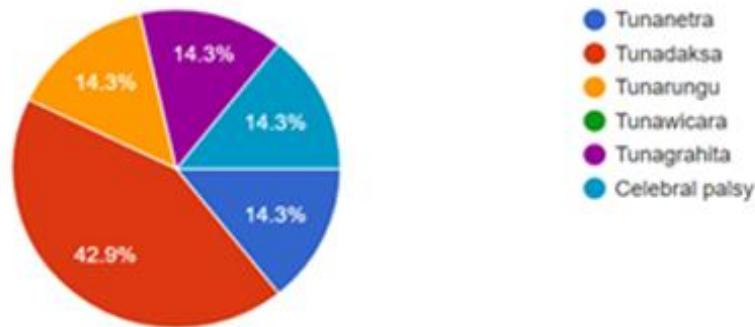


Figure 1. Disability Category

Based on Figure 1 above, the subjects of this research are athletes with disabilities who are performing well in Bandung. The sampling technique uses random sampling. The research subjects were 7 athletes who already had competition experience. The sample takes one test by filling out the questionnaire by answering the 27 available questions. Then the total questionnaire score is calculated. In this study, the instrument used was the CSAI-2 (Competitive State Anxiety Inventory-2) anxiety questionnaire. To measure the level of anxiety in athletes, it contains 27 questions on a scale of 1-4. Contains how data is collected, data sources and how to analyze data.

RESULTS AND DISCUSSION

Based on the results presented in table 1 regarding the influence of anxiety on the performance of disabled athletes, the interpretation value of the T test results (partial) shows that the significant value of the influence of anxiety (x) on the performance of disabled athletes (y) is $0.891 > 0.05$ and the calculated t value is $0.141 < 2.282$ then H_0 or hypothesis is accepted. From these results, it can be concluded that in this analysis, there is not sufficient evidence to show that there is a significant influence between anxiety (independent variable X) and the performance of athletes with disabilities (dependent variable Y). The calculated t value that is smaller than the t table value indicates that the differences between groups you observe are not statistically significant at the 0.05 level of significance.

In this context, this means that based on the sample or data you analysed, you cannot conclude that there is a significant relationship between anxiety and the performance of athletes with disabilities. These two variables may not have a significant effect on each other in that sample.

Table 1. T Test data processing results

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1	(Constant)	8.157	15.354	0.531	0.608
	TOTAL_X	-0.035	0.245	-0.141	0.891

Then the next data processing is the F test, where the F test aims to find out whether the independent variables together (simultaneously) influence the dependent variable. The F test is carried out to see the influence of all independent variables together on the dependent variable.

Table 2. F Test data processing results

Model	Sum of Squares	df	Mean Square	F	Sig.	
1	Regression	0.242	1	0.242	0.020	0.891
	Residual	109.758	9	12.195		
	Total	110,000	10			

Based on the data processing image above, the value of $f = 0.020$. F count is compared with f table. $F \text{ count} > F \text{ table}$ then it can be concluded that there is an influence of the sig value < 0.05 . $0.891 > 0.05$ concludes that in this analysis, there is not sufficient evidence to show a significant influence between anxiety and the performance of athletes with disabilities. In other words, the results of your analysis indicate that the differences you observed are not statistically significant, and anxiety may not have a significant effect on the performance of athletes with disabilities in the sample or cases you analyzed.

The best athletes with disabilities differed significantly from their non-disabled peers when it came to experiencing more pressure. other psychological skills: overcoming difficulties, concentration, training ability, self-confidence and freedom from worry are things that support their maximum performance (Baćanac et al., 2014). The self-confidence factor is the most important thing to maximize the performance of athletes with disabilities. in research (Cottingham et al., 2023) entitled Adapting to sports and countries with athletes with disabilities. This research discusses one of the factors that can improve the performance of athletes with disabilities, namely when athletes with disabilities are in a similar environment, it gives them a feeling of normalcy, plus watching and studying how teammates with disabilities develop gives them a model for success and maximizing performance. According to research (Student & Sciences, 2021), currently, athletes with disabilities are able to achieve high self-confidence to enjoy quality of life through their success in sporting achievements.

For normal athletes, to be able to maximize performance, psychological factors and be able to control anxiety can maximize performance, as in research (Lee et al., 2022) that explains the influence of psychological capital and sports anxiety on sports performance in college judo athletes. It can be concluded that the psychological capital of judo athletes can improve performance and reduce sports anxiety. Therefore, to reduce athlete anxiety, it is hoped that the athlete's psychological capital will be increased to match the expected performance.

CONCLUSION

Based on the description of the results and discussion above, there is no influence between anxiety and the maximum performance of athletes with disabilities. The self-confidence factor is the most important thing to maximize performance. However, in normal athletes, the thing that can maximize performance is how to control the athlete's own anxiety. For fellow students who will conduct further research, the author hopes to increase the population and sample size in the disability taekwondo sport by further analysing the disability number specifications.

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