
Anxiety among football school students in “Rector UNY Cup 2014” national tournament

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Abstract: *The study was aimed at explaining the anxiety level of Football School students who competed in “Rector UNY Cup 2014” national tournament. The study was descriptive quantitative using purposive random sampling to obtain the subjects. Data were collected using the SCAT questionnaire. The results showed that, of the research participants, 43.27% had low anxiety, 53.13% had moderate anxiety, and 3.61% had high anxiety. On the average, the level of anxiety among the students who competed in the tournament was in the medium category. A possible explanation was that these students already had adequate experience from previous competitions. It seemed to be the case that these experiences had helped them to reduce anxiety despite the pressure to win the game.*

Keywords: *anxiety, football school, tournament*

1. Introduction

Globalization, the result of progress of information technology, cannot be avoided by the world community. In the same manner, the football industrial development taken place in Europe indirectly affects the mindset of the Indonesian football world including club officials, coaches, players, fans, and even the society. News about football stars through the newspapers or television gives positive effects of the game in the field and the footballers’ life off the field and has changed the society’s view that the football that was considered merely a recreational occupation (hobby) is now regarded as a professional occupation.

Indonesian football development cannot be separated from the influence of the dynamics of football management in Europe and America as it leads towards the finest football management industry. Football industry requires clubs in Indonesia starting to improve towards the more professional management. This means that a club runs its activities with the aim of obtaining profits. According to Saleh & Agung (2005: 144), in playing for money, athletes or players practice and compete as a job to earn money or salary.

The ISL Football competition (Indonesian Super League), which is the highest level in Indonesia, starts to show the signs towards the management of the football industry. In the for the 2009-2010 season

ISL, there were 18 teams competing, involving 306 matches; 113 for the live TV, and 2.0675 spectators. With the cooperation PT. Djarum as the main sponsor, the competition lasted for 8 months.

In terms of contract money, in 2014 Greg Nwokolo of Persebaya earned a value of 2 billion rupiahs, the highest contract of Indonesian soccer player. The forward player (striker) who had been a legend of Persija Jakarta, Bambang Pamungkas, has recorded an average income of up to 1.37 billion Rupiah per season. Irfan Bachdim, who played for one of the football clubs in Thailand, listed his name as a player with the second-largest income when he was in Persema, reaching 1.265 billion Rupiah.

Information through the media about the condition of the management of football in countries of Europe and Indonesia in particular to the successful management of the football industry which impacts on the wealth of the football players indirectly motivates the Indonesian children to achieve and work as football players. Parents have the role as supporters and facilitators by showing high attention. The parents are willing to pay the cost, which is not cheap, to support the children in order to obtain the finest quality training in order that their children can become professional footballers.

There have been many football schools (FBS) established since the decade of 2000s with the aim of producing prospective professional football players. Football schools already existed in almost all areas in Indonesia, especially in big cities like Jakarta, Bandung, Semarang, Surabaya, and Yogyakarta. The number could reach 20 football schools. FBS has increased in number since the 2000s but the national football association (PSSI) does not have accurate data on the number

of FBS registered. The competition among those FBSs is increasingly being held in line with the number of the schools. Competitions are held regularly, systematically, and continuously to match national and international achievements.

Prestigious competitions for young players are Danone Nations Cup, Soeratin Cup, Medco Cup, Grassroot Road To Ghotia League, Kompas Gramedia League, HOS Cokroaminoto League, and others. There will also be more Saturday-Sunday organized by FBS. These tournaments are the competitions or festivals of football for young players that are eagerly awaited by players and coaches. Competition for an athlete or player is like a place to show the best performance and to become a champion. Coaches hope that students or athletes playing in the competition can perform optimally although these expectations are not easily realized. Many variables affect the appearance of the athletes when they are competing.

Complaints of a coach when the team he coaches joins a competition or a match among FBSs SSBs are mostly concerned with the fact that some students are not able to show their best performances just like in the training. The condition often occurs in younger players with no exception on team sports including football. Reactions or feedback of the trainers such as by providing instruction in the rough, snapping sound, even rage are something that seems justified. Parents of students who are expected to become entertainers and supporters and mood boosters on the contrary become those who give pressure. The students or athletes are seen to have a heavy burden in their mind with the result that they often make the wrong decision when playing.

Mental or psychological factors are among the factors that need attention from the trainer. Mental factors become the key to the success of a team in order to perform optimally. Players should be able to beat all the pressure that comes to him. The level of achievement or performance when playing one of which is determined by the athlete's maturity and mental toughness to overcome various difficulties during the match. A psychological or mental factor that is often considered to interfere with them is the level of anxiety. Athletes are not able to realize the optimum capability as the anxiety and fear of failure is quite high. A condition which is not good if the players are still in the process of coaching at a young age (FBS) is in a state of stress.

Psychological burdens of a player are the feeling that their practice is a boredom, anxiety before the match, the guilt when it finishes the game, and feeling sad after the match. The worst condition is when a player feels the game of football is such a terrible condition, terrifying, unpleasant consequences of the younger players in deciding to stop playing football. These things will be such a disappointment if it happens to the young players who have a special talent in playing football.

Maynard, Smith, & Evan (1995: 441) state that anxiety has a negative relationship with technical skills and the ability to take decisions in the sport. Tawakal & Hartati, (2014: 313) in the study states that there is a significant relationship between self-concept of the students' anxiety in facing the football matches on the football extracurricular members of SMPN 1 Ambunten-Sumenep. The results are shown in the correlation test (r) through the test bivariate correlate with r count at $0.455 > r$ table at 0.320 with standard error of 0.05 .

Some other studies suggest that high anxiety conditions adversely affect the performance when playing or exercising.

Based on the research background, the researcher is interested to know the anxiety levels of FBS students who competed at the national level football tournament among SSBs in the age group of 12 years old entitled "Rector UNY Cup" 2014. The results of this study are expected to provide information for managers, coaches, and parents of FBS students. Information about the anxiety level can be used as a basis to act and behave in particular on FBS coaching during the practice and a match.

2. Method

The study was descriptive quantitative research. The research subjects were the students who were participants of FBS national level competition in the age group of 12, entitled the "Rector UNY Cup" 2014, totalling 448 students from 32 FBS teams. The data were collected during the time the students performed a match.

The data was collected by means of a questionnaire given two hours before and after the game. The researchers obtained permission from the coaches in charge of the playing team. The questionnaire was the Sport Competition Anxiety Test (SCAT) containing 15 items, 10 of those measuring symptoms associated with anxiety. The data were analyzed by using a quantitative data analysis technique of the formula:

$$P = F/N \times 100\%$$

P : Percentage

F : Frequency

N : Total sampel

(Sugiyono, 1997: 2)

3. Findings and Discussion

The committee of the U12 “Rector UNY Cup 2014” invited 32 teams that were regarded as eligible to join the competition because of the good quality of their management. Fifteen out of the 32 teams came from outside of Yogyakarta. The tournament was held in the round-robin match format in which 32 teams were divided into eight groups. The knockout format was used in the next phase that resulted in the winning group and runner-up group. The match time was 2 x 15 minutes and the field size was 60m x 40m. Names of the competing FBS are presented in Table 1.

Observations show that optimal performance through out the matches was influenced the factors that were technical,

physical, tactical, and mental. One of those factors that most affect an athlete to be able to get the optimal performance was the mental factor. Coaches reported that this factor was one of their most difficult things to handle since, at their young age, the players were still in an unstable state of psychological condition. It can be seen that the competition became the appropriate place to evaluate the results of the training without high pressure to win the game. However, the tournament had become such a prestigious race event or accomplishment as a proving ground among the coaches who dealt with students who had such a high psychological burden. The psychological burden that were most felt by the players was anxiety.

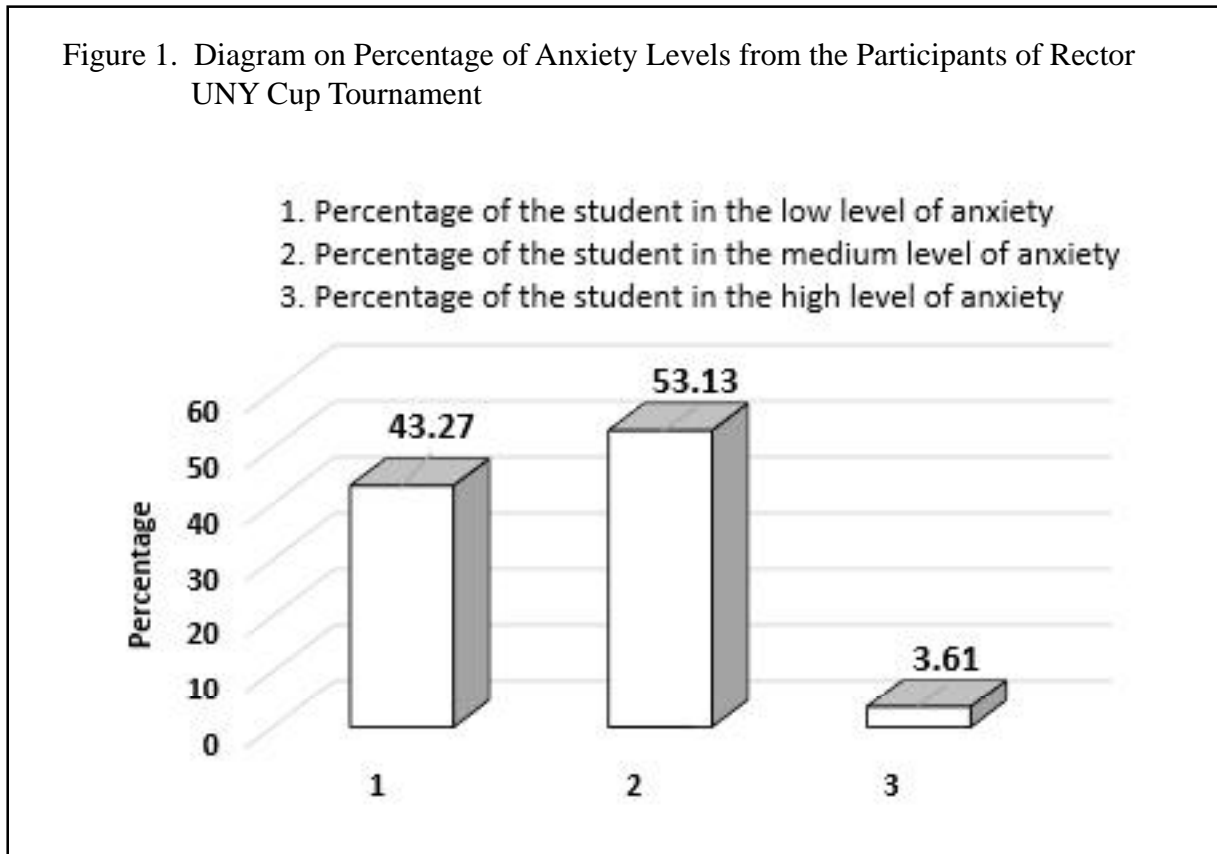
Data analysis shows that 43.37% of the total number of students involved in the

Table 1

List of SSB Teams the Participants of “Rector UNY Cup 2014” Tournament U12

No	SSB Team Name	No	SSB Team Name
1	SSO Real Madrid UNY A	17	SSB Rajawali Jogja
2	SSO Real Madrid UNY B	18	SSB Putra Cibubur
3	SSB Satria Pandawa Jogja	19	SSB Porma Kudus
4	SSB Settle Meyer Karanganyar	20	SSB Karya Muda Bandung
5	SSB Tangerang Raya	21	SSB Putra Mumbul Bali
6	SSB IM Bojonegoro	22	SSB Tugu Muda Semarang
7	SSB Browijoyo Jogja	23	SSB Matra Jogja
8	SSB KKK Jogja	24	SSB Kudus United
9	SSB Tlogoadi Jogja	25	SSB HW Kota Jogja
10	SSB AMtri Jogja	26	SSB Astam Tangerang Selatan
11	SSB Solo United	27	SSB Persigawa Jakarta
12	SSB JPFA Pati	28	SSB SKB Gudo Jombang
13	SSB MAS Jogja	29	SSB Baturetno Jogja
14	SSB OCM Jogja	30	SSB Putra Harapan Magelang
15	SSB AMS Jogja	31	SSB Camar Mas Jaya Ungaran
16	SSB Handayani Jogja	32	SSB Gama Jogja

Figure 1. Diagram on Percentage of Anxiety Levels from the Participants of Rector UNY Cup Tournament



matches had a low level of anxiety, 53.13% a medium level of anxiety, and 3.61% a high level of anxiety.

Based on the results of the study, it is revealed that the percentage of students who compete in the “Rector UNY Cup” 2014 is 3.61% of students are at the high category. The anxiety low level shows that the students mostly are not having problematic mental factors, especially anxiety, during the matches. This result can give a prediction that the students carry in positive attitudes entering the competition. This can be used by the coaches to know that their players have had the right attitudes in playing in the matches. Another piece of information can be gathered by the coaches that they

still need to manage the anxiety level of their players. This is due to the reason that, for players to participate best in the competition, they need to have the appropriate level of anxiety.

Almost all of the students (96.39%) of the students who participate in the “Rector UNY Cup” 2014 show the anxiety level in the category of medium and low (normal). This can be understood that the students do not have considerable mental interference in playing the games. An assumption can be proposed that students have enough experience to bear the pressures of the games since they come from selected teams.

The coaches and, especially, parents already have the attitudes that winning is

not everything in the competition. From observations, it can also be reported that the distance between the field and the spectators is quite large, according to national standards. This makes the players feel quite safe from the terrors from the opponent supporter

The small percentage in players with high anxiety also needs more attention from the parts of the coaches and parents. Individual and team sport achievements and appearances are strongly influenced by the performance of every player. The performance will not be optimal if one team member has the psychological problem such as anxiety. Team performances are increasingly disturbed player who has the psychological problem is a key player. Ardianto (2014) states that the causes of anxiety are the lack of experience of players playing in the tournament, fear of failure, fear of injury, intimidation of the

supporters opponent, and ignorance of the player to the match information. These are factors that cause anxiety on the player or athlete that need to be considered by coaches and parents. Table 2 presents the percentages of team players who have high levels of anxiety.

Table 2 shows that students who experience anxiety in high category is not dominated by students of particular FBS teams but it is spread on 11 teams. According to the data and observations, these 11 teams are the ones that already participate in many tournaments. The general finding shows that only 3.61% of students have a high level of anxiety. Yet, it is still necessary to handle players with high anxiety since a high anxiety will tend to cause players to experience hesitation to make decisions, muscle stiffness, sweating, and physical decline.

Table 2
The Students Who Get The High Anxiety Level in Some SSB Teams

No	SSB Team	Number of SSB Students Registered	Number of Students Who Have the High Level of Anxiety	Percentage (%)
1	SSO Real Madrid UNY B	14	1	14.29
2	SSB Putra Mumbul Bali	11	1	9.09
3	SSB Settle Meyer Karanganyar	13	2	7.69
4	SSB Tangerang Raya	12	2	16.67
5	SSB IM Bojonegoro	14	1	7.14
6	SSB Browijoyo Jogja	12	1	8.33
7	SSB Putra Harapan Magelang	15	1	6.67
8	SSB Camar Mas Jaya Ungaran	15	2	13.33
9	SSB Putra Cibubur	13	1	7.69
10	SSB Porma Kudus	12	1	8.33
11	SSB Karya Muda Bandung	15	2	13.33

4. Conclusion

Anxiety is one of mental hindrances faced by the athletes. High anxiety is very disturbing and detrimental to athlete's performance to achieve the best performance. Such interference would be seen by the presence of symptoms that arise both physiologically and psychologically (Sukadiyanto, 2005: 6). Anxiety as a mental tension that is accompanied by body problems causes fatigue and makes athletes feel helpless, always in a state of weariness that the threat is unclear. Symptoms of anxiety experienced by a player is not concentration, but it is when players feel difficult to understand instructions, hesitate in taking decisions, and have muscle stiffness, sweating, and physical decline that result in poor performance. Factors causing anxiety is lack of experience of playing in tournaments, fear of failure, fear of injury, intimidation from the opponent supporters, and ignorance of the player on the match information. Anxiety may involve feelings, behavior, and physiological responses.

Results of the study on the level of anxiety experienced by FBS students in the "Rector UNY Cup" 2014 national tournament are as follows: of the total number of students playing in the games, 43.37% are in the low level of anxiety, 53.13% are in the medium level of anxiety, and 3.61% are in the high level of anxiety. These results indicate that the participants experience anxiety that are reasonable in that the category in terms of number of students who experience high levels of anxiety is only 3.61% spreads through 11 FBS teams. The number of students who experience the high levels of anxiety on average score is only at 0.11 per team. Students who experience anxiety in the

low and medium level are at 96.39%. These results can be an indication that, even at their 12-years of age, these athletes have a good mental toughness, especially seen from the anxiety component.

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