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LAMPIRAN

Lampiran 1 *Informed Consent*

LEMBAR PERSETUJUAN MENJADI RESPONDEN PENELITIAN
(INFORMED CONSENT)

Saya yang bertanda tangan di bawah ini:

Nama : Nurnajla Irbah Syukur

Nim : C041171316

Saya mahasiswa Program Studi Fisioterapi Fakultas Keperawatan Universitas Hasanuddin sedang melakukan penelitian mengenai "Hubungan Tingkat Kecemasan dengan Performa Atlet Kontingen Pekan Olahraga Nasional XX Provinsi Sulawesi Selatan". penelitian ini dilakukan sebagai tahap akhir dalam penyelesaian studi di Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin.

Pernyataan ini dibuat sebagai lembar persetujuan untuk mengikuti proses penelitian saya dari awal hingga akhir penelitian nanti. Sehubungan dengan hal tersebut, saya dengan ini meminta kesediaan dan partisipasi saudara(i) dalam penelitian ini yang bersifat bebas untuk menjadi responden atau menolak tanpa ada sanksi apapun. Saya akan menjamin kerahasiaan identitas saudara(i).

Partisipasi saudara(i) dalam penelitian ini sangat kami hargai dan atas partisipasinya saya ucapkan terimakasih.

Saya yang bertanda tangan di bawah ini:

Nama : 

Jenis Kelamin : 

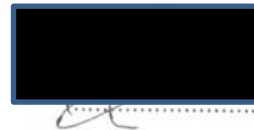
Umur : 

Setelah mendapat penjelasan dari peneliti, saya bersedia berpartisipasi sebagai responden dalam penelitian yang berjudul **“Hubungan Tingkat Kecemasan dengan Performa Atlet Kontingen Pekan Olahraga Nasional XX Provinsi Sulawesi Selatan”** yang dilakukan oleh Nurnajla Irbah Syukur, NIM C041171316, mahasiswi Program Studi S1 Fisioterapi Fakultas Keperawatan, Universitas Hasanuddin, Makassar.

Demikian lembar persetujuan ini dibuat dengan penuh kesadaran dan tanpa dipaksa dari pihak lain untuk dipergunakan sebagaimana mestinya.

Makassar, / - /2021

Yang menyatakan,

A black rectangular box redacting the signature of the respondent. Below the box, a faint handwritten signature is visible.

Lampiran 2. Surat Izin Penelitian



PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU
BIDANG PENYELENGGARAAN PELAYANAN PERIZINAN

Nomor : 17714/S.01/PTSP/2021
 Lampiran :
 Perihal : **Izin Penelitian**

KepadaYth.
 Kepala Komite Olahraga Nasional Indonesia
 Sulsel

di-
Tempat

Berdasarkan surat Dekan Fak. Keperawatan UNHAS Makassar Nomor : 4104//UN4.18.1/PT.01.04/2021 tanggal 05 Juli 2021 perihal tersebut diatas, mahasiswa/peneliti dibawah ini:

N a m a : **NURNAJLA IRBAH SYUKUR**
 Nomor Pokok : C041171316
 Program Studi : Fisioterapi
 Pekerjaan/Lembaga : Mahasiswa(S1)
 Alamat : Jl. P. Kemerdekaan Km. 10, Makassar

Bermaksud untuk melakukan penelitian di daerah/kantor saudara dalam rangka penyusunan Skripsi, dengan judul :

" HUBUNGAN TINGKAT KECEMASAN DENGAN PERFORMA ATLET KONTINGEN PEKAN OLAHRAGA NASIONAL XX PROVINSI SULAWESI SELATAN "

Yang akan dilaksanakan dari : Tgl. **08 Juli s/d 08 Agustus 2021**

Sehubungan dengan hal tersebut diatas, pada prinsipnya kami *menyetujui* kegiatan dimaksud dengan ketentuan yang tertera di belakang surat izin penelitian.

Dokumen ini ditandatangani secara elektronik dan Surat ini dapat dibuktikan keasliannya dengan menggunakan **barcode**,

Demikian surat izin penelitian ini diberikan agar dipergunakan sebagaimana mestinya.

Diterbitkan di Makassar
 Pada tanggal : 07 Juli 2021

A.n. GUBERNUR SULAWESI SELATAN
KEPALA DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU
SATU PINTU PROVINSI SULAWESI SELATAN
 Selaku Administrator Pelayanan Perizinan Terpadu

Dr. JAYADI NAS, S.Sos., M.Si
 Pangkat : Pembina Tk.I
 Nip : 19710501 199803 1 004

Tembusan Yth
 1. Dekan Fak. Keperawatan UNHAS Makassar di Makassar;
 2. *Pertinggal*.

SIMAP PTSP 07-07-2021



Jl. Bougenville No.5 Telp. (0411) 441077 Fax. (0411) 448936
 Website : <http://simap.sulselprov.go.id> Email : ptsp@sulselprov.go.id
 Makassar 90231



Lampiran 3. Surat Keterangan Selesai Penelitian



**KOMITE OLAHRAGA NASIONAL INDONESIA
(KONI)
PROVINSI SULAWESI SELATAN**



Alamat : Jalan Sultan Hasanuddin No. 42 Makassar, Sulawesi Selatan Kode Pos 90112

SURAT KETERANGAN

Nomor : 189/U/IX/2021

Yang bertanda tangan dibawah ini PIt. Sekretaris Umum menerangkan bahwa :

Nama : **NURNAJLA IRBAH SYUKUR**
 Nomor Pokok : C041171316
 Program Studi : Fisioterapi
 Pekerjaan/Lembaga : Mahasiswa (S.1)
 Alamat : Jl. P. Kemerdekaan KM 10 Makassar

Yang tersebut diatas telah melaksanakan penelitian guna penyusunan skripsi mulai tanggal 08 Juli s.d 08 Agustus 2021, dengan judul "**HUBUNGAN TINGKAT KECEMASAN DENGAN PERFORMA ATLET KONTINGEN PEKAN OLAHRAGA NASIONAL XX PROVINSI SULAWESI SELATAN**"

Demikian surat keterangan ini kami buat untuk digunakan seperlunya

Makassar, 19 September 2021

**PENGURUS KONI PROV. SULAWESI SELATAN
An. KETUA UMUM
Pit. SEKRETARIS UMUM,**



Dr. H. M. DAHLAN ABUBAKAR, M.Hum

Tembusan yth

1. Ketua Umum KONI Sulsel sebagai laporan
2. Arsip.

TEL (0411) 3627170 - FAX (0411) 3620421 – HP. 081242526272 – e.Mail: sekretariatkonisulsel@gmail.com

Organisasi Mapan, Prestasi Tangguh

Lampiran 4. Surat Keterangan Izin Etik Penelitian



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,
RISET DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KEPERAWATAN
Jl. Perintis Kemerdekaan Km. 10 Makassar 90245
Laman : keperawatan@unhas.ac.id

No. : **4105 /UN4.18.1/TP.02.02/2021** 5 Juli 2021
Lamp : -
Hal : **Permohonan Izin Etik Penelitian**

Yth. : Ketua Komisi Etik Penelitian Kesehatan
Fak. Kesehatan Masyarakat Univ. Hasanuddin

di -
MAKASSAR

Yang bertandatangan dibawah ini :

Nama : Rini Rachmawaty, S.Kep., Ns., MN., Ph.D.
NIP : 198007172008122003
Jabatan : Wakil Dekan Bidang Akademik, Riset dan Inovasi Fakultas
Keperawatan Universitas Hasanuddin

Dengan ini mengajukan permohonan kepada Bapak/Ibu agar diberi izin etik dalam rangka kegiatan penelitian kepada :

Nama : **Nurnajla Irbah Syukur**
NIM : C041171316
Program Studi : Fisioterapi
Rencana Judul : Hubungan Tingkat Kecemasan dengan Performa Atlet Kontingen Pekan Olahraga Nasional XX Provinsi Sulawesi Selatan.

Adapun metode yang digunakan dalam Pengumpulan data adalah **kuesioner via offline, dengan tetap menerapkan protokol kesehatan.**

Demikian permohonan kami, atas perhatiannya disampaikan terima kasih.



Wakil Dekan Bidang Akademik
Riset dan Inovasi

Rini Rachmawaty, S.Kep. Ns., MN., Ph.D.
NIP. 198007172008122003

Nama Peneliti,

Nurnajla Irbah Syukur
NIM : C041171316

Tembusan :

1. Ketua Program Studi Fisioterapi Fak. Kep. Unhas
2. Kepala Bagian Tata Usaha
3. Arsip





REKOMENDASI PERSETUJUAN ETIK

Nomor : 462/UN4.6.4.5.31/ PP36/ 2021

Tanggal: 21 Juli 2021

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH21070437	No Sponsor Protokol	
Peneliti Utama	Nurnajlah Irbah Syukur	Sponsor	
Judul Peneliti	Hubungan Tingkat Kecemasan dengan Performa Atlet Kontingen Pekan Olahraga Nasional XX Provinsi Sulawesi Selatan		
No Versi Protokol	1	Tanggal Versi	9 Juli 201
No Versi PSP		Tanggal Versi	
Tempat Penelitian	Komite Olahraga Nasional Indonesia (KONI) Sulawesi Selatan		
Jenis Review	<input checked="" type="checkbox"/> Exempted <input type="checkbox"/> Expedited <input type="checkbox"/> Fullboard Tanggal	Masa Berlaku 21 Juli 2021 sampai 21 Juli 2022	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian Kesehatan FKUH	Nama Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)	Tanda tangan	
Sekretaris Komisi Etik Penelitian Kesehatan FKUH	Nama dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)	Tanda tangan	

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Lapo SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari prokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan

Lampiran 5. Kuesioner

LEMBAR PENGUMPULAN DATA

Nama : ██████████

Jenis Kelamin : ██████████

Tempat/tanggal lahir : ██████████

Usia : ██████████

No Telp/wa : ██████████

Status Pernikahan : ██████████

Cabang Olahraga : ██████████

Tahun Bermain : ██████████

Isilah sesuai dengan keadaan anda saat ini!
Berilah tanda centang (✓) pada kolom jawaban di bawah ini

Sport Competition Anxiety Test (SCAT) Kuesioner

No.	Pertanyaan	Jarang	Kadang-kadang	Sering	
1.	Bagi saya, pertandingan melawan tim lain merupakan hal yang menyenangkan	3	2	✓	1
2.	Sebelum bertanding saya merasa tidak nyaman	1	3	3	2
3.	Sebelum bertanding saya merasa khawatir tidak dapat menunjukkan penampilan yang baik		✓		2
4.	Saya adalah pemain yang baik saat berkompetisi		✓		2
5.	Saya merasa khawatir membuat kesalahan saat bertanding			✓	3
6.	Saya merasa tenang sebelum bertanding			✓	1
7.	Menetapkan target adalah hal yang penting dalam pertandingan		✓		2
8.	Sebelum pertandingan saya merasa mual di bagian perut	✓			1
9.	Sesaat menjelang pertandingan detak jantung saya terasa lebih cepat dibanding biasanya		✓		2
10.	Saya menyukai pertandingan yang membutuhkan banyak energy fisik			✓	1

Sport Competition Anxiety Test (SCAT) Kuesioner						
No.	Pertanyaan	Jarang	Kadang-kadang	Sering		
1.	Sebelum bertanding saya merasakan santai (rileks)		✓		2	
2.	Sebelum bertanding saya merasa gugup		✓		2	
3.	Olahraga tim lebih menarik dibanding olahraga individu	✓			3	
4.	Saya merasa gugup ketika menunggu pertandingan dimulai			✓	3	
5.	Sebelum bertanding saya merasa tegang		✓		2	
Kuesioner Performa Atlet						
No.	Pertanyaan	Sangat Sesuai	Sesuai	Tidak Sesuai	Sangat Tidak Sesuai	(ringgi)
1.	Saya dapat menikmati setiap jalannya pertandingan		✓			3
2.	Saat bertanding tubuh saya rileks		✓			3
3.	Saya mampu menghadapi keadaan terdesak saat penampilan		✓			3
4.	Saya ragu dengan kemampuan diri sendiri		✓			2
5.	Saya sulit untuk beradaptasi dengan situasi pertandingan		✓			2
6.	Saya tetap fokus meskipun lapangan ramai penonton		✓			3
7.	Saya sulit mengeluarkan kemampuan terbaik pada situasi terdesak			✓		3
8.	Saya sulit menampilkan performa terbaik		✓	✓		3
9.	Saya merasa langsung dapat bersemangat dalam bertanding		✓			3
10.	Saya dapat menentukan titik lemah lawan untuk memenangkan pertandingan			✓		2

No.	Pertanyaan	Sangat Sesuai	Sesuai	Tidak Sesuai	Sangat Tidak Sesuai	
11.	Saya merasa gerakan yang dilakukan saat pertandingan berjalan sesuai keinginan		✓			3
12.	Saya mampu mengontrol pergerakan saat tampil		✓			3
13.	Saya bisa bermain lepas saat bertanding		✓			3
14.	Saya yakin akan menang dalam bertanding		✓			3
15.	Teriakan penonton menjadikan saya semakin bersemangat		✓			3
16.	Saya dapat memberikan respon yang tepat terhadap situasi pertandingan		✓			3
17.	Saya bingung mengatur tempo permainan pada saat di lapangan		✓			2
18.	Saya merasakan lelah bahkan sebelum pertandingan dimulai		✓			2
19.	Tubuh saya sangat sulit untuk bergerak sesuai keinginan			✓		3
20.	Pada saat di lapangan, pikiran saya tertuju pada pertandingan yang akan dijalani		✓			3
21.	Saya yakin bisa menguasai jalannya pertandingan		✓			3
22.	Saya percaya saya akan memenangkan pertandingan		✓			3
23.	Saat di lokasi pertandingan, pikiran saya tertuju pada pertandingan yang akan dijalani		✓			3
24.	Saya dapat bermain maksimum karena fisik dan psikis saya siap untuk bertanding		✓			3
25.	Saya melakukan pemanasan dengan benar agar siap dalam pertandingan	✓				4
26.	Saya mengeluarkan segenap kemampuan dalam pertandingan	✓				4

No.	Pertanyaan	Sangat Sesuai	Sesuai	Tidak Sesuai	Sangat Tidak Sesuai	
27.	Saya merasa bosan karena latihan yang terlalu sering		✓			2
28.	Saya dapat mengatur tempo permainan		✓			3
29.	Saya dapat mengkoordinasikan tim untuk menyerang dan bertahan			✓		2
30.	Saya tidak bisa memahami arahan pelatih dari luar lapangan			✓		3
31.	Saya tidak bisa memaksimalkan kemampuan dalam pertandingan		✓	✓		3
32.	Tendangan yang saya lakukan tidak mengarah ke gawang lawan				✓	4
33.	Gerakan saya cenderung tergesa-gesa		✓			2
34.	Saya merasakan lelah sebelum pertandingan			✓		3
35.	Lawan yang tangguh membuat saya cemas		✓			2

$$\begin{array}{r}
 22 \times 3 = 66 \\
 + 18 \\
 \hline
 12 \\
 \hline
 96 \\
 \text{(sedan)}
 \end{array}$$

Lampiran 6. Hasil Uji SPSS

1. Distribusi Usia, Jenis Kelamin, dan Cabang Olahraga

xzsdax				
		JenisKela min	Usia	Cabor
N	Valid	124	124	124
	Missi ng	0	0	0
Mean		1.40	1.11	8.44
Median		1.00	1.00	8.00
Mode		1	1	1 ^a
Std. Deviation		.491	.318	5.764
Variance		.241	.101	33.22 3
Range		1	1	22
Minimum		1	1	1
Maximum		2	2	23
Sum		173	138	1046

JenisKelamin					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laki-Laki	75	60.5	60.5	60.5
	Perempuan	49	39.5	39.5	100.0
	Total	124	100.0	100.0	

Usia					
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Vali d	17-25 tahun (Remaja Akhir)	110	88.7	88.7	88.7
	26-35 tahun (Dewasa Awal)	14	11.3	11.3	100.0
	Total	124	100.0	100.0	

2. Hasil Uji Normalitas dan Uji Korelasi

3. Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
tingkatkece masa	.086	124	.026	.961	124	.001
performaatle t	.092	124	.011	.961	124	.001

Correlations			
		tingkatkecem asa	performaatle t
tingkatkece masa	Pearson Correlation	1	-.508**
	Sig. (2-tailed)		<.001
	N	124	124
performaatlet	Pearson Correlation	-.508**	1
	Sig. (2-tailed)	<.001	
	N	124	124

Lampiran 7. Dokumentasi Penelitian



Peneliti Menjelaskan Isi Kuesioner

Lampiran 8. Draft Artikel Penelitian

**RELATIONSHIP ANXIETY LEVEL WITH THE
PERFORMANCE OF THE CONTINGENT OF THE
XX NATIONAL SPORTS WEEK IN SOUTH
SULAWESI PROVINCE**

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Abstract

Anxiety has become a very common situation found in athletes before and before a match. Anxiety is the reason for the poor performance of athletes on the field. This happened to the athletes of PON XX South Sulawesi Province. The purpose of the study was to determine the level of anxiety and performance of athletes in athletes. This research is a type of correlational study using a cross sectional approach and purposive sampling method with a total sample of one hundred and twenty four people (n=124) who are athletes of the XX PON contingent in South Sulawesi Province. There are several data collected including the level of anxiety and performance of athletes who took the data using a questionnaire. Data analysis used Pearson's test with p value < 0.05 (p = 0.

INTRODUCTION

In human life, exercise has become one of the important activities that are carried out regularly so that the body becomes healthy and strong, both physically and spiritually. Sport has also played a role in making the name of the region and the nation proud, through competitions at the national and international levels. There are so many sports in the world, both in teams and individually, that athletes can participate in to create an achievement that has been taught in elementary school to college².

Anxiety is not always harmful, because basically anxiety functions as a self-control mechanism to stay alert to what will happen, but if the level of anxiety is not controlled so that it has interfered with body activities, then it will obviously be very disturbing. Anxiety in the match is also an unpleasant emotional reaction and appears before the match³.

Athletes' performance is one of the determinants of achievement in the competition. Gunarsa revealed that 80% of an athlete's performance affects psychological aspects and 20% is only influenced by other aspects. Athletes' performance in competitions is related to the athlete's ability, athlete's psychology during competition, athlete's physical fitness, exercise performed before the match, and support for carbohydrate intake during the match⁴. Someone who experiences anxiety tends to feel impatient, often complains, is irritable, has difficulty concentrating and has trouble sleeping. This was also stated by Gunarsa in Jatmika & Linda which explains that someone who experiences high anxiety will feel worried about the bad situation that befell him or people he knows⁵. In every training activity in a sports club, a coach will emphasize physical exercise without mental training for athletes, providing motivation and support to increase athlete's confidence in a match. Anxiety that arises in an athlete can be caused by negative thinking, lack of motivation and support as well as a more physically pressing training process that makes athletes feel bored, low

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mentality, and pressure from team leaders and coaches that create anxiety in an athlete, and will affect the athlete's performance in facing opponents in a competition match⁶. So in this case, an athlete will feel anxious because of lack of mental preparation that is less trained, then an athlete will result in less than optimal performance in participating in the match.t.

Based on the phenomena that occur and are supported by the results of previous studies, it is necessary to have a study on the mental aspect, in this case research is more directed at the level of anxiety in PON athletes. So the results can be used as information for athletes and coaches to improve performance. This condition brings a multidimensional approach to athletes to determine athlete motivation and researchers can analyze the effects of anxiety on sports performance.

METHOD

This research is a type of correlational study that aims to determine the relationship between the two variables with a cross sectional approach and purposive sampling method conducted at the National Sports Committee (KONI) of South Sulawesi Province from April to May 2021. Inclusion criteria are at least having participated in official competitions and athletes aged 17-35 years. Respondents will fill out a questionnaire as a measuring tool used.

The data obtained will then be analyzed and managed using the Pearson Correlation test to see if the data has a significant relationship or not and through the Kolmogorov-Smirnov normality test to determine whether the research data is normally distributed or not. The data is said to be normally distributed if $p > 0.05$ and the data is said to have a significant relationship if $p < 0.05$. This research has received ethical approval from the Medical Research Ethics Committee of Hasanuddin University No.3237/UN4.14.1/TP/02/02/2021.

RESULTS

Based on the research that has been done, there were 124 athletes who were willing to be the sample who met the inclusion criteria. The basic characteristics of the research sample can be seen in the following table.

Table 1. Distribution of anxiety levels with performance by gender.

Variable	Male n (%)	Female n (%)	Total N (%)
Anxiety Level			
Low	0 (0)	1 (0.8)	1 (0.8)
Currently	51 (41.1)	15 (12.1)	66 (53.2)
Tall	24 (19.4)	33 (26.6)	57 (46)
Total N (%)	75 (60.5)	49 (39.5)	124 (100)
Athlete Performance			
Low	0 (0)	0 (0)	0 (0)
Currently	18 (14.5)	19 (15.3)	37 (29.8)
Tall	57 (46)	30 (24.2)	87 (70.2)
Total N (%)	75 (60.5)	49 (39.5)	124 (100)

Source: Primary Data, 2021 (Note: N = Total Number of Samples, n = Frequency)

Based on the table above, it shows that from the total sample of 124 athletes, 51 male athletes (41.1%) had high anxiety levels while 24 (19.4%) male athletes had moderate anxiety levels. However, for female athletes, 33 people (26.6%) of whom had high levels of anxiety. There are 57 male athletes (46%) who have high performance and for female athletes there are 30 athletes (24.2%) who have high performance. From these data it can be concluded that the performance of moderate athletes in men and women has a fairly high total percentage and the

total percentage is not much different. Likewise for the level of anxiety in the moderate category for men and women.

Table 2. Distribution of anxiety levels with performance by age.

Variable	Late Adolescence (17 – 25 years) (%)	Early Adults (26 – 35 years) (%)	Total N (%)
Anxiety Level			
Low	1 (0.9)	0 (0)	1 (0.9)
Currently	59 (53.6)	7 (5.0)	66 (53.2)
Tall	50 (45.5)	7 (5.0)	57 (46)
Total N (%)	110 (100)	14 (100)	124 (100)
Athlete Performance			
Low	0 (0)	0 (0)	0 (0)
Currently	34 (30.9)	3 (21.4)	37 (29.8)
Tall	76 (69.1)	11 (78.6)	87 (70.2)
Total N (%)	110 (100)	14 (100)	124 (100)

Source: Primary Data, 2021 (Note: N = Total Number of Samples, n = Frequency)

Table 2. shows that the level of anxiety for the late adolescent age category was found to be the most in the moderate category, namely 59 athletes (53.6%). However, for the high category anxiety level, the percentage is not much different, namely 50 athletes (45.5%). Athletes who have the most performance for late adolescence in the high category are 76 athletes (69.1%) and 11 athletes (78.6%) for early adulthood.

Table 3. Distribution of anxiety levels with performance by sport.

Variable	Anxiety Level		
Sports	Low n (%)	Medium n (%)	High n (%)
Football	0 (0)	12 (9.7)	3 (2.4)
Hockey	0 (0)	4 (3.2)	3 (2.4)
Cricket	0 (0)	5 (4)	9 (7.3)
Pencak Silat	0 (0)	0 (0)	2 (1.6)
Windsurfing	0 (0)	2 (1.6)	1 (0.8)
Sepak takraw	0 (0)	6 (4.8)	7 (5.6)
Karate	0 (0)	2 (1.6)	3 (2.4)
Futsal	0 (0)	7 (5.6)	6 (4.8)
Badminton	0 (0)	3 (2.4)	2 (1.6)
Athletics	0 (0)	1 (0.8)	2 (1.6)
Kempo	0 (0)	3 (2.4)	1 (0.8)
Basketball	0 (0)	2 (1.6)	1 (0.8)
Paddle	1 (0.8)	13 (10.5)	1 (0.8)
Muay Thai	0 (0)	0 (0)	3 (2.4)
Beautiful Swimming	0 (0)	0 (0)	5 (4)
Fencing	0 (0)	2 (1.6)	0 (0)
OWS Swimming	0 (0)	0 (0)	4 (3.2)
Dive	0 (0)	0 (0)	1 (0.8)
Rock climbing	0 (0)	1 (0.8)	0 (0)
Tarung Drajat	0 (0)	0 (0)	1 (0.8)
Screen	0 (0)	0 (0)	1 (0.8)
Judo	0 (0)	1 (0.8)	1 (0.8)
Beach Volley	0 (0)	2 (1.6)	0 (0)
Total (%)	1 (0.8)	66 (53.2)	57 (46)

Source: Primary Data, 2021 (Note: N = Total Number of Samples, n = Frequency)

Table 4. Distribution of anxiety levels with performance by sport.

Variable	Athlete Performance		
	Low n (%)	Medium n (%)	Height n (%)
Sports			
Football	0 (0)	1 (0.8)	14 (11.3)
Hockey	0 (0)	3 (2.4)	4 (3.2)
Cricket	0 (0)	11 (8.9)	3 (2.4)
Martial arts	0 (0)	1 (0.8)	1 (0.8)
Windsurfing	0 (0)	1 (0.8)	2 (1.6)
Sepak takraw	0 (0)	3 (2.4)	10 (8.1)
Karate	0 (0)	1 (0.8)	4 (3.2)
Futsal	0 (0)	6 (4.8)	7 (5.6)
Badminton	0 (0)	2 (1.6)	3 (2.4)
Athletics	0 (0)	1 (0.8)	2 (1.6)
Kempo	0 (0)	0 (0)	4 (3.2)
Basketball	0 (0)	0 (0)	3 (2.4)
Paddle	0 (0)	0 (0)	15 (12.1)
Muay Thai	0 (0)	3 (2.4)	0 (0)
Beautiful Swimming	0 (0)	3 (2.4)	2 (1.6)
Fencing	0 (0)	1 (0.8)	1 (0.8)
OWS Swimming	0 (0)	4 (3.2)	0 (0)
Dive	0 (0)	1 (0.8)	0 (0)
Rock climbing	0 (0)	0 (0)	1 (0.8)
Tarung Drajat	0 (0)	1 (0.8)	0 (0)
Screen	0 (0)	1 (0.8)	0 (0)
Judo	0 (0)	1 (0.8)	1 (0.8)
Beach Volley	0 (0)	0 (0)	2 (1.6)
Total (%)	0 (0)	37 (29.8)	87 (70.2)

Source: Primary Data, 2021 (Note: N= Total Number of Samples, n = Frequency)

Tables 3 and 4 above show that the percentage of high anxiety levels is in cricket and sepak takraw with a percentage of 9 cricket athletes (7.3%) and 7 sepak takraw athletes (5.6%). The percentage of low anxiety levels only exists in rowing with a frequency (0.8%) equal to 1 athlete. In addition, for the moderate level of anxiety, there are rowing, soccer and futsal with a significant percentage, namely, 13 athletes (10.5%) in rowing, 7 athletes (5.6%) in futsal and 12 athletes (9.7%) in football sport. The high performance category for sports is soccer with 14 athletes with a frequency (11.3%), sepak takraw with 10 athletes with a frequency (8.1%), futsal 7 athletes with a frequency (5.6%) and rowing 15 athletes with a frequency (12.1%).

First, the Kolmogorov-Smirnov normality test was conducted to determine whether the research data were normal or not. The results of the Kolmogorov-Smirnov normality test used in the study showed a significance value (Sig.) of 0.026 and 0.011, which means the data is normally distributed ($p > 0.05$). The data that has been tested for normality is then analyzed to test the relationship between variables using the Pearson correlation test to determine whether or not there is a relationship between the independent variable and the dependent variable in this study.

Table 5. shows that the results of data analysis using the Pearson test obtained a significance value (p) of both variables of 0.01 and 0.01, the significance value is $p < 0.05$, so it can be concluded that the relationship between anxiety levels and athlete performance has a weak correlation with the Pearson correlation

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coefficient is -0.508, which means the relationship is negative or the correlation is in the opposite direction.

Table 5. Analysis of the Relationship between Sedentary Behavior and Musculoskeletal Pain

Anxiety Level	Athlete Performance		
	N	R	P
	124	-0.508	0.01

Source: Primary data, 2021 (Note: n = total number of samples, p = Significance Spearman, r = Spearman correlation)

DISCUSSION

The anxiety level data obtained in this study showed that most athletes who participated in PON XX had the highest level of anxiety in the moderate category, namely 53.2% of the total sample. As for the performance of PON XX athletes, most of them are classified as having high performance, which is 70.2% of the total sample. In the results of this study, it was found that there was a significant negative relationship between the level of anxiety and the athlete's performance. This research is in line with research conducted by Sari (2020) because the study used the same questionnaire as this study, namely the Sport Competition Anxiety Test (SCAT), in this study it was shown that the level of anxiety of volleyball athletes at the Bhayangkara Polres Pati Club in 2020 before competing or before the match was in the medium category. In this case, some volleyball athletes at the Bhayangkara Polres Pati Club in 2020 need to increase the portion of training, especially on their mentality so that before the match their mental condition can be better so as to produce maximum performance when competing.

Anxiety in a sports competition can approach the athlete's feelings so that something undesirable will happen, such as: appearing bad, his opponent who is considered superior, will experience defeat, and will be ridiculed by friends if he loses. Feelings of anxiety that are not able to be controlled properly will cause the athlete's performance to be less than optimal, so that the implementation of strategies, tactics, and techniques that have been prepared before the match does not go according to plan. This is what triggers an increase in excessive anxiety and ultimately a decrease in the athlete's performance during training and competitions, which makes athletes more careful, do not dare to make decisions, and are afraid to make mistakes.

According to Kurnia & Anggraini (2020) revealed that the athletes could do the technique well at the beginning of the match, but at the last minute of the match the athletes were wrong in doing the technique so that they lacked focus. Technical skills and focus are one of the fundamental keys for every athlete who plays a role in determining athlete performance and the risk of injury. Physical condition can be one of the most basic factors for athletes in determining the incidence of injury to athletes. Athletes who have good physical condition are likely to be able to avoid injury if they carry out a strenuous physical activity without experiencing fatigue so that athletes can display their performance well.

Based on the results of the analysis of the distribution of anxiety levels in the gender category, it shows that the percentage of high levels of anxiety is found in female athletes compared to male athletes. According to the researcher, most women have an anxious attitude because women's feelings in treating the things they like are different. This is supported by research conducted by Prime (2020) where the percentage of women are more worried about their abilities than men. So basically, this is because male athletes have more active, more relaxed, exploratory activities so that it is easy to control the emotions of anxiety they experience. Meanwhile, female athletes play more using feelings so that they display relatively more behavior that can be seen by the audience. Not only that, hormones and other biological traits also have a role in a person's anxiety,

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especially for women. Some neuroscientists also suggest that genes, hormones and the nervous system in the brain influence women's anxiety. This opinion is in line with what was said by Saputro (2020) that gender has an influence on anxiety levels, where women have a relatively higher level of anxiety than men because women easily experience generalized anxiety disorder (generalized anxiety disorder) assume that they are unable to cope with unexpected situations and feel afraid of what will happen. occurs, causing anxiety.

Based on the description of the results of the research in the age category, the largest percentage is in the late adolescent age group with a vulnerable age of 17-25 years and the lowest in the early adult age group who is susceptible to the age of 26-30 years. According to the researcher, this is because age has a relationship with the views and experiences of an athlete, where the older the athlete, the more mature the process of thinking and acting in dealing with a problem experienced. Late adolescence and early adulthood are the ages that can be said to be vulnerable to productive age in carrying out a physical activity due to the ability to function of the locomotor in line with age development.

Based on the results of research in the sports category, it was found that the respondents with the most sports were soccer and rowing with 15 athletes each. Rowing has the lowest level of anxiety. Cricket and sepak takraw have high levels of anxiety and moderate levels of anxiety are found in soccer and futsal. While for the performance of high category athletes there are rowing, sepak takraw, soccer and futsal. From the results above, rowing has the right criteria for the researcher's initial hypothesis, namely rowing has low anxiety but has high performance. Rowing is a sport that is done with a team or group. But this shows that not all team athletes who experience anxiety can affect other athletes, there are some athletes who have been able to control their mentality to avoid excessive anxiety. In achieving the best performance, every athlete must have their own way of dealing with the feelings of fear, tension, anxiety and anxiety that he experiences in dealing with a problem. This is reinforced by Ikhsan & Rinaldy (2016) which states that the feeling that arises from an athlete in facing problems in the field is a natural thing, because achieving success is sometimes always followed by various mental problems. These feelings can cause a sense of stress or tension so that in subsequent developments it will lead to anxiety. Anxiety is actually a normal thing and can be useful if it is not excessive, because it can create a self-defense mechanism against future threats, but if it occurs excessively it can disrupt the individual's mentality such as being depressed, feeling hopeless and hopeless. An athlete who experiences excessive anxiety in a competition there is a possibility of anxiety in the form of health problems or behavioral deviations so that his appearance and self-confidence will decrease and his concentration will decrease. Anxiety can be eliminated or minimized so that athletes need to have therapy to avoid anxiety in competing. This is in line with research Endriyani, Damanik & Pastari (2021) revealed that relaxation is a state of the body characterized by the absence of an activity and tension. Based on this, relaxation techniques also need to be done for athletes so that they can reduce the anxiety experienced by relaxing the tense muscles in the athlete. Anxiety will not occur when all muscles are relaxed. So that muscle relaxation exercises in the body are needed by athletes.

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