

Determinants Of Self-Confidence Of Buleleng Swimming Athletes

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ABSTRACT

Abstract The level of self-confidence becomes a foundation in a person when the athlete doing something, including swimming athletes. This study aims to determine the level of self-confidence of swimming athletes in the Buleleng contingent who will go down at the 2022 Pekan Olahraga Provinsi (Porprov). This quantitative descriptive study surveyed the level of self-confidence through questionnaires. The data is processed using the Validity and Reliability Test. The subject of this study was Buleleng swimming athletes. The samples were taken using purposive sampling techniques so that a total of 18 athletes were obtained. The result of this study is that there are 3 determining conditions in internal factors that will affect the athlete's self-confidence, namely; (1) technical swimming (2) Physical Conditions, and (3) Psychological. Broadly speaking, the level of self-confidence of athletes is formed in their physical condition by having a good presentation and above 44%. While in technical swimming only 39% and in psychological 17%. It can be concluded that what affects self-confidence the most is the physical condition, which can be interpreted to mean that the better the physical condition of the athlete, the more it forms self-confidence of the athlete

Keywords : self-confidence, athlete, internal, physical.

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INTRODUCTION

Swimming is one of the measurable aquatic sports that has become a lifestyle trend in modern times. Erlangga also explained that swimming is a water sport that is fun and beneficial for the human body (Erlangga, 2010). In the last 3 years, the achievements of Buleleng swimming sports are currently increasing from before. Judging from the results at the 2019 Bali XIV Pekan Olahraga Provinsi which took place in September 2019, Buleleng won 4 gold medals. This proves that the swimming achievements of the Buleleng contingent have increased significantly.

Mubarok explained that the efforts made to coach sports achievements are sports coaching through aspects of training that need to be considered, namely physical, technical, tactical, and mental aspects (Mubarok & Mudzakir, 2019). On the other hand, the evaluation and analysis of world champions which shows that athletes who produce sustainable achievements are only those athletes who have excellent physiques, master perfect techniques, have the psychological

and moral characteristics necessary in the sports they are engaged in, having experience training and racing for many years (Suratmin, 2018). It can be concluded that there are 4 important aspects of training, namely: physical, technical, tactical or strategic, and mental (Sholicha & Awidha, 2020).

Hidayat (2014) stated that excellent physical condition will have a positive impact on achievement. The engineering components support motion efficiency after the formation of physical components. While the tactical or strategy component is useful for designing and adjusting (pace time) or time travel distance for middle to long-distance swimming athletes. All of these components must certainly be owned by athletes as a basis for producing a good performance. Not only physical, technical, and tactical aspects that support the athlete's performance during the race but also psychological.

Psychological conditions certainly include the mentality of athletes, because during the process of training and racing athletes will be faced with environmental situations that cannot be explored as well as many things that can happen in the field. Hygiene explains that self-confidence is a relatively fixed assessment of oneself, regarding abilities, talents, leadership, initiative, and other traits, as well as the conditions that color human feelings (Iswidharmanjaya, 2014). The athlete's psychology will certainly be focused during the competition or race and will swim as hard as he can to surpass his own best time. Factors that affect self-confidence according to Atiq, some factors affect self-confidence in the world of sports, namely mastery in developing or improving abilities in individuals, demonstrating abilities by showing self-abilities to opponents, preparing physically and mentally, social support, coaching leadership and experience, seeing the state that athletes can achieve achievements (Atiq, Tangkudung, & Mulyana, 2017).

Kuloor explained that the level of self-confidence of athletes is influenced by 8 factors, namely mastery of techniques, physical and mental preparation, physical condition, social support, leadership from coaches, racing experience, environmental comfort, and sports science (Kuloor & Kumar, 2020). The 8 things above then become a reference in knowing the level of self-confidence of the swimming athlete. Various traits and characters of athletes with different levels of self-confidence, diverse age categories of athletes, and diverse friendship environment situations are commonly found in a training environment.

When the observation was carried out at the Swimming Pool of Nirmala Asri, Banyuasri, Buleleng, Porprov Bali Swimming Athletes Decentralized Buleleng contingent who were

undergoing the training process, there were 3 coaches and a head coach who became the leaders for the training process of these athletes. The number of swimming athletes was initially 23 people, then some athletes resigned, and also the number of athletes by 6% which became 18 people. These athletes are classified as new athletes who will be involved in the Porprov Bali 2022 event next October.

Based on research conducted by (Sin, 2017) concluded that self-confidence mostly dominates in the medium and high categories, but there are still those in the low and very low categories. These results show that there is a need to increase the self-confidence of athletes who are still low to optimize efforts so that football team athletes can play more optimally in the next game. The conclusion of the results of previous research is that self-confidence itself is used in researching a person's psychological condition when going to do something.

On the other hand, research that has been carried out by a similar Purnomo also concludes with the need to develop how technology can measure self-confidence through the physiological functions of the body, allowing us to guess what response will be given when one of the vital organs receives a signal to respond (Purnomo, Marheni, & Jermaina, 2020). Thus the researcher chose the level of self-confidence of Buleleng swimming athletes. based on previous research, it can be said that this research has been carried out but this time the researcher used different subjects, instruments, and places.

METHODS

This research will last for 6 months and will be carried out from January 2022 to July 2022. A research place is a place where researchers obtain the data needed for research. This research took place at the PRSI of Buleleng Regency. More precisely in the Nirmala Asri swimming pool which is used as a place for the training process of swimming athletes in Buleleng Regency.

Research Design

This research is descriptive research with the research method used being the survey method. The survey method is versatile, it can be used to collect data in almost every field and problem. In addition, the use of surveys is quite efficient in collecting reliable information and surveys that collect data on a fairly large population from a relatively small sample. In this study, the variables studied were (1) Free Variables (X), in this study, namely: Internal and External Factors. (2) Bound Variable (Y), the bound variable in the study is Self-confidence.

Population And Research Samples

The sampling technique used is intentional sampling, which consists of selecting a sample of a population based on available information, and the determination of the sample is determined by the researcher based on certain objectives and considerations that are considered to meet the established criteria (Raihan, 2017). The criteria that will be taken by the researcher are with the age category of 3 and above (KU3) which is 12 years and above, by the central PRSI regulations regarding athletes who are allowed to compete in regional-level events and above. The total population that exists for athletes in Buleleng regency is 18 people who are also determined to be the overall sample.

Data Collection Methods

In this study, researchers used data collection techniques using questionnaires. The questionnaire used in this study is closed, as explained a closed questionnaire is a question or statement that has been prepared in a structured manner and already has an alternative answer that is only chosen by the respondent (Mustafa, 2020). The questionnaire is used by circulating a form in the form of a Google Form containing several questions to several research subjects (respondents) to get a written response.

In the distributed questionnaire, respondents were asked to give a check mark (\surd) on the answer choices that had been provided according to their choices. For this study, the value given ranges from 1(one) to 9 (nine), provided, for statements; The highest score is 9 (nine) to 7 (seven) favorable, the score is 6 (six) to 4 (four) Neutral and the score is 3 (three) to 1 (one) unfavorable. Favorable is a positive meaningful statement while unfavorable is a negative meaningful statement.

Validity Test

A valid questionnaire must have internal and external validity. Internal or rational validity is when the criteria present in the questionnaire have rationally (theoretically) reflected what was measured, while external validity is when the criteria in the questionnaire were arranged based on existing (external) empirical facts. Validity is a measuring instrument that shows the level of reliability or validity of a measuring instrument (Syarfuddin, 2015).

To determine the validity of the items of a questionnaire, Karl Pearson's Pearson Product Moment correlation coefficient method was used, namely by correlating the total score produced by the respondent (y) with the score of each question item (x). Validity testing in this study was carried out with the help of the Microsoft Office Excel 2013 for windows program.

The calculated r value is matched to the product moment at a significant 5 %. If r counts greater than 5% then the question item is valid.

Reliability Test

The reliability test of the question is used to determine whether an instrument can be trusted to be used as a data collection tool. Reliability test using reliability coefficient calculation technique using Cronbach Alpha formula.

Reliability is expressed in the coefficient of reliability, the figure of which is in the range from 0.00 to 1.00. A reliability coefficient close to 1.00 indicates higher reliability of the measuring instrument. In contrast, a measuring instrument with low reliability is characterized by a reliability coefficient close to the figure of 0.00.

Then the result of the summation is classified by the following formula Then the result of the summation is classified by the following formula :

Table 1. Assessment Alternatives

<i>Value</i>	<i>Predicate</i>
$\geq(Mi+(1,5 \times SDi))$	Very Good
$Mi - (Mi+(1,5 \times SDi))$	Good
$Mi-(1,5 \times SDi) - Mi$	Less Good
$\leq Mi-(1,5 \times SDi)$	Not Good

RESULTS AND DISCUSSION

Results

The description of the data from this study is intended to present a general description of the level of self-confidence of Buleleng swimming athletes, which is revealed with a questionnaire of 36 question items and is divided into 2 main indicators or factors, namely internal and external. The scores presented are an interpretation of the characteristics of respondents and the results of the level of self-confidence of swimming athletes. Data from the results of the questionnaire that has been filled out by as many as 18 respondents was carried out online through a google form. Then followed by validity and reliability tests, then continued to process the data looking for the average answer then the results were classified according to the predicate generated through Microsoft Excel 2013. The interpretation of the results of the analysis of each item of the statement is obtained by calculating the number of scores of each statement item divided by the number of respondents, then multiplied by 100% by the formula

$P = \frac{F_x}{n} \times 100\%$ with the results displayed in the form of a table and programmed pie as follows :

Table 2. Frequency Distribution of Internal Self-confidence Factors

No	Interval Score	Category	Frequency	Presentage
1	$x \geq 72$	SB	6	33%
2	$68 < x < 72$	B	7	39%
3	$64 < x < 68$	KB	1	6%
4	$x \leq 64$	TB	4	22%
TOTAL			18	100%

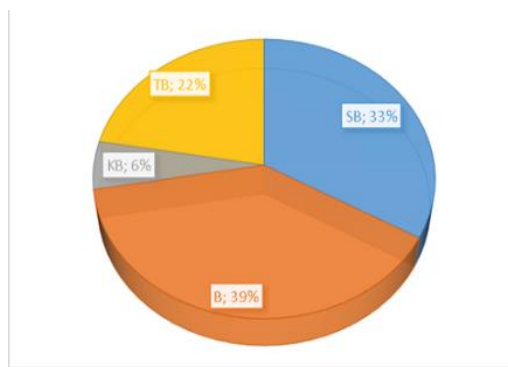


Figure 1. Level of Self Confidence Internal Factors

Based on the table and figures 1, shows that the level of self-confidence of Buleleng swimming athletes in internal factors is in the category of "not good" by 22% (4 people), "not good" by 6% (1 person), "good" by 39% (7 people), and "very good" by 33% (6 people). Based on the average score, which is 68.25, the self-confidence level of Buleleng swimming athletes is in the category of "excellent".

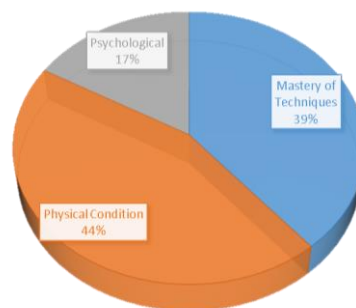


Figure 2. Comparison of Internal Factors Sub-Indicators

Based on figure 2 above, the comparison between mastery of techniques, physical and psychological conditions that affect the self-confidence of Buleleng swimming athletes, is

dominated by physical condition with a percentage of 44%, while mastery of technique is 39% and Psychological is 17%.

Discussion

The level of self-confidence of Buleleng swimming athletes based on internal factors falls into the good category. The highest in the category is very good and good with a percentage of 39%, and in the good category of 33%, 13 people have a level of self-confidence either in indicators or internal factors. It can be interpreted that the category of self-confidence level of Buleleng swimming athletes based on internal actors falls into the category of good. Then regarding the comparison between internal sub-indicators, namely mastery of techniques, and physical and psychological conditions, in influencing the self-confidence of Buleleng swimming athletes, which is dominated by the sub-indicator of physical conditions with a percentage of 44%. Then mastery of the technique was 39%. Then the psychological sub indicator is at a percentage of 17%. Thus the sub-indicator that affects the most is the physical condition in forming the self-confidence of Buleleng swimming athletes.

Based on research conducted by [Sin \(2017\)](#) Regarding the confidence of football athletes towards the game, self-confidence largely dominates in the medium and high categories. The difference in this study is the type of exercise. Team sports involve team members in matches, which can be assumed that the athlete's self-confidence is better because they perform together. Meanwhile, individual sports such as swimming, requires independence in preparation and appearing in competitions.

In this study, the level of self-confidence of Buleleng swimming athletes was included in the very good category, although the sample in this study was young or relatively new athletes. Reinforced by [Reymatgiri, Mutmainnah, & Rahman \(2018\)](#) research on the analysis of the relationship between the level of confidence in penalty kicks in FIK UNM football athletes, it shows that self-confidence is a major influence and has a very positive effect on the ability of football players to take penalties. If an athlete has low or even poor self-confidence, it will be a barrier to achieving maximum achievements. Lack of self-confidence means also doubting one's abilities, which will cause tension, especially in championships with many participants and crowded spectators, which can cause tension in athletes. A study conducted by [\(Rahmad, Yenes, Witarsyah, & Arifianto, 2021\)](#) regarding the influence of general physical conditions on the self-confidence of high school volleyball athletes N 8 Padang, explained that physical condition, in general, is significantly related to the self-confidence of volleyball athletes of SMA N 8 Padang. This means that the better the athlete's overall physical condition, the greater

the athlete's self-confidence. Directly proportional to the results of this study which says that physical condition is related to the formation of self-confidence. This indicates that most athletes in forming self-confidence, still focusing on good physical condition, self-confidence will increase.

From the description above, the level of self-confidence of Buleleng swimming athletes who are included in the upcoming Proprov Bali in internal factors is categorized as good. Then it is more dominated by the sub-indicators of physical condition. It can be concluded that the greatest shaper of self-confidence in this internal factor is from a physical condition.

CONCLUSION

It can be concluded that what most affects self-confidence in internal factors is the physical condition. Then it can be interpreted that physical condition becomes a shaper of the athlete's own self-confidence. Because self-confidence will affect the performance of the athlete himself.

Suggestion

After knowing the results about the factors that shape the level of self-confidence of Buleleng swimming athletes, it can be suggested: for athletes, maintaining the level of self-confidence that has been in a good category will certainly affect performance or appearance during the training process or racing, for coaches, order to be able to provide strong motivation in supporting their athletes in achieving achievements both at the regional, national, and international levels and for subsequent researchers, to develop deeper research on expanding the sample of Porprov Bali swimming athletes 2022 Buleleng Contingent to PON athletes or some Bali representative athletes or higher.

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