

Strategies for Managing Anxiety on Lemkari Karate Athletes in Bengkulu City

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ABSTRACT

Anxiety harms athlete performance during competition. Therefore, every athlete is required to have a strategy in overcoming the anxiety they experience. Through writing this article it aims to analyze the anxiety coping of karate athletes at Lemkari College, Bengkulu City. This research is descriptive research with a quantitative approach. The research population consisted of all athletes who took part in open tournament competitions and the KKI XII 2023 festival with a total of 21 athletes. Sampling using total sampling. Research data was collected using research techniques and instruments in the form of a questionnaire. Data analysis uses simple statistics in the form of percentage descriptive quantitative analysis. The results of the study illustrate that athletes use 4 types of strategies to managing anxiety, namely: psychological skill training at 85.71%; reading new opponents at 71.43%; understanding the conditions at 90.48%; and studying the opponent at 85.71%. So, it can be concluded that karate athletes have an excellent strategy for overcoming anxiety by understanding the conditions during the match.

Keywords: *strategies, anxiety, athlete, karate.*

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INTRODUCTION

Lemkari was founded by Saiko Shihan Anton Lesangi, assisted by Drs Kariyanto Djojonegoro, to coincide with the 3rd PORKI Congress on August 30 1970 in Jakarta, which resulted in a split with the formation of 2 PORKI, namely PORKI Sabeth which was also called PORKI Congress and PORKI Anton. Then on the same day, PORKI Sabeth declared it as the Indonesian Karate-do Institute (INKAI) with the same symbol as the Japan Karate Association (JKA) and PORKI Anton declared it the Indonesian Karate-do Institute (Lemkari), with the same symbol as the school " SHOTOKAN". Karate is a part of martial arts. In a Karate competition, every athlete will have the potential for direct body contact. Based on these characteristics, Karate athletes can have a high level of anxiety. The results of previous research revealed that athletes who study body contact sports tend to experience higher anxiety compared to athletes from sports that do not have contact bodies (Kumar et al., 2017). Anxiety is part of the psychological aspect that makes a major contribution to the performance of martial arts athletes during matches (Lee et al., 2022). Anxiety at a moderate level makes a positive contribution to athletes, namely increasing athlete alertness so that athletes can act carefully.

However, anxiety at a high or even very high level will reduce the athlete's performance during competition. Referring to the results of previous research, it was stated that karate athletes have high anxiety before matches ([Auliani et al., 2021](#)). Various factors that contribute to the presence of anxiety in athletes include fear of failure, lack of confidence, and low motivation to excel ([Correia & Rosado, 2018](#)). High anxiety greatly affects the appearance of an athlete during competition and will affect the achievements that will be obtained during the competition. Therefore, athletes must have a strategy to manage the anxiety that is felt during the competition ([Hasanah & Refanthira, 2020](#)). Strategy is an effort made by athletes to manage the level of anxiety they face ([Dahriyanto & Anto, 2018](#)). There are at least three strategies used by athletes to overcome anxiety, namely: learning about opponents, reading new opponents, and understanding conditions ([Siagian, 2022](#)). Apart from that, psychological strategies can also be an alternative for athletes to reduce anxiety ([Ong & Chua, 2021](#)). These strategies include self-talk, imagery, relaxation, and goal setting.

The research was conducted because there is still a lack of information about the anxiety problems experienced by karate athletes in facing matches. This research needs to be done to find out the ability of karate athletes in Bengkulu City, the results of the research will be used as a reference to provide further interventions to support the achievements of karate athletes. Various research results regarding the anxiety of karate athletes have been carried out before, such as research from ([Mutmainah & Kasmad, 2022](#)) which examines the impact of relaxation on the anxiety of karate athletes. Similar research has also revealed the relationship between anxiety and the aggressiveness of karate athletes ([Purba & Situmeang, 2019](#)). However, this study did not describe the athlete's strategy, especially the strategy of learning about opponents, reading new opponents, understanding conditions, or training psychological skills from karate athletes.

Analysis of the level of anxiety in karate athletes has been widely discussed by previous researchers. However, studies regarding athlete strategies for overcoming anxiety tend to be less studied. Even though knowing the athlete's strategy will make it easier for the coach to meet the athlete's needs, especially the athlete's needs on the psychological aspect. Therefore, the goal of this research is to reveal how the athlete's strategy in dealing with anxiety when competing.

METHODS

This research is quantitative and descriptive. According to ([Sugeng, 2022](#)) quantitative research is research that seeks to give meaning to a phenomenon that is measured quantitatively or numerically from the results of data collection in the form of questionnaires, tests, or

observations. This research was conducted at the Sawah Lebar Sports Hall in Bengkulu City from March to May 2023. The study population consisted of 21 karate athletes in Kumite numbers who were participating in competitions at the 2023 Oppen Tournament And Festival Kushin Ryu-M Karate-Do Indonesia XII. The research sample was taken using total sampling. The data in this study were collected using a questionnaire consisting of four indicators, namely: psychological skills training, learning about opponents, reading new opponents, and understanding conditions. the questionnaire was validated by 2 experts and declared feasible to be used as a research data collection instrument, while the reliability of the questionnaire was 0.783. The questionnaire grid is in Table 1. The questionnaire has been validated by two experts and declared fit for use in research data collection. The data is analyzed using the percentage formula and from the results of the calculation, it is continued by compiling categories as in Table 2 ([Sudijono, 2015](#)).

$$P = \frac{f}{n} \times 100 \%$$

Information:

P = The percentage

f = Frequency

n = Total score for each aspect of the respondent

Table 1. Questionnaire Grid

No	Indicators	Item
1	Psychological Skills Training (Self-Talk, Imagery, Relaxation, Goal Setting)	
2	Reading New Opponents	
3	Understanding Condition	
4	Learning About Opponents	

Table 2. Category Determination Formula (Sudijono, 2015)

No	Interval	Category
1	81% - 100%	Very high
2	61% - 80%	High
3	41% - 60%	Moderate
4	21% - 40%	Low
5	0% - 20%	Very low

RESULTS AND DISCUSSION

Results

The results of research data analysis regarding the strategies used by karate athletes in

overcoming anxiety are shown in the following tables.

Table 3. The Results of the Research

No	Indicators	Very High		High	
		f	%	f	%
1	Psychological Skills Training	18	85,71%	3	14,29%
2	Reading New Opponents	15	71,43%	6	28,57%
3	Understanding Condition	19	90,48%	2	9,52%
4	Learning About Opponents	18	85,71%	3	14,29%

Based on the research results presented in Table 3, it is known that there are four strategies used by karate athletes in managing competition anxiety. in the first strategy, it is known that as many as 18 athletes have very high scores, and 3 athletes have high scores. In the second strategy, 15 athletes have very high scores, and 6 athletes have high scores. In the third strategy, 19 athletes have very high scores, and 2 athletes have high scores. in the last strategy, 18 athletes had very high scores and 3 athletes had high scores. From the results of this study, it can be concluded that karate athletes have a very good ability to manage anxiety during competition. Visually the value of each strategy used by athletes is depicted in Figure 1.

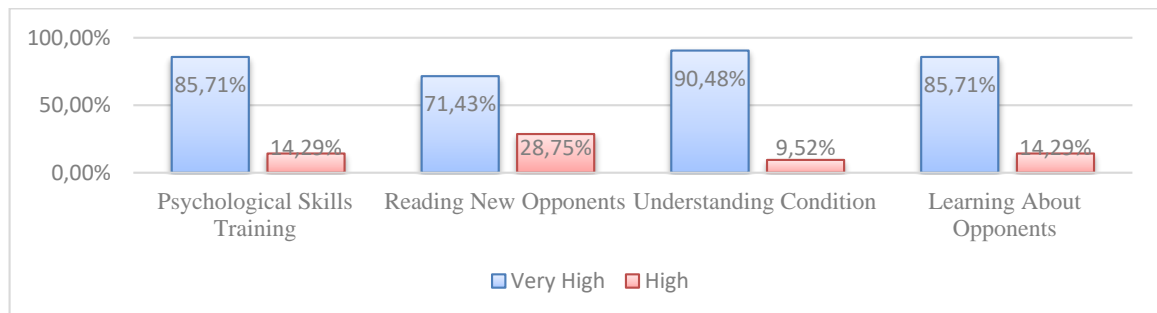


Figure 1. The Level of Strategy Used By Athletes

Discussion

The optimal achievement of an athlete will be achieved if he has good readiness in the physical, technical, tactical, and mental or psychological aspects (Buekers et al., 2015). If the athlete has physical, technical, and tactical readiness, then in the next stage the mental or psychological aspect is a factor that determines the winner. In a match with high intensity, the athlete's winning factor is determined by 90% of the psychological aspect (Weinberg & Gould, 2023). The competition situation is inseparable from various factors that come from within or outside the athlete which causes disturbances in psychological aspects such as anxiety experienced by athletes (Fernandez et al., 2022). Factors from within athletes that can increase anxiety include a lack of physical and technical readiness, thoughts of fear of failure, customary defeat, lack of experience in competing, and lack of psychological skills training (Siregar,

[2018](#)). Furthermore, factors from outside the athlete include the presence of spectators, pressure from the coach, and the presence of more competent opponents. Every athlete who participates in competitions is sure to experience anxiety, both amateur athletes and professional athletes ([Gilham & Gilham, 2014](#)). Experts believe that anxiety at a high level and cannot be managed by athletes will harm athlete performance and does not rule out the possibility that athletes will fail in the competitions they participate in ([Ford et al., 2017](#)). Therefore, athletes need to have strategies used to manage anxiety when competing.

Strategies are alternative steps taken by Lemkari's Karate athletes to reduce anxiety. In this study, the ability of Lamkari karate athletes has very good abilities to overcome anxiety when competing. Karate athletes who can win a match are athletes who can manage anxiety. The strategy of Lemkari's karate athletes in overcoming anxiety can be seen in the first indicator in this study, namely psychological skills training. In this study, the psychological skills training studied in Lemkari karate athletes consisted of imagery, self-talk, goal setting, and relaxation. Based on the results of the analysis it is known that Lemkari karate athletes use psychological skill training as a strategy to manage anxiety when competing. These results are supported by data that 85.71% of athletes use this strategy. Psychological skills training such as imagery is one of the strategies for managing athlete ([Marshall & Gibson, 2017](#)). Likewise, self-talk, goal setting, and relaxation are the strategies that until now have been the choice for athletes to manage anxiety ([Walter et al., 2019; Parnabas et al., 2014; Jeong et al., 2021](#)).

The second strategy used by Karate Lemkari athletes to manage anxiety is to study their opponents. The results of the analysis show that the percentage of karate athletes using this strategy is very high at 85.71%. In a competition, athletes will be faced with competing opponents who may have never met before so this strategy can be used to find out the strengths and advantages possessed by the opponent. Studying opponents can be done with the help of videos or other sources. Based on the information from these observations, athletes can use it to anticipate the opponent's attacks and find the opponent's weak points so that it helps athletes apply various match tactics ([Matthews & Nicholas, 2017](#)).

The third strategy used by Lemkari's karate athlete is to read the opponent's match. The results of the analysis show that the percentage of karate athletes using this strategy is very high at 71.43%. By studying opponents to compete, it will help karate athletes decide on important decisions, set strategies to win matches, and stay realistic in following the plans set ([Frigout et al, 2020](#)).

The fourth strategy used by Lemkari's karate athlete is understanding the conditions. Athletes who have a great chance of winning a match are athletes who can understand the

conditions on the field (Hanin et al., 2016). This strategy is used to adapt to the situation in the field where there are various demands and pressures. The results of the analysis show that Lemkari karate athletes can use this strategy with a percentage of 90.48%. This means that Lemkari karate athletes can understand every condition and adapt to the atmosphere that occurs during the competition.

CONCLUSION

Based on the results of the study, it is concluded that Lemkari karate athletes have a very high ability to manage anxiety. The ability to manage anxiety includes the ability to practice psychological skills in the very high category, the ability to study opponents who are in the high category, read new opponents who are in the very high category, and understand the conditions in managing anxiety when competing by using the strategy of understanding the conditions that are in the very high category. This research was conducted on Kumite athletes so that the results of this study cannot be applied to Lemkari karate athletes number Kata. It is recommended for future researchers to conduct studies on Kata number athletes.

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