

# Motivation And Anxiety Levels Of Female Handball Athletes in Magelang District

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## ABSTRACT

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The purpose of this research is to determine the level of motivation and anxiety among female handball athletes in Magelang Regency in 2023. The method used is quantitative descriptive. The sample in this research consists of 14 female handball athletes from Magelang Regency. Data were collected through a Google Form questionnaire and analyzed manually using percentages. The research instrument for motivation level used the Sport Orientation Questionnaire (SOQ), which includes three indicators: win orientation, goal orientation, and competitiveness. For anxiety level, the research instrument used the Competitive State Anxiety Inventory-2R (CSAI-2R), which includes three indicators: somatic anxiety, cognitive anxiety, and self-confidence. The research results indicate that female handball athletes have a relatively high level of motivation, with 35.7% in the high category and 42.9% in the moderate category. This is based on a victory orientation score with 50% in the high category, a goal orientation score with 50% in the moderate category, and a competitiveness score with 35.7% in the fairly high category. Meanwhile, the anxiety level is 35.7% in the high category, based on somatic anxiety with 35.7% in the high category, cognitive anxiety with 35.7% in the moderate category, and self-confidence with 28.6% in the moderate category.

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## INTRODUCTION

"Sport is any activity that involves the soul, body, and mind in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential" according to the Law of the Republic of Indonesia No. 11 2022 of concerning the National Sports System Chapter 1 Article 1. The scope of sports is divided into 3 in the Law of the Republic of Indonesia No.11 2022 of Article 17, namely educational sports, community sports and achievement sports. According to Juniar Sirait and Khoerul Umam Noer (2021) sports that use championship events to plan, organize, and develop players in a sustainable manner in order to achieve goals with the use of sports science and technology are known as achievement sports. This country has produced extraordinary achievements in various sports

Amid the popularity of sports such as soccer, basketball and badminton in Indonesia, there is one sport that is starting to attract the attention of sports fans, namely *handball*. Handball in Indonesia is a new sport that started in 2007 (Al-ayyubi & Januardi Irawan, 2022). Handball is a group sport played with one or both hands where the ball becomes a tool that can be thrown, bounced, and shot into the goal as a target to get points (Firdaus et al., 2020). The parent organization of handball at the

international level is called the International Handball Federation (IHF), while in Indonesia it is called the Indonesian Handball Association (ABTI) (Sridadi & Utama, 2016).

Handball has developed in Central Java since 2014 and there have been 25 Pengkab and Pengkot formed until now (ABTI in Muhlisin et al., 2022). One of them is Magelang Regency which joined handball in 2018. Sourced from the daily chairman of ABTI Magelang Regency, the Magelang Regency handball team first participated in the competition at the 2019 Provincial Championship (KEJURPROV) and at that time only sent the men's team. In 2021, Magelang district handball sent the men's team as well as the women's team in the Regional Sports Week (POPDA) competition at the Ex-Karesidenan Kedu level, for the first time the Magelang district women's team participated in the match and got second place. Year after year, Magelang Regency handball actively participates in the competition held by Pengprov Central Java.

In an event, there are factors that influence success during competition. In competitive sports, there are two factors that influence success: external and internal. The athlete's physical state, strategy, and psychological makeup are examples of internal factors; external factors include facilities and infrastructure, coaches, family, environment, food and other things (Fatahillah, 2018). Improving an athlete's performance during training and competition requires a strong understanding of athlete psychology (Effendi, 2016).

The psychological state of athletes is one of the important components in improving performance and in every sporting activity such as training and competing. Psychology is the study of human behavior (Effendi, 2016). Sports psychology is a field of science that studies the behavior and experiences of athletes in a social environment and with other people (Dessy & Tommy, 2021). Sport psychology is the application of psychology to sport, where players are affected by external and direct factors to their performance (Sri Gusti, 2019). It considers athletes as well as spectators and focuses on learning and performance. So it can be concluded that sports psychology is the study of a person's behavior in sports which is influenced by factors from within and outside the self that affect a person's performance or appearance. Improving an athlete's performance during training and competition is a strong understanding of athlete psychology (Effendi, 2016).

The holding of sports matches, especially handball sports, apart from aiming to introduce the sport of handball which can be said to be a new sport to the community, the match also aims to increase motivation in achievement. In sports, motivation plays an important role in influencing the intensity, perseverance, and focus of athletes during training and competition. Motivation itself is a strong internal or external drive, interest, or desire to achieve a certain goal (Sekar Sari, 2020). According to Muskanan (2015) motivation is an important aspect in sports because it is the basis for driving and directing a person's actions and behavior in sports. Motivation is a source of motivation to influence a person's behavior to meet requirements and achieve certain goals (Effendi, 2016). So according to Mylsidayu

(2022) motivation is one of the important factors to support athlete performance.

Extrinsic and intrinsic motivation are two categories of factors that influence motivation. A person motivated to perform an activity by a strong internal drive is called intrinsic motivation (Prastya, 2021). The personalities of athletes who have intrinsic motivation are often mature, honest, sportive, resilient, confident, disciplined, and durable (Dessy & Tommy, 2021). On the other hand, extrinsic motivation refers to external drives that encourage a person to engage in sport (Dessy & Tommy, 2021). Extrinsic motivating factors may include rewards, bonuses, money, organizations, countries, parents, coaches, friends, teachers, instructors, partners, and more. Apart from motivation, there are other factors that affect athlete performance, namely anxiety. Marisa Novianti and Komarudin (2019) state that many opinions about athletes' defeat or victory can be influenced by mental factors, one aspect of which is anxiety.

Anxiety is a negative psychological symptom caused by an emotional or physical stress that causes negative feelings or emotions in a person such as anxiety and fear (Rhamadian, 2022). According to Abdul Alim (2018) anxiety is a psychological symptom experienced by someone when they feel a dangerous or threatening situation such as worry, nervousness, anxiety, and fear. . Anxiety is feeling sad, whether the cause is known or not, is a person's emotional state that affects his physical state (Selpamira & Roepajadi, 2022). It can be concluded that anxiety is a psychological symptom experienced by someone who is feeling under pressure in a condition that causes feelings of worry, anxiety, and fear.

According to Weinbreg and Gloud (2023), based on its types, anxiety can be divided into two, namely state anxiety and trait anxiety. According to Dicky Rhamadian (2022) state anxiety is a feeling of anxiety that comes from the mind that causes loss of confidence and focus when doing activities, while trait anxiety is a feeling of anxiety that comes from the person himself or an innate personality. Athletes with high trait anxiety tend to show anxiety easily when facing problems, especially in matches and have more state anxiety during intense competition.

Based on the observations of researchers at the Junior Provincial Championship (KEJURPROV) in 2022 and the Kedu Inter-Student Handball Championship in 2023, there are symptoms of anxiety that appear in female handball athletes in Magelang Regency before, during and after the match and the motivation to practice athletes with each other is different. The results of these observations are reinforced by the coach's statement which states that athletes experience anxiety before and during the match and the motivation of athletes when practicing with one another is different as seen from the seriousness in practicing. Thus the researcher made observations of athletes to determine the level of anxiety and motivation in the Magelang Regency women's handball team. So that this research becomes very important to become the basis for the coach's reference in providing training programs and handling athletes' psychology to be able to achieve optimal performance.

## METHODS

### *Type of Research*

This type of research uses quantitative descriptive research methods. This quantitative descriptive research method is used to provide an objective, systematic, and measurable description of the phenomenon under study, and allows research to make broader generalizations based on the data obtained.

### *Population and Sample*

Population according to Neni Hasnunidah (2017) is a large group consisting of individuals who have certain characters according to what the researcher determines to study, as well as every research object which includes people, objects, animals, plants, symptoms, test scores or events as a source of data in research. The population in this study were female handball athletes in Magelang Regency who actively participated in training activities and matches as many as 30 people. Meanwhile, the sample according to Neni Hasnunidah (2017) is part of the population taken in research using certain methods. The research sample is an early measure of the success of a study, if the sampling is done incorrectly it will affect the results of the study. The sampling technique in this study used purposive sampling, the number of samples was 14 people with sample criteria including: 1) female gender; 2) vulnerable age 15-19 years; 3) Magelang Regency handball athletes who participated in the match; 4) willing to fill out a questionnaire.

### *Data Collection Instrument*

The motivation instrument used by researchers is the *Sport Orientation Questionnaire* (SOQ) developed by Agi Ginanjar in 2019, consists of three subscales, namely competitiveness, *winning* orientation, and *goal* orientation totaling 17 items. The anxiety instrument used by researchers is the *Competitive State Anxiety Inventory-2R* (CSAI-2R) developed by Miftah Fariz Prima Putra and Tri Setyo Guntoro in 2022, which consists of three subscales, namely *somatic anxiety*, *cognitive anxiety*, and *self-confidence* totaling 17 items.

### *Data Analysis*

The data analysis technique in this study uses quantitative descriptive data analysis techniques by calculating data analysis looking for the relative frequency of percentages. The calculation formula:

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

Description: p = Percentage

f = Frequency

n = Number of research subjects

After knowing the percentage data from each respondent's answer, categorization will then be carried out based on the Norm Reference Assessment (PAN).

**Table 1.** Norm-referenced Assessment Categories (PAN)

NO	Interval	Category
1.	$M + 1.5 SD < X$	Very High
2.	$M + 0.5 SD < X \leq M + 1.5 SD$	High
3.	$M - 0.5 SD < X \leq M + 0.5 SD$	Simply
4.	$M - 1.5 SD < X \leq M - 0.5 SD$	Low
5.	$X \leq M - 1.5 SD$	Very Low

## RESULTS AND DISCUSSION

### 1. Motivation Level

**Table 2.** Distribution of Motivation Level of Magelang Regency Female Handball Athletes

Category	Respondents	Percentage
Very High	0	0
High	5	35,7
Simply	6	42,86
Low	1	7,14
Very Low	2	14,3
Total	14	100

The results of table 2 show that athletes with high motivation categories were 5 respondents (35.7%), 6 respondents (42.9%) in the moderate category, 1 respondent (7.14%) in the low category, 2 respondents (14.3%) in the very low category

Motivation is defined as an internal or external drive to act, usually to achieve a goal. Terms such as needs, desires, desires, and drives have a meaning similar to motive, which is the origin of the word motivation (Jackson & Mathis, 2002). Muskanan (2015) states that factors that influence motivation include internal factors which in general athletes have mature personalities, diligence, confidence, sportsmanship, discipline, and so on, as well as external factors such as gifts, parents, coaches, awards, money, teachers, coaches and so on.

In the results of research conducted (Wahyudi & Donie, 2019) stated that high motivation has a positive impact on athlete performance in the field. Athletes get support from coaches, the quality of training facilities, and individual satisfaction in the process plays a significant role in increasing athlete motivation. To improve athlete performance, it is important for team management to pay attention to factors and create a supportive environment. Based on the results of the study, Magelang Regency

female handball athletes tend to have a sufficient level of motivation, the athletes have enough internal and external encouragement to achieve their goals and targets.

**Table 3.** Distribution by Victory Orientation, Goal Orientation, and Competitiveness.

Category	Victory Orientation		Goal Orientation		Competitiveness	
	Respondents	Percentage	Respondents	Percentage	Respondents	Percentage
Very High	0	0	0	0	0	0
High	7	50%	4	28,60%	5	35,70%
Simply	3	21,40%	7	50%	5	35,70%
Low	3	21,40%	3	14,30%	3	14,30%
Very Low	1	7,14%	1	7,14%	1	7,14%

- **Victory Orientation**

Based on the results of the study, Magelang Regency female handball athletes tend to have a high winning orientation as many as 7 respondents (50%), can be seen in table 3. Victory-oriented athletes tend to avoid defeat and evaluate their success by comparing the advantages possessed by others (Gill and Deeter in Safari et al., 2011). So this winning orientation reflects the athlete's need for ideal achievement in competition, with a focus on comparing wins between individuals.

In the results of the study (Gill & Deeter, 1988) stated that not all athletes prioritize a winning orientation, because most athletes focus more on performance than results. Understanding achievement behavior and measuring sports achievement needs to consider individual differences. So it can be concluded that Magelang Regency female handball athletes have a high winning orientation because most athletes avoid defeat and focus on results.

- **Goal Orientation**

Based on the results of the study, Magelang Regency female handball athletes tend to have sufficient goal orientation as many as 7 respondents (50%), can be seen in table 3. Goal orientation, which defines personal achievement goals, is important because it has implications for motivation, cognition, and behavior. The need centered on performance formulation and the drive to achieve predetermined goals is known as goal orientation (Elaine S Elliott & Carol S Dweck, 1988).

Goal-oriented people concentrate on achieving their own goals while playing sports and judge their performance based on past successes. Because it gives players the opportunity to improve their abilities or change the way they practice, goal orientation is an important element in sport. By fostering the growth of abilities, autonomy, and competition owned by athletes, their intrinsic drive will arise (Ilyasi et al., 2011). Based on the theory and research results above, it can be concluded that female handball athletes in Magelang Regency have high motivation towards goal orientation where athletes' desire to improve their abilities by continuing to focus on learning, mastering handball techniques to be able to achieve the goals they have set.

- **Competitiveness Data**

Based on the results of the study, Magelang Regency female handball athletes tend to have motivation based on high competitiveness as many as 5 respondents (35.7%) and enough as many as 5 respondents (35.7%), can be seen in table 3. Highly competitive individuals see competition as something positive, and this positive perception can increase intrinsic motivation to develop skills or potential (Frederick-Recascino & Schuster, 2003).

The results of research conducted by Frederick Recascino and Schuster Smith (2003), show that competitiveness orientation has an important role as a personality characteristic in assessing individual quality in competitive situations. Based on the theory and research that has been presented, it can be concluded that Magelang Regency female handball athletes have a high competitiveness orientation, where they strive to continue to improve their abilities and skills in order to compete with opponents and achieve predetermined goals.

## 2. Anxiety Level

**Table 4.** Distribution of Anxiety Levels of Magelang Regency Female Handball Athletes

Category	Respondents	Percentage
Very High	0	0
High	5	35,70
Simply	5	35,70
Low	4	28,6
Very Low	0	0
Total	14	100

Based on table 4, it can be seen that the anxiety level of athletes in the high category was 5 respondents (35.7%), in the moderate category was 5 respondents (35.7%), in the low category was 4 respondents (28.5%).

Anxiety is an emotional condition characterized by negative impacts and physical symptoms due to stress, in which a person anticipates risks that may occur in the future with feelings of anxiety (Allen et al., 2010). The anxiety experienced by athletes arises from thinking about the consequences they will receive if they fail in the match. This anxiety is also triggered by worries about unwanted things, such as poor performance, the superiority of the opponent, and the fear of defeat. This feeling of anxiety is known as match anxiety (Wang et al., 2024). If this anxiety is not managed properly, then it can result in a decrease in athlete performance, including in the application of techniques and tactics that are not optimal as expected (Hindiari & Wismanadi, 2022).

The results of research conducted by Nur Aziz Rohmansyah, et al (2017) state that the anxiety and stress of martial arts athletes before the match is high, due to pre-match preparation and mental athletes who are not well prepared. So, it can be concluded that Magelang Regency female handball athletes tend to have a high level of anxiety as many as 5 respondents (37.35%) and enough as many as 5 respondents (37.35%). The high anxiety felt by athletes before the match can reduce self-confidence. Coaches can utilize an understanding of the factors that cause anxiety to help reduce pre-match anxiety

levels. By increasing awareness of the importance of mental factors, athletes can become mentally stronger and have higher self-confidence. Therefore, it is important to pay special attention to mental coaching for these athletes.

**Table 5.** Distribution Based on *Somatic Anxiety*, *Cognitive Anxiety*, and *Self-Confidence*

Category	<i>Somatic Anxiety</i>		<i>Cognitive Anxiety</i>		<i>Self-Confidence</i>	
	Respondents	Percentage	Respondents	Percentage	Respondents	Percentage
Very High	0	0	0	0	1	7,14%
High	5	35,70%	4	28,60%	4	28,60%
Simply	3	21,40%	5	35,70%	4	28,60%
Low	6	42,90%	4	28,60%	2	14,30%
Very Low	0	0	1	7,14%	3	21,40%

- ***Somatic Anxiety***

Based on the results of the study, Magelang Regency female handball athletes tend to have a high level of *anxiety* based on *somatic anxiety* as many as 5 respondents (35.7%), can be seen in table 5. Komarudin (2015) explains that *somatic anxiety* is a physiological response to the onset of anxiety-related symptoms. When someone is anxious, they may experience somatic symptoms. These symptoms may include muscle tension, dilated pupils, nausea, vomiting, cold sweat, headaches, and so on. An athlete's detailed knowledge of his or her physical condition is necessary to gauge this kind of anxiety. The athlete's physical condition should always be considered. Athletes who feel very worried during competition are likely to show anxiety in the form of health problems or behavioral abnormalities, which will reduce their level of attention and performance.

Based on the theory and research results, it can be concluded that Magelang Regency female handball athletes have a high level of *anxiety* based on *somatic anxiety*, where athletes who cannot overcome their worries effectively and athletes experience psychological deterioration, even though the worries they feel are not necessarily troubling or dangerous. In some situations, anxiety may be beneficial and even necessary to do your best.

- ***Cognitive Anxiety***

Based on the results of the study, Magelang Regency female handball athletes tend to have an *anxiety* level based on *cognitive anxiety* which is sufficient as many as 5 respondents (35.7%), can be seen in table 5. *Cognitive anxiety* is a mental aspect of anxiety that involves negative thoughts, doubts, and fears of failure or bad consequences (Mercader-Rubio et al., 2023). According to Zhang et al., (2018) *cognitive anxiety* can affect athletes' mental readiness, reduce self-confidence, and increase the likelihood of errors during the game. Thus, *cognitive anxiety* affects the performance of Magelang Regency female handball athletes in facing a match at various levels.

In the coaching process, it is important for a coach to pay attention to the psychological condition of athletes, especially related to anxiety. This is important because anxiety experienced by athletes can



significantly affect athlete performance, even though physical and technical preparation has been done well. Anxiety that is not properly addressed can hinder the achievement of targeted achievements. To help reduce athletes' anxiety, coaches can apply various methods, such as relaxation, increasing match flight hours and other approaches.

- **Self-Confidence**

Based on the results of the study, Magelang Regency female handball athletes tend to have a sufficient level of *self-confidence* as many as 4 respondents (28.6%), can be seen in table 5. *Self-confidence* is the belief that individuals have in their ability to achieve goals and face challenges (Mercader-Rubio et al., 2023). A high level of *self-confidence* can affect athletes in managing anxiety, both somatic and cognitive. The results of research conducted by Dewi Tri Kinasih et al., (2021) state that high *self-confidence* contributes positively to athlete performance, allowing athletes to better face the challenges and pressures of competition. It is important for a coach in the mental development of athletes, as well as support to increase the *self-confidence* of athletes who can be an encouragement in achieving higher achievements.

## CONCLUSIONS

1. Motivation Level: Most of the Magelang District female handball athletes have a fairly high level of motivation, with 35.7% of respondents in the "high" category and 42.9% in the "moderate" category. This motivation is influenced by internal factors such as interest and satisfaction, as well as external factors such as coach support and adequate training facilities. With this good enough motivation, athletes are encouraged to continue practicing and trying to achieve the goals they have set.
2. Victory Orientation, Goal Orientation, and Competitiveness:
  - Victory Orientation: The majority of athletes have a high win orientation, with 50% of respondents placing priority on the final outcome of the match. They tend to focus on avoiding defeat and comparing their advantage to other athletes.
  - Goal Orientation: A total of 50% of athletes had sufficient goal orientation. They focus on skill development and personal performance improvement, which is important for learning and mastering techniques.
  - Competitiveness: Athletes also showed a high level of competitiveness (35.7%), indicating a strong desire to compete and improve against opponents.
3. Anxiety Levels: A total of 35.7% of athletes showed high levels of anxiety, both somatic and cognitive. Somatic anxiety is related to physical symptoms such as muscle tension and cold sweats, while cognitive anxiety involves negative thoughts and worries about failure. This anxiety, if not managed well, can negatively impact an athlete's performance, despite good physical and technical preparation.

4. *Self-Confidence*: The level of *self-confidence* among athletes was at a "fair" level (28.6%). Good self-confidence allows athletes to manage anxiety more effectively and contributes positively to their performance on the field.

Overall, the results of this study suggest that motivation and mental well-being, including a winning orientation, goals, competitiveness, and *self-confidence*, are essential for athletes to achieve optimal performance. It is important for coaches to pay attention to mental coaching and support that can increase self-confidence and reduce athletes' anxiety.

For future researchers, it is hoped that the results of this study can be a reference and further research with the same theme so that there are relevant updates to this research.

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