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The Effect of Social Support on the Level of Trust of Pencak Silat Athletes

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ARTICLE INFO	ABSTRACT
	The purpose of this study is to determine the influence of social support on the self-confidence of Banjarbaru silat athletes. The method used in this research is quantitative descriptive. The study involved a population of 60 athletes, with 20 of them selected as samples using purposive sampling technique. Questionnaires on self-confidence and social support described for each aspect were used as research tools. Quantitative descriptive analysis method was employed in data analysis approach. Athletes categorized as very high obtained a lower percentage compared to athletes categorized as high; specifically, 48.3% of athletes were in the high group. With a percentage of 51.7% among athletes, the data findings based on the questionnaire fell into the very high category for the external variable. This indicates that social support has an influence on the self-confidence of the athletes since, according to the questionnaire results, the influence of social support falls into the high category.

Abstrak

Tujuan penelitian ini adalah untuk mengetahui pengaruh dukungan sosial terhadap kepercayaan diri atlet pencak silat Banjarbaru. Metode yang digunakan dalam penelitian ini adalah deskriptif kuantitatif. Penelitian ini melibatkan populasi sebanyak 60 atlet, dimana 20 di antaranya diambil sebagai sampel dengan teknik purposive sampling. Kuesioner kepercayaan diri dan dukungan sosial yang dijelaskan untuk setiap aspek digunakan sebagai alat penelitian. Metode analisis deskriptif kuantitatif digunakan dalam pendekatan analisis data. Atlet yang berada pada kategori sangat tinggi memperoleh persentase yang lebih rendah dibandingkan atlet yang berada pada kategori tinggi; secara spesifik, 48,3% atlet berada pada kelompok tinggi. Dengan persentase 51,7% pada atlet, temuan data berdasarkan kuesioner masuk dalam kategori sangat tinggi untuk variabel eksternal. Ini menunjukkan bahwa dukungan sosial memiliki pengaruh terhadap kepercayaan diri para atlet karena berdasarkan hasil kuesioner pengaruh dukungan sosial berada pada kategori tinggi.

INTRODUCTION

The Indonesian martial art known as pencak silat creates stunning and powerful movements by combining aspects of art with the pencak silat skills of a practitioner. (Subroto & Achmad Rizanul, 2017). Originally a self-defense exercise, pencak silat became ingrained in the Malay culture of the archipelago. Pencak silat expanded throughout Asia and the rest of the world as a result of cultural interaction and exchange over time. Pencak silat is now a popular sport, changing from its original

function as a self-defense tool to an educational and recreational sporting activity. Pencak silat is a form of martial arts sport that is widely recognized officially in various competitions ranging from regional to international levels. Pencak silat is a form of martial arts that has been officially recognized in competitions ranging from regional to international levels. These competitions include the Sea Games, PON, and pencak silat world championships. (Fauzan & Dirgantoro, 2020).

Psychology is an important factor in improving an athlete's performance, including martial arts athletes. All of this is related to emotional intelligence, and self-confidence is a component of emotional intelligence. One definition of self-confidence is a belief in the individual's wisdom and abilities, which allows them to see the best side of themselves, their surroundings, and the challenges they face (Rais, 2022). When an athlete has confidence in himself, he knows that he can deliver the results the team needs. According to Lauster (1978) self-confidence is the ability to act without fear and take full responsibility for the actions taken, interact with others in a warm and friendly manner, have a strong desire to succeed and have confidence in one's own abilities. (Wijaya, 2018). Athletes also need self-confidence to perform optimally. With increased self-confidence, athletes can conquer any challenge that comes their way on the field. They will be able to maintain their composition, concentration, and composition under pressure. According to Nisa & Jannah, (2021) athletes who lack self-confidence tend to be prone to feeling hopeless when faced with demands to achieve higher achievements, and face difficulties in showing their best abilities.

Many athletes have superior technical skills and even surpass other athletes, and perform very well in training. However, when competing, a lack of confidence is evident as they become hesitant, fearful and lose confidence. This often results in a decline in the athlete's performance on the field. Self-confidence plays an important role in everyday life, including in the context of sport, therefore, it is important to understand and improve the level of self-confidence. (Tri Kinasih et al., 2021).. When pushed to perform at a higher level, athletes with low self-confidence are more prone to giving up. Apart from that, it will be a challenge for athletes to show their best performance. Because of their self-confidence, athletes can feel a sense of optimism, security, and resilience in the face of adversity. (Putrado & Hidayat, 2023).

According to Mildawani (2014) internal elements such as self-perception, self-esteem, physical health and life events affect a person's self-confidence. External factors include education, employment and social environment. Education, employment and social environment are examples of external variables. According to research conducted by Freeman et al. on support questionnaires in sports found that social support plays a significant role in influencing the level of individual confidence. The presence of certain individuals who provide advice, motivation, guidance, encouragement, and solutions directly is also important in dealing with problems and obstacles in carrying out tasks with purposeful steps to achieve goals is called social support. (Tentama, 2015). According to Sarafino

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(2014) social support is defined as the perceived positive effects of receiving help, attention, self-esteem or comfort from other individuals or groups. Receiving social assistance often makes a person feel liked, cared for, and valued. (Muthmainah, 2022). Support from loved ones, acquaintances, and the wider community are examples of social support. Social support has four parts, namely: (1) emotional support, (2) appreciative support, (3) instrumental support and (4) informative support. (Siregar, 2020).

Problems that arise during preparation and competition can undermine an athlete's confidence, regardless of how well the athlete has trained, especially if the problem stems from their self-image. Self-confidence can grow when one gets support from others. Positive support and involvement from family can create comfort and strong beliefs, while interaction with the community can promote fulfillment of social norms and recognition from the surrounding environment. A positive level of self-esteem develops in line with increased self-confidence. Therefore, receiving social support from the environment can help individuals feel secure, valued, and engender confidence and competence. (Adnan et al., 2016).

In the researcher's observation, the problem identified in this study is that it is not yet known how much the impact of support from the social environment on the self-confidence of Banjarbaru martial arts athletes and how the influence of support from the social environment on the self-confidence of Banjarbaru martial arts athletes. This study aims to measure the extent of the influence of social support on the self-confidence of pencak silat athletes so that it is hoped that through this research, coaches can provide optimal support to athletes in order to achieve the desired target.

METHODS

The method used in this research is quantitative descriptive method, to obtain data in the form of numbers that describe the results of research respondents. (Waruwu, 2023). In this study, the data collection method used was the Likert scale. The Likert scale is used to evaluate the attitudes, opinions, and perceptions of individuals or groups towards the phenomenon under study. (Amin, 2021). The participants were asked to fill out a questionnaire containing 16 statement items which were subdivided into two categories, namely internal factors and external factors broken down into sub-indicators which included internal elements, physical health, self-concept, and self-esteem.

The sampling technique used in this study was purposive sampling. The population of martial arts athletes was 60 athletes, then a sample of 20 athletes was obtained with the criteria that they were 17-23 years old, had participated in martial arts competitions and joined the self-shielding college for at least one year. The instrument used to collect data for this study was to use a social support questionnaire that the researcher adopted from (Siregar, 2020) and self-confidence questionnaire from (Andrianto, 2016) by utilizing google form forms to be shared via social media and giving statements to martial arts athletes who have competed in competitions. Data processing and analysis using IBM

SPSS-25 for windows, after which measurements are made on the variables of social support and self-confidence instruments outlined in the indicators for each variable described in the following table:

Table 1. Elaboration of Indicators of Social Support Instrument

|	
Emotional Support	a. Having someone who can provide emotional support when I need it b. Having a family that always supports me c. Support from loved ones boosts morale when participating in competitions d. Having friends who care about my situation
Award Support	a. Having a family that always appreciates my success b. The feedback people give is useful for my progress c. Being rewarded for my achievements d. Always receive praise for my achievements
Instrumental Support	a. The coach always guides and helps in match preparation b. Provided with sufficient facilities for matches c. Having friends who always help me with match preparation d. Given enough rest time to prepare for the match
Informative Support	a. Having a family that always gives advice b. Having a coach who always gives me advice and support c. Received a lot of feedback from my friends and seniors in the martial arts school. d. My coach helped me find references for techniques to learn.

Table 2. Explanation of Self-Confidence Instrument Indicators

Internal Factors	
Self-Concept	a. Always believe in your own abilities when participating in competitions b. Always optimistic about winning the race c. Believe that by praying and working hard, you will get optimal results.
Self-esteem	a. Not feeling inferior when you see your opponent's equipment is superior b. Increased confidence if my performance during the preliminary rounds is very good c. Will continue to fight even if you are in the last position
Physical Condition	a. Will always be ready for the competition even if not in good shape b. Additional training will improve my performance when competing
Experience	a. Participating in competitions of various levels has further improved my skills b. Confident when competing because they have a lot of experience in various competitions
External Factors	
Education	a. Convinced that education level affects competition results b. Feeling more confident thanks to my educational status c. Confidently participate in competitions grouped by education level
Jobs	a. I feel proud of my profession as an athlete b. Being an athlete gives you pride because you can fulfill your daily needs. c. Committed to performing to the best of your ability despite having to manage your time between training and work.
Environment	a. There were no taunts or insults during the competition that could affect

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my performance.

b. Feeling confident and assured when the coach gives encouragement before a match

c. Feeling motivated when family, friends and relatives come to support me when I compete

d. I don't feel nervous even though there are many spectators watching me when I compete.

RESULTS AND DISCUSSION

This study aims to show that Banjarbaru pencak silat athletes have greater self-confidence when receiving social support. Indicators of external variables include one's education, occupation, and neighborhood.
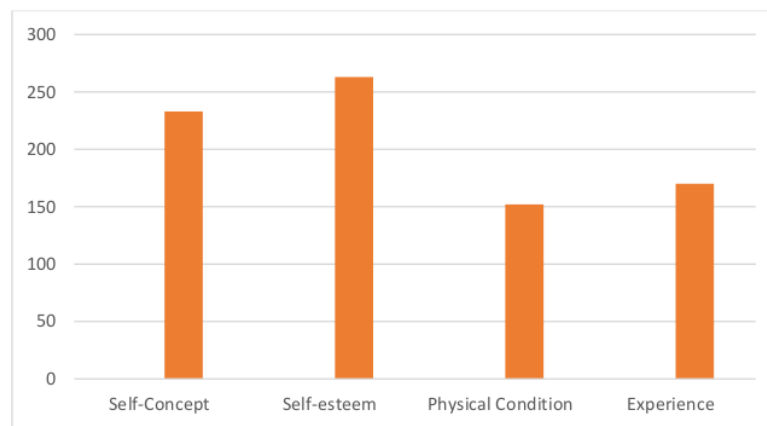

Figure 1. Results of the Internal Factors of Athlete Self-Confidence Instrument

Based on the bar chart above, it can be seen that the internal factors that influence the self-confidence of martial arts athletes at the Banjarbaru self-shielding college include self-concept, self-esteem, physical condition, and experience.
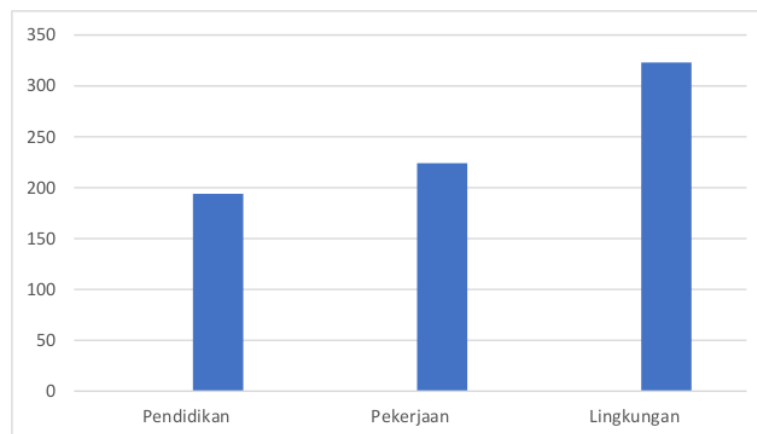
Figure 2. Results of the External Factors of Athlete Self-Confidence Instrument

For external factors of the instrument of self-confidence of martial arts athletes, the Banjarbaru self-shielding college consists of educational, occupational and environmental factors.
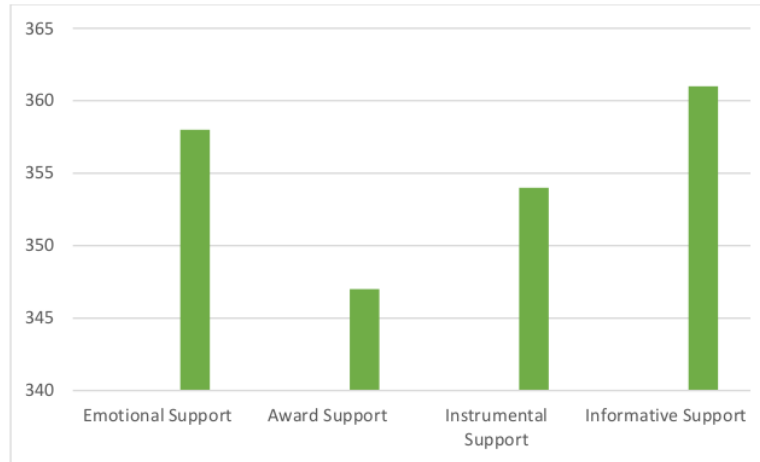
Figure 3. Results of the Social Support Instrument

According to the results of the social support instrument for pencak silat athletes at the Banjarbaru self-shielding college displayed in the bar chart at the top, social support factors that affect athletes' self-confidence include emotional support, appreciative support, and informative support.

Table 3. Partial Hypothesis Test (t test)

Coefficients[a]

Model	Unstandardized B	Coefficients Std. Error	Standardized Coefficients Beta	t	Sig.
(Constant)	13, 875	15,898		,872	,395
Social Support	,992	,225	,695	4,101	,001

a. Dependent Variable: Self-Confidence Level of Pencak Silat Athletes

Based on this table, testing was carried out on the social support variable on the level of self-

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confidence of martial arts athletes from the Banjarbaru Perisaidiri college. Obtained value t_{hitung} for social support is equal to $4,101 > t_{tabel} = 2,10092$ and the value of Sig. $= 0,001 < \alpha = 0,05$ Hypothesis (H_0) is rejected, thus it can be stated that social support has a significant influence on the level of self-confidence of martial arts athletes at the Perisaidiri Banjarbaru school.

Table 4. Coefficient of Determination (R^2)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,695	,483	,454	8,328

a. Predictors: (Constant), Social Support

From the model summary table, it can be seen that the independent variable of social support has an influence on the dependent variable of self-confidence, with an R Square of 0.483. This means that social support contributes 48.3% to the level of self-confidence of martial arts athletes at Perisaidiri Banjarbaru college, while 51.7% is influenced by other variables outside the model.

Based on the evidence shown so far, social support has an important role in determining a person's level of self-confidence. This study attempts to measure self-confidence by examining the internal and external characteristics displayed by athletes during competition by evaluating the influence of social support on the amount of self-confidence felt by pencak silat athletes at Perisaidiri Banjarbaru. Based on the relationship between social support and self-confidence, athletes tend to be in the high category according to statistical data. Based on the survey results, athletes have a high level of confidence when competing. The athletes still have enough confidence when competing. When viewed from the internal factors that influence the level of self-confidence, most of the Banjarbaru pencak silat athletes 48.3% are in the high category. Then for external factors 51.7% of athletes surveyed were in the very high category. Athletes' confidence in internal elements is less compared to external forces. This indicates that the level of social support has a greater influence on the level of self-confidence felt by practitioners of Perisaidiri Banjarbaru pencak silat athletes when competing.

Studies conducted by Kresna & Rahmasari, (2020) found a highly significant positive relationship between the level of social support and self-confidence. This indicates that the greater the social support, the more self-confidence will increase, and conversely, the smaller the social support, the lower the self-confidence tends to be. Thus, social support is considered important in increasing one's level of self-confidence, as described by Harefa & Rozali (2020).

In research Rosalina & Nugroho (2020) athletes who are able to achieve high achievements have a number of important factors, including strong beliefs and motivation, the ability to control emotions well, being able to overcome nervousness, being able to face challenges that arise in the field, having confidence in their own abilities, a high level of self-confidence, being able to follow the coach's

instructions, and maintaining focus and concentration while on the field. Therefore, the importance of having self-confidence has a huge influence on athlete achievement.

When viewed from internal elements, the level of self-confidence of Banjarbaru martial arts players is high, but when viewed from external factors it is moderate. This shows that Banjarbaru martial arts athletes have good self-confidence. Athletes are always in intense competition to win everything, therefore belief in one's ability is a key component in achieving peak performance. If skills are not taught and practiced directly in the field, they will not improve.

The impact of social support on internal factors that affect self-confidence includes indicators of self-concept, self-esteem, physical condition and experience previously described. Where the four indicators show that the confidence of male and female athletes is in the high category. Then the role of social support in external factors of self-confidence which include education, work and environment is in the moderate category.

CONCLUSIONS

Social support is an important factor for an athlete to increase self-confidence. Self-confidence can grow when someone gets support from others. With support from family, people closest to them and around their environment, athletes will feel encouraged and have the motivation to perform their best. With increased self-confidence, athletes can conquer any challenge that comes their way on the field. They will be able to maintain concentration, focus and self-control under pressure.

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