

# Evaluation of Anxiety Levels of Bintang Prima SGO Karate Dojo Athletes

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## Evaluation of Anxiety Levels of Bintang Prima SGO Karate Dojo Athletes

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### Abstract

**Objectives.** This study aimed to determine the anxiety levels of Dojo Bintang Prima SGO karate athletes during competitions using a descriptive quantitative approach. Anxiety negatively impacts an athlete's performance and was found to be high among the observed athletes.

**Materials and methods.** The study involved 15 athletes from the Bintang Prima SGO Karate Dojo. In this study, the entire population was considered as the sample or the total side. The data was collected using a closed questionnaire known as SCAT (Sport Competition Anxiety Test). The questionnaire comprised 15 Likert scale questions, where participants had to choose their answers based on their feelings or experiences before competing. The answer choices were "Never" with a value of 1, "Sometimes" with a value of 2, and "Often" with a value of 3.

**Results.** According to the research, the anxiety level of karate athletes from Dojo Bintang Prima SGO was 19.6, which falls under the "Medium Anxiety Level" category. Out of all athletes, four (27%) were in the "Low Anxiety" category, ten (67%) were in the "Moderate Anxiety" category, and only one athlete (6%) was in the "High Anxiety" category.

**Conclusion.** Through the research data that has been explained, it can be concluded that the anxiety level of Dojo Bintang Prima SGO karate athletes is 19.6, which is in the Medium Anxiety Level category.

**Keywords:** Evaluation, Anxiety, Karate.

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### Introduction

Karate is a form of sport in the category of combat sports. It is a martial art originating from Japan that utilizes hands and feet as weapons for carrying out attacks. The word "Karate" is a combination of "Kara", meaning empty, and "Te", meaning hand. Karate is a type of martial

arts that involves the use of bare hands Muhajir (Mendrofa & Hasibuan, 2022) explains " People who have karate martial arts can defend themselves without using weapons." Karate martial arts consist of parrying techniques, avoiding an attack, and counterattacking the opponent with punches or kicks. Karate athletes need to master the basic techniques of Kihon (basic techniques), Kumite (two-person fighting), and Kata (stances). The classes competed in this karate sport are *Kata Class* and *Kumite Class*, while Kihon is the primary movement that must be learned before *Kata* or *Kumite movements*.

Karate athletes certainly have a primary goal, namely wanting to excel. Harsono (Sumartono & Kurniawan, 2021) explains that " There are four aspects to achieving maximum performance, namely: (1) Physical ability, (2) Technical ability, (3) Tactical ability, (4) Mental ability. According to Nurhasan et al (Da'i, 2022), "Physical ability is *an* ability consisting of strength, flexibility, body composition, endurance, *speed, agility.*), explosive power (*power*), balance (*balance*), coordination ( *coordination* ), and reaction speed (*reaction speed* ).

The technique is a unique skill possessed by an individual according to the sport being played, while the basic technique in karate is stance (*dachi* ), Punch ( *Tsuki* ), Kick ( *Geri* ), Parry ( *Uke* ). Tactical ability: According to (Ambarukmi, D. H, 2007), "Tactics are used to seek victory in competitions in a sporting manner." Mental Ability is a driving and motivating tool to strengthen physical abilities, techniques and tactics in sports performance. According to Naimatul, J Sugiharto & Oktia, WK. ( 2015: 78) "Athletes need to be mentally prepared, so that all mental and intellectual abilities, will and feelings are ready to face every possible obstacle." As stated by Komarudin (Hasbi & Asni, 2023) " athletes who have mental resilience mean that the athlete has good skills or abilities to face the various challenges and pressures they face, especially during competitions."

Dojo Bintang Prima SGO is a karate dojo that was founded on June 7, 2020, by Sensei Cut Milasari Meutia, SE, Ak, who is DAN II Karate-Do. The dojo is located in the SGO Hall, Banda Aceh PGSD Complex, East Lamtemen District, Jaya Baru Banda Aceh City, Aceh 23116. The Bintang Prima athletes undergo routine training three times a week, specifically every Thursday, Saturday, and Sunday. They receive training in the SGO Hall, following systematic programs arranged and compiled by their coaches. The aim of establishing Dojo Bintang Prima is to foster and develop the talents of Acehnese children, allowing them to continuously train and channel their talents as Acehnese Karate athletes, with the ultimate goal of becoming outstanding athletes.

Athletes' psychological well-being is often overlooked in the development of sports, which in turn affects their performance during competition. Researchers observed during the

KKI Kajati Cup II National Karate Championship that some athletes experienced anxiety before their matches, which affected their physical and technical abilities. It is essential to pay attention to athletes' psychological aspects to optimize their performance.

## Materials and Methods

### *Study participants*

This study was conducted on a total of 15 athletes who trained at the Dojo Bintang Prima SGO karate academy. To ensure that the sample size was representative of the population, a total sampling technique was employed.

### *Study organization*

The research approach was quantitative, as the data was collected through a predefined questionnaire, and analyzed using numerical units. The study was descriptive in nature, with the aim of measuring the anxiety levels of the athletes training at the SGO prime star karate dojo.

### *Statistical study*

To collect data, the SCAT (Sport Competition Anxiety Test) questionnaire was used. The data obtained was analyzed using the mean and percentage.

## Results

Based on the results of data collection using the SCAT (*Sport Competition Anxiety Test*) test instrument, then analyzed by searching for the average (mean) and percentage, the following results were obtained:

**Table 1.** Recapitulation of Raw Data from Research Results on Anxiety Levels of Bintang Prima SGO Karate Dojo Athletes

No	Name	Gender	Class	Age	Anxiety Score
1	A A	L	Kumte	10	20
2	GH	L	Kumte	15	18
3	KZ	L	Kumte	10	15
4	M.A	L	Kumte	10	25
5	M.F	L	Kumte	15	24
6	MK	L	Kumte	13	19
7	MR	L	Kumte	17	22
8	MFQ	L	Kumte	10	19
9	MI	L	Kumte	15	19
10	MZ	L	Kumte	10	17
11	NS	P	Say	10	22
12	TOF	L	Kumte	11	15
13	TJA	L	Say	11	20
14	TRM	L	Say	10	17
15	YAP	P	Say	12	22
Total Score					294

**Table 2.** Raw Score of Anxiety Level of Bintang Prima SGO Karate Dojo Athletes

No	Name	Gender	Age	Anxiety Score	Category
1	A A	L	10	20	Currently
2	GH	L	15	18	Currently
3	KZ	L	10	15	Low
4	M.A	L	10	25	Tall
5	M.F	L	15	24	Currently
6	MK	L	13	19	Currently
7	MR	L	17	22	Currently
8	MFQ	L	10	19	Currently
9	MI	L	15	19	Currently
10	MZ	L	10	17	Low
11	NS	P	10	22	Currently
12	TOF	L	11	15	Low
13	TJA	L	11	20	Currently
14	TRM	L	10	17	Low
15	YAP	P	12	22	Currently
Total Score				294	

<sup>2</sup> Based on the results of Table 2. above, it is known that the total score for the Anxiety Level of Bintang Prima SGO Karate Dojo Athletes is 294. Next, the researchers looked for the average value of the Anxiety Level of Bintang Prima SGO Karate Dojo Athletes using the formula Sudjana namely:

$$\bar{X} = \frac{\sum x_i}{n}$$

$$= 294 \frac{\quad}{15}$$

$$= 19.6$$

(Sugiono, 2015).

The data above shows that the median value obtained from the Anxiety Level score for Bintang Prima SGO Karate Dojo Athletes is 19.6 in the "Medium Anxiety Level" category. Next, the researcher looked for the percentage value of the Anxiety Level score of Bintang Prima SGO Karate Dojo Athletes using the formula Sudjana (Saputra et al., 2018) namely:

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

$$\text{Low Anxiety Level } 4 \times 100\% = \frac{27}{15}\%$$

$$\text{Medium Anxiety Level } 10 \times 100\% = \frac{67}{15}\%$$

$$\text{High Anxiety Level } 1 \times 100\% = \frac{6}{15}\%$$

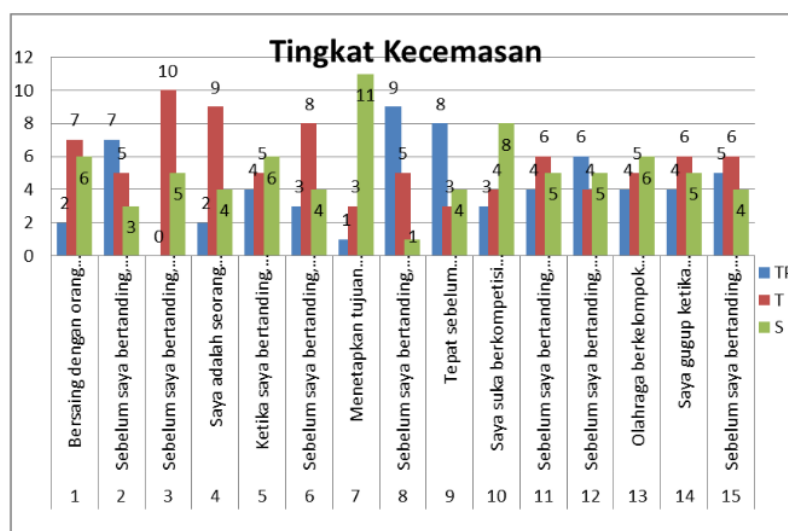
**Table 3.** Percentage of Anxiety Levels for Bintang Prima SGO Karate Dojo Athletes

NO	Category	Frequency	Percentage
1	Low Anxiety Level	4	27%
2	Medium Anxiety Level	10	67%
3	High Anxiety Levels	1	6%
	Amount	15	100%

**Figure 1.** Percentage of Anxiety Levels for Bintang Prima SGO Karate Dojo Athletes**Table 4.** Results of Research Data on Anxiety Levels of Bintang Prima SGO Karate Dojo Athletes

N o	Question	T.P	Percent %	Q	Percent %	S	Percent %
1	Competing with other people is something that provides social satisfaction	2	13%	7	47%	6	40%
2	Before I compete, I feel anxious	7	47%	5	33%	3	20%
3	Before I competed, I was afraid of not looking amazing	0	0%	10	67%	5	33%
4	I am a good sport when I compete	2	13%	9	60%	4	27%
5	When I compete, I worry about making mistakes	4	27%	5	33%	6	40%
6	Before I compete, I am calm	3	20%	8	53%	4	27%
7	Setting goals is essential when competing	1	7%	3	20%	11	73%
8	Before I competed, I felt sick to my stomach	9	60%	5	33%	1	7%
9	pre-competition, I felt my heart beat faster	8	53%	3	20%	4	27%

10	I enjoy competing in times that involve physical energy	3	20%	4	27%	8	53%
11	Before I compete, I feel calm or relaxed	4	27%	6	40%	5	33%
12	Before I competed, I'm nervous	6	40%	4	27%	5	33%
13	Group sports are more exciting than individual sports	4	27%	5	33%	6	40%
14	I was nervous as I waited for the game to start	4	27%	6	40%	5	33%
15	Before I compete, I often feel anxious or tense	5	33%	6	40%	4	27%



**Figure 2.** Results of Research Data on Anxiety Levels of Karate Athletes SGO Prima Star Dojo

## Discussion

The research conducted on karate athletes in Dojo Bintang Prima SGO revealed some interesting findings regarding their anxiety levels. The athletes, on average, scored 19.6 on the anxiety scale, indicating that their anxiety level was moderate. Out of the total number of athletes, four (27%) were categorized as having low anxiety levels, ten (67%) were classified as having medium anxiety levels, and just one athlete (6%) was found to have high anxiety levels. The results of the research provide valuable insights into the anxiety levels of karate athletes, which can be used to develop targeted interventions and support mechanisms to help athletes manage their anxiety effectively.

## Conclusions

As per the results of the research, it has been established that the anxiety level of karate athletes belonging to Dojo Bintang Prima SGO is 19.6, categorizing them under the "Moderate Anxiety Level" bracket. The anxiety levels of the athletes are further divided as follows: four athletes, which make up 27% of the group, exhibit low anxiety levels, ten athletes (67%) show moderate anxiety levels, while one athlete (6%) experiences high anxiety levels.

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## Conflict Of Interest

The author declares that there is no conflict of interest of any kind.

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