

Anxiety, Self-Confidence, and Motivation Levels among West Nusa Tenggara Taekwondo Athletes in the Kapolresta Mataram Cup I Open Tournament

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Abstract

Objectives: This study aimed to describe the levels of anxiety, self-confidence, and motivation among West Nusa Tenggara Taekwondo athletes participating in the Kapolresta Mataram Cup I Open Tournament in 2023.

Materials and Methods: This study used a quantitative descriptive design. The participants were 34 Taekwondo athletes from West Nusa Tenggara, consisting of 20 male and 14 female athletes. Data were collected using validated questionnaires measuring anxiety, self-confidence, and motivation. The data were analyzed using descriptive statistics with SPSS version 24, including mean, median, mode, standard deviation, minimum score, maximum score, frequency, and percentage. The results were interpreted into five categories: very low, low, moderate, high, and very high.

Results: The findings showed that most athletes had high levels of anxiety, self-confidence, and motivation before competition. Male athletes generally showed high anxiety, high self-confidence, and high motivation. Female athletes also demonstrated similar patterns, although the distribution of scores varied across categories.

Conclusions: The psychological condition of Taekwondo athletes before competition was characterized by high anxiety, but this was accompanied by high self-confidence and motivation. These findings indicate that psychological preparation should be integrated into training programs to help athletes manage anxiety while maintaining confidence and competitive motivation.

Keywords: anxiety; self-confidence; motivation; Taekwondo; sport psychology.

Introduction

Taekwondo is one of the martial arts that continues to develop in Indonesia, including in West Nusa Tenggara (Ferdiansyah et al., 2022). Along with increasing public interest and athlete participation, Taekwondo competitions have become an important arena for athletes to test their technical, tactical, physical, and psychological readiness. One of these events was the Kapolresta Mataram Cup I Open Tournament, which provided competitive experience for Taekwondo athletes in West Nusa Tenggara.

In competitive sport, athletes are not only required to demonstrate physical and technical ability but also psychological stability (David J. Smith, 2003; Guillén & Feltz, 2011). Competition often creates pressure because athletes must respond to expectations from coaches, teams, families, sponsors, and themselves. Psychological factors such as anxiety, self-confidence, and motivation are therefore important elements that influence performance before and during competition (Kuswoyo et al., 2017).



Self-confidence refers to an athlete's belief in their own ability to perform successfully. Athletes with high self-confidence tend to be more prepared to face pressure, maintain concentration, and respond positively to difficult situations (Lestari & Dewi, 2022; Supriyatni, 2021; Syahrial et al., 2020). In contrast, low self-confidence may reduce performance quality and increase the possibility of mistakes during competition. emphasized that confidence is an important psychological factor supporting sport achievement because athletes must believe that they are capable of achieving the expected performance (Essiet et al., 2021; Silver, 2014; Stamatelopoulou et al., 2018).

Anxiety is also a central issue in competitive sport. Athletes who experience anxiety may show physical and psychological symptoms, including increased heart rate, sweating, dry mouth, muscle tension, reduced concentration, and negative thinking (Wismanadi, 2017). If not managed properly, anxiety can interfere with decision-making, technical execution, and emotional control during competition. Harsono (2014) stated that the sport field is often filled with pressure, fear, and psychological conflict that athletes must manage effectively.

Motivation is another factor that supports athlete performance. Motivation encourages athletes to train, compete, and achieve higher standards. Achievement motivation reflects the desire to excel, to improve previous performance, and to compete successfully against others or against personal standards (Komarudin, 2016). In competitive Taekwondo, strong motivation can help athletes remain focused, disciplined, and mentally prepared.

Based on this background, this study aimed to describe the levels of anxiety, self-confidence, and motivation among West Nusa Tenggara Taekwondo athletes participating in the Kapolresta Mataram Cup I Open Tournament in 2023.

Materials and Methods

Study Design

This study used a quantitative descriptive research design. The descriptive approach was used to describe the psychological characteristics of athletes, particularly their levels of anxiety, self-confidence, and motivation before competition.

Study Participants

The population of this study consisted of Taekwondo athletes from West Nusa Tenggara who participated in the Kapolresta Mataram Cup I Open Tournament in 2023. The total sample was 34 athletes, consisting of 20 male athletes and 14 female athletes. Total sampling was used because all athletes in the population were included as research participants.

Study Organization



Data were collected through questionnaires distributed to the athletes. The research procedure included identifying the athletes who participated in the tournament, distributing the questionnaires, collecting the completed responses, tabulating the data, and analyzing the results using descriptive statistics.

The instruments measured three psychological variables: anxiety, self-confidence, and motivation. Each item used a four-point response scale. The scores were then converted into percentage categories.

Statistical Analysis

Data were analyzed using descriptive statistics with SPSS version 24. The analysis included mean, median, mode, standard deviation, minimum score, maximum score, frequency, and percentage. The results were interpreted using five categories adapted from Arikunto (2019): very high, high, moderate, low, and very low.

Results

Anxiety Level of Taekwondo Athletes

The descriptive analysis showed that male Taekwondo athletes had an average anxiety score of 64.68, with a median of 64.58, mode of 62, standard deviation of 6.037, minimum score of 59, and maximum score of 65. Female athletes had an average anxiety score of 64.88, with a median of 64.58, mode of 64, standard deviation of 5.567, minimum score of 60, and maximum score of 66.

The categorization results indicated that most male athletes were in the high anxiety category, while a smaller proportion were in the moderate, low, and very high categories. Female athletes also showed a similar pattern, with most participants classified in the high anxiety category. These findings indicate that anxiety was a common psychological condition among athletes before competition.

Table 1. Descriptive Statistics of Anxiety, Self-Confidence, and Motivation

Variable	Gender	Mean	Median	Mode	SD	Min	Max
Anxiety	Male	64.68	64.58	62	6.037	59	65
Anxiety	Female	64.88	64.58	64	5.567	60	66
Self-confidence	Male	71.59	72.73	63	6.037	61	67
Self-confidence	Female	70.62	70.45	61	5.567	57	66
Motivation	Male	74.96	74.14	88	6.037	85	88
Motivation	Female	73.46	84.00	86	5.567	81	



Self-Confidence Level of Taekwondo Athletes

The descriptive analysis of self-confidence showed that male athletes had an average score of 71.59, with a median of 72.73, mode of 63, standard deviation of 6.037, minimum score of 61, and maximum score of 67. Female athletes had an average score of 70.62, with a median of 70.45, mode of 61, standard deviation of 5.567, minimum score of 57, and maximum score of 66.

The categorization results showed that most male and female athletes were in the high self-confidence category. This indicates that although the athletes experienced anxiety before competition, they still had positive beliefs in their own abilities to compete.

Motivation Level of Taekwondo Athletes

The descriptive analysis of motivation showed that male athletes had an average motivation score of 74.96, with a median of 74.14, mode of 88, standard deviation of 6.037, minimum score of 85, and maximum score of 88. Female athletes had an average score of 73.46, with a median of 84, mode of 86, standard deviation of 5.567, minimum score of 81, and maximum score of 89.

The categorization results showed that most athletes had high motivation. This suggests that the athletes had strong internal encouragement to participate, compete, and achieve optimal performance in the tournament.

Table 2. Category Distribution of Psychological Variables

Variable	Gender	Dominant Category	Interpretation
Anxiety	Male	High	Most male athletes experienced high anxiety before competition.
Anxiety	Female	High	Most female athletes experienced high anxiety before competition.
Self-confidence	Male	High	Most male athletes had strong confidence before competition.
Self-confidence	Female	High	Most female athletes had strong confidence before competition.
Motivation	Male	High	Most male athletes had high motivation to compete.
Motivation	Female	High	Most female athletes had high motivation to compete.



Discussion

The findings of this study show that most Taekwondo athletes experienced high anxiety before competition. This condition is common in competitive sport because athletes often face pressure related to performance expectations, opponent quality, competition atmosphere, and personal achievement targets. Wismanadi (2017) explained that competitive anxiety may influence physical and psychological responses, including increased heart rate, muscle tension, reduced focus, and emotional instability. Therefore, the high anxiety found in this study reflects the psychological demands experienced by athletes before entering competition.

However, anxiety does not always indicate poor psychological readiness. In some cases, anxiety may appear together with high motivation and self-confidence. The present study found that although many athletes reported high anxiety, they also demonstrated high self-confidence. This finding supports Effendi (2016), who stated that confidence is an important psychological component in achieving sport performance. Athletes with strong self-confidence are more likely to believe in their preparation, technical ability, and capacity to face difficult competitive situations.

The high self-confidence found in this study may also help athletes manage pressure before competition. Nisa and Jannah (2021) reported that self-confidence is related to mental toughness among martial arts athletes. This means that athletes who believe in their own abilities may be better able to control emotional pressure and maintain focus during competition. In the context of Taekwondo, confidence is especially important because athletes must make quick decisions, respond to attacks, and execute techniques under pressure.

The results also showed that most athletes had high motivation. This finding is consistent with Muskanan (2015), who explained that achievement motivation encourages athletes to pursue excellence and improve performance. Motivation can help athletes remain disciplined in training, maintain competitive spirit, and overcome psychological obstacles before competition. In martial arts, motivation is particularly important because competition requires courage, persistence, and readiness to face direct opponents.

The combination of high anxiety, high self-confidence, and high motivation suggests that the athletes were psychologically activated before competition. Nevertheless, coaches should not ignore anxiety because excessive anxiety may interfere with performance if it is not properly managed. Nissa and Soenyoto (2021) found that mental toughness is related to competitive anxiety among martial arts athletes. Therefore, psychological training programs such as relaxation, imagery, breathing exercises, self-talk, and pre-competition routines should be integrated into athlete preparation.

Overall, the findings indicate that psychological factors are important components of Taekwondo



performance. Coaches should not only focus on physical, technical, and tactical preparation but also provide systematic mental preparation. By managing anxiety while strengthening confidence and motivation, athletes may be better prepared to perform optimally in competition.

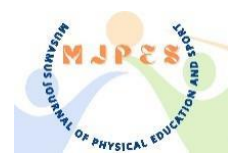
Conclusions

This study concluded that West Nusa Tenggara Taekwondo athletes participating in the Kapolresta Mataram Cup I Open Tournament generally showed high levels of anxiety, self-confidence, and motivation. Male and female athletes both demonstrated high psychological readiness, although anxiety remained a dominant condition before competition.

These findings indicate that anxiety is a natural psychological response in competitive situations, but it should be managed through appropriate mental training. Coaches are encouraged to develop psychological preparation programs that strengthen self-confidence, maintain motivation, and help athletes control anxiety before and during competition.

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