Anxiety Stadium Of Women's Handball Athletes Of The Contingent Of Bengkulu Province In Preparation For The Match At Pon Xxi Aceh-Sumut

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Article Info

Abstract

This study aims to determine the anxiety stadium of female handball athletes from the Bengkulu Province contingent in preparation for the match at PON XXI Aceh-Sumut. This research uses qualitative research with an emphasis on case studies using data collection techniques in the form of interviews, questionnaires and documentation. The subjects of this research were 2 coaches, 2 assistant coaches, and 19 athletes. The object of this research was the anxiety stadium of female handball athletes from the Bengkulu Province contingent in preparation for the match at PON XXI Aceh-Sumut. The research instruments used were interview guidelines, questionnaires and photo guidelines. Based on validation results from experts, 93% and 94% were obtained in the "Very Feasible" category for distribution to respondents. Based on the calculation results of the questionnaire data processing that has been distributed, the overall results of the anxiety stadium of female handball athletes from the Bengkulu Province contingent were obtained with an average percentage of 58% in the "Medium" category. The anxiety stadium is based on factors, namely Intrinsic Factors at 54% in the "Low" category, and Extrinsic Factors at 58% in the medium category, with the highest anxiety-causing indicator being "Equipment and Facilities" with a percentage of 70% in the "High" category. So we can conclude that the overall stadium of anxiety for female handball athletes from the Bengkulu Province contingent in preparation for the match at PON XXI Aceh-Sumut is in the "Medium" category.

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INTRODUCTION

Psychology is a science that studies behavior or psychology which can be seen by observing reactions and answers. One branch of psychology is sports psychology. Sports psychology can be interpreted as the behavior or mental condition of a person, in this case an athlete who carries out physical activities in the form of sports which affect the athlete's performance. In psychology, anxiety is an individual's reaction to situations that are considered threatening, which are not based on previous experience and can also include situations that are new and have never been experienced before. Anxiety is a natural component of facing challenges, changes, new experiences, and exploring self-identity and the significance of life. Anxiety is an experience that occurs frequently and at a moderate level.

Athletes who have strong psychological traits demonstrate a mindset that prioritizes achieving victory above everything else. They show extraordinary tenacity, never give up even in the face of difficulties, and continuously try to find solutions to overcome difficult situations. This unwavering mindset reflects their resilience and unwavering commitment to success in their endeavors.

Motivation, self-confidence, overcoming anxiety, collaborative skills, resilience, and concentration are key psychological attributes important for athlete success. This shows that these psychological factors have a significant role in determining athlete performance and achievement in various sporting contexts. These attributes not only influence an athlete's physical performance, but also form a strong mental foundation enabling them to face challenges and keep their focus on the goal of success in sports competitions.

According to Arwin et al., (2023) High levels of anxiety affect individual and team performance, it is important to understand a person's anxiety level. According to Raibowo, athletes usually experience anxiety which interferes with their performance. They worry about losing and feel guilty if they lose. (Aghna Nugraha et al., 2021) Providing appropriate treatment or preventive measures to reduce a person's anxiety level can be done by understanding the level of anxiety. The concept of anxiety stadiums has received major attention in the sport psychology literature. An athlete can experience difficulty maximizing their potential in competition because anxiety can interfere with their focus, coordination and self-confidence (Nurhadi et al., 2023). Anxiety stadiums can be divided into two main types: positive (eustress) and negative (distress). Eustress can increase motivation and performance, while distress can be a significant obstacle.

Women's Handball is a type of team game that adopts the use of the ball as the main instrument, and can be played aspecially by woman using one or both hands. The game of Handball is a type of team sport where two teams consisting of seven members per team (six regular

players and one goalkeeper) compete to score goals against the opponent's goal. PON (National Sports Week) is the biggest and most prestigious sporting event in Indonesia. This sporting event, which is held every four years, gives athletes from all over Indonesia the opportunity to show their abilities. According to historical documents, PON I took place in Solo on September 12 1948. Women's Handball athletes from the Bengkulu Province contingent at PON XXI Aceh-Sumut faced special challenges related to anxiety. In preparation for a match, the feeling of anxiety felt by a team, especially the team that won the previous match or the team that managed to advance to the next round in the previous year. This is due to the difficulty of defending the championship title or position they achieved in the previous year, as well as uncertainty about the opponents they will face (Pranata & Pudjijuniarto, 2019). In the literature that the researchers read, the results showed that during the competition preparation period, namely during sparring, athletes experienced anxiety which significantly affected their training performance, making the athlete's performance tend to be weaker (Wismanadi, 2017). Factors such as high expectations, performance pressure, and worries about results can be major triggers for anxiety.

In the context of the Bengkulu Province Contingent, the factors that cause anxiety can vary. The more social support provided to athletes, the less anxious they were, and the less social support provided, the greater their anxiety or panic. Some sources of anxiety, including stress, can cause increased levels of cortisol, which can disrupt hippocampal activity. So based on these explanations, it is necessary to pay attention to how these factors can be elaborated and managed well in supporting athletes in preparation for PON matches. Coaches have a key role in helping athletes manage anxiety. It is very important for adolescent athletes to get environmental support, especially parents and coaches (Sari et al., 2022). Coaches' awareness of athletes' psychological aspects is an important factor in helping to reduce anxiety levels and increase mental readiness.

A number of previous studies may have touched on the concept of anxiety in athletes, but there is still a void in knowledge related to Women's Handball at the Bengkulu Province Contingent level, especially in the context of the PON XXI Aceh-Sumut. Therefore, this research is considered important to complement this limited knowledge.

METHODS

This research uses a qualitative descriptive method with an emphasis on case studies to analyze the feelings of anxiety of the Bengkulu Province Contingent Women's Handball athletes when preparing for the PON XXI Aceh-Sumut match. This approach allows researchers to explore athletes' meanings and perceptions of the anxiety situations they experience. A case study was chosen as a research design to examine the

specific case of the Bengkulu Province Contingent in the context of PON XXI, which provides a rich and detailed understanding of the phenomenon of athlete anxiety.

Place And Time Of Research

This research will be carried out to gain a holistic understanding of the anxiety stadiums of handball athletes from the Bengkulu Province Contingent ahead of the match at PON XXI Aceh-Sumut. The research will be carried out through direct interviews with handball athletes from the Bengkulu Province Contingent in the city of Bengkulu.

The research location involved the PB ABTI secretariat of Bengkulu Province, where athletes from the handball contingent of PON XXI Aceh-Sumut carried out activities in preparation for the day of the match.

This research was carried out for 1 month to ensure maximum participation from athletes and official teams according to the schedule of administrators, coaches and officials of the PON XXI Aceh-Sumut handball contingent. With this approach, it is hoped that the research can provide a comprehensive picture of the anxiety stadiums of handball athletes from the Bengkulu Province Contingent.

Operational Definition of Variables

In order to avoid misunderstandings in understanding the concepts used in this study, it is considered important to provide the following explanation:

1. Anxiety is a feeling of restlessness, worry, and fear about something. This case of anxiety includes fear of defeat, potential injury, criticism from the audience, pressure from coaches, and fear of facing superior opponents at PON XXI Aceh-Sumut.

2. Handball athletes are individuals who are engaged and actively participate in the sport of Handball with the aim of achieving achievements. This research focuses on Handball athletes who participated in PON XXI Aceh-Sumut.

Research Subjects and Objects

The main subjects of this research are handball athletes who are part of the Bengkulu Province Contingent who will participate in the XXI PON in Aceh-Sumut. The research subjects involved athletes who were actively involved in handball matches and were on the Bengkulu Province Contingent team. The subjects of this research were 23 people consisting of 19 athletes, 2 coaches and 2 assistant coaches. The aim of selecting athletes and contingent teams as research subjects was to find out more about the anxiety felt by athletes before competing. These subjects will be involved in in-depth data collection and direct observation during the exercise, thus making a direct contribution to the qualitative data collected.

The object of this research is the anxiety stadium of the Bengkulu Province Contingent handball athletes.

The focus of this research is to understand how anxiety in handball athletes can affect their performance during match preparation at PON XXI Aceh-Sumut. The objects of this research include aspects such as anxiety levels, their impact on performance, stress management strategies, and other factors that may influence athletes' experiences of anxiety. Through in-depth analysis of the object of this research, it is hoped that useful findings can be found for the development of psychological strategies and anxiety management among handball athletes from the Bengkulu Province Contingent. The object of this research is the center of analysis in order to comprehensively understand the anxiety stadiums of athletes in preparation for the PON XXI.

Data Collection Technique

Data collection for this research will involve interview techniques, questionnaires, and documentation, all of which will be carried out directly to get a comprehensive picture of the anxiety stadium of the Bengkulu Province Contingent handball athletes ahead of the match at PON XXI Aceh-SUMUT.

1. Interview

    The interview will be held at the PB ABTI Bengkulu Province secretariat located on Jl. Merapi Raya No. 13, Panorama Village, Singaran Pati District, Bengkulu City. This approach allows for flexibility in accommodating participant situations and preferences.

2. Questionnaire

    The questionnaire will be designed in paper format and will be designed considering clarity of questions and ease of filling. The questionnaire format will be arranged so that it is easy for respondents to read and fill out. Questionnaires in paper form will be distributed to members of the Bengkulu Province contingent directly or through representatives of the management team. An explanation of the research objectives and instructions for filling out will be provided at the same time as submitting the questionnaire.

3. Documentation

    Documentary data collection will be carried out using a cellphone camera during direct interviews and when filling out the questionnaire. Apart from documenting when filling out the questionnaire, the competition preparation process is also documented

    This research is expected to cover a large number of respondents, optimize the response rate, and provide rich and varied data about the anxiety experiences of handball athletes from the Bengkulu Provincial Contingent ahead of the PON XXI Aceh-SUMUT, thereby ensuring relevant and quality data.

Research Instrument

The instruments used in this research were Interview Guidlines,

Questionnaire, and Documentation. Each instrument is described as follows:

Interview Guidelines

Interviews are a relevant option in qualitative research, especially when you want to get deeper nuances in the interactions between researchers and respondents. Interviews provide an opportunity for researchers to form stronger interpersonal bonds with respondents, which can improve the quality and depth of the data obtained. However, interviews also pose their own challenges, such as the need to provide a comfortable and private space for the interview as well as overcoming logistical obstacles related to travel and schedules. The target of this interview is the official team consisting of coaches and assistant coaches, with the aim of collecting data from the perspective of the official team of athletes. Therefore, researchers need to consider both the advantages and challenges of the specific research context and objectives. The instrument used to collect data with interview guidelines was to ask 10 questions.

Questionnaire

As a research tool in this context, a questionnaire is used. Questionnaires are used to express respondents' views regarding a topic or to investigate their opinions regarding it. According to Sugiyono, the process of creating a research instrument begins with determining the variables to be studied, selecting the indicators to be measured, and breaking the indicators into statements or questions. To facilitate the preparation of instruments, it is recommended to use an instrument development matrix or instrument grid (Mahakharisma, 2014).

Sugiyono stated that responses to the Likert scale range from very positive to very negative, and this scale is used to measure individual or group perceptions of social phenomena (Mahakharisma, 2014). In this case, the target for data collection using a questionnaire was the Bengkulu province contingent of handball athletes consisting of core athletes and long list athletes. In the context of answers that tend to be very negative, (1) Strongly Agree (SS) answers are given a score of 4, (2) Agree (S) answers are given a score of 3, (3) Disagree (TS) answers are given a score of 2, and (4) Strongly Disagree (STS) answers are given a score of 1 (Mahakharisma, 2014).

Photo Guidelines

Photos can be a useful instrument in collecting documentary data. According to Ullil (2018), an image is able to reflect an event without needing to explain it in writing. This is due to the public's need for information presented visually, which shows the situation without any manipulation or editing. Therefore, photos taken during practice or matches can provide a visual representation of the athlete's facial expressions, team dynamics, and other situations that influence the athlete's anxiety stadium. Analysis of these photos can provide additional insight into the athlete's mental and emotional state in the face of stress.

Data analysis

The data analysis procedure was carried out descriptively using percentages. Before that, the data was divided into five

groups based on the mean and standard deviation, which were considered ideal standards. This group of words refers to established standards. (Syaifuddin Azwar in Mahakharisma, 2014).

Table 3.2 Five Category Scale

Normal Curve Category	Category
Mi – 1.5 Sdi and below	Very low
Mi – 1.5 Sdi to Mi – 0.5 Sdi	Low
Mi – 0.5 Sdi to Mi + 0.5 Sdi	Currently
Mi + 0.5 Sdi to Mi + 1.5 Sdi	Tall
Mi + 1.5 Sdi and above	Very high

According to Anas Sudijono, apart from that, the following formula will be used to evaluate data based on percentages, (Mahakharisma, 2014).

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

Description :
P = The percentage sought
F = Frequency
N = Number of Cases

RESULT

As a result of the data collections technique which used for this research, here is the description :

Interview

Based on the results of the interviews obtained, it shows that the coaches and assistant coaches of the Bengkulu Province women's handball contingent are implementing a holistic approach in managing athletes' anxiety ahead of the PON XXI Aceh-Sumut. Strategies used include relaxation techniques such as deep breathing, positive visualization, and a balance between exercise and rest. Social support from family and friends as well as open communication between coaches and the medical team are also very important. Even without the support of a professional psychologist, this approach has proven effective in reducing anxiety and improving athlete performance. Evaluation of success is carried out through observation, formal assessments, and competition results which show an increase in the athlete's mental resilience and self-confidence.

Questionnaire

Anxiety staging research data was collected using a questionnaire instrument that had previously been validated by Linguists and Psychology Experts. The number of valid questions is 42 questions. For each question there are 4 answer choices with a score of 1 to 4. This questionnaire uses 2 factors or aspects, namely Internal Factors with 7 indicators (Experience, Doubts about One's Abilities, Negative thinking, Complacency, Fear, Moral and Mental Readiness) and External Factors with 9 indicators (Audience, Opponent, Role of Coach, Referee, Equipment & Facilities, Weather, Family, Confusing Stimuli, and Match Environment).

1. Anxiety Stadium for Women's Handball Athletes for the Contingent of Bengkulu Province

Tabel 4.1 Table 4.1 Table of Anxiety Stadium for Women's Handball Athletes

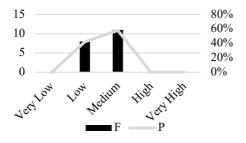| ANXIETY STADIUM			
NUM	CATEGORY	F	P
1	Very Low	0	0%
2	Low	8	42%
3	Medium	11	58%
4	High	0	0%
5	Very High	0	0%
TOTAL		19	100%

ANXIETY STADIUM

Image 4.3 Diagram of Anxiety Stadium of Women's Handball Athletes

From the details of the data processing results presented above, we can see that there are 0 athletes who have an anxiety stadium in the "Very Low" category with a percentage of 0%, "Low" as many as 8 people with a percentage of 42%, "Medium" as many as 11 people. with a percentage of 58%, "High" as many as 0 people with a percentage of 0%, and "Very High" as many as 0 people with a percentage of 0%.

Based on the data presented above, we can see that the majority of handball athletes from the Bengkulu province contingent in preparation for the match at PON XXI Aceh-SUMUT have an anxiety stadium in the "Medium" category, namely 58%.

2. Anxiety Stadium based on Intrinsic Factors

Table 4.2 Intrinsic Factor Distribution Table

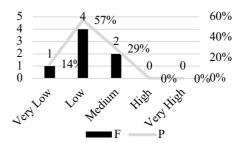| INTRINSIC		
Category	F	P
Very Low	1	14%
Low	4	57%
Medium	2	29%
High	0	0%
Very High	0	0%
Total		100%
Average		54%

INTRINSIC

Image 4.4 Intrinsic Factor Distribution Diagram

From the details of the data processing results presented above, we can see that athletes who have anxiety stadium based on intrinsic factors are in the "Very Low" category with 1 indicator with a percentage of 14%, "Low" with 4 indicators with a percentage of 57%, "Medium" as many as 2 indicators with a percentage of 29%, "High" as many as 0 indicators with a percentage of 0%, and "Very

High" as many as 0 indicators with a percentage of 0%. Then it was discovered that the average percentage of anxiety stadium based on intrinsic factors was 54%, so based on predetermined norms, the average percentage of anxiety stadiums of women's handball athletes based on intrinsic factors was included in the "Low" category.

For a more detailed explanation, the frequency distribution of anxiety stadium data based on intrinsic factors consisting of 7 indicators is presented as follows:

a. Doubts of Self's Abilities

Table 4.3 Table of Indicators "Doubts of Self's Abilities"

Doubts of Self's Abilities					
Item Num	Item Total	Score	F	Score Total	P
29, 30, 33	3	4	2	8	4%
		3	26	78	46%
		2	20	40	35%
		1	9	9	16%
Total			57	135	100%
Maximal Score		228			
Minimal Score		57			
Percentage of Anxiety Caused		59%			
Criteria		Medium			

Image 4.5 Indicator Diagram for "Doubts of Self's Abilities"

From the details of the data processing results that have been presented above, we can see that the stadium of anxiety caused by the indicator "Doubts of Self's Abilities " with a score frequency of "4" 2 times with a percentage of 4%, a score of "3" 26 times with a percentage of 46 %, score "2" 20 times with a percentage of 35%, score "1" 9 times with a percentage of 16%. Then it was discovered that the percentage of anxiety generated based on the "Doubts of Self's Abilities" indicator was 59% with the criteria or category "Medium"

b. Experience

Table 4.4 Table of Indicators "Experience"

Experience					
Item Num	Item Total	Score	F	Score Total	P
17, 18	2	4	0	0	0%
		3	4	12	11%
		2	20	40	53%
		1	14	14	37%
Total			38	66	100%
Maximal Score		152			
Minimal Score		38			

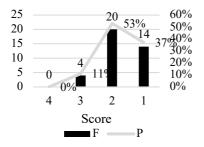|		
Percentage of Anxiety Caused	43%	
Criteria	Very Low	

Experience

Image 4.6 Indicator Diagram for "Experience"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Experience" indicator has a score of "4" 0 times with a percentage of 0%, a score of "3" 4 times with a percentage of 11%, a score of "3" 4 times with a percentage of 11%. "2" 20 times with a percentage of 53%, score "1" 14 times with a percentage of 37%. Then it was discovered that the percentage of anxiety caused based on the "Experience" indicator was 43% with the criteria or category "Very Low".

c. Negative Thinking
    Table 4.5 Table of Indicators "Negative Thinking"

Negative Thinking					
Item Num	Item Total	Score	F	Score Total	P
36, 37, 39	3	4	0	0	0%
		3	8	24	14%
		2	41	82	72%

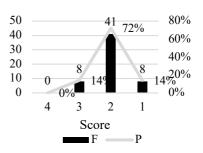|	1	8	8	14%
Total		57	114	100%
Maximal Score		228		
Minimal Score		57		
Percentage of Anxiety Caused		50%		
Criteria		Low		

Negative Thinking

Image 4.7 Indicator Diagram for "Negative Thinking"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Negative Thinking" indicator has a score of "4" 0 times with a percentage of 0%, a score of "3" 8 times with a percentage of 14%, score "2" 41 times with a percentage of 72%, score "1" 8 times with a percentage of 14%. Then it was discovered that the percentage of anxiety generated based on the "Negative Thinking" indicator was 50% with the criteria or category "Low".

d. Self Satisfaction
    Table 4.6 Table of Indicators "Self Satisfaction"

Self Satisfaction					
Item Num	Item Total	Score	F	Score Total	P

		Score	F	Score Total	P
14, 19	2	4	5	20	5
		3	7	21	7
		2	14	28	14
		1	12	12	12
Total			38	81	100%
Maximal Score		152			
Minimal Score		38			
Percentage of Anxiety Caused		53%			
Criteria		Low			

Fearness

Item Num	Item Total	Score	F	Score Total	P
3, 4, 6	3	4	2	8	4%
		3	20	60	35%
		2	24	48	42%
		1	11	11	19%
Total			57	127	100%
Maximal Score		228			
Minimal Score		75			
Percentage of Anxiety Caused		56%			
Criteria		Low			

Self Satisfaction

Image 4.8 Indicator Diagram for "Self Satisfaction"

Fear

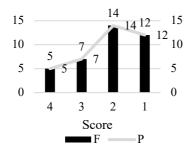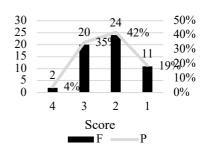Image 4.9 Indicator Diagram for "Fear"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Self-Satisfaction" indicator has a frequency of score "4" 5 times with a percentage of 13%, a score of "3" 7 times with a percentage of 18%. , score "2" 14 times with a percentage of 37%, score "1" 12 times with a percentage of 32%. Then it was discovered that the percentage of anxiety generated based on the "Self-Satisfaction" indicator was 53% with the criteria or category "Low".

e. Fear
Table 4.7 Table of Indicators "Fear"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Fear" indicator with a frequency of score "4" 2 times with a percentage of 4%, a score of "3" 20 times with a percentage of 35%, score "2" 24 times with a percentage of 42%, score "1" 11 times with a percentage of 19%. Then it was discovered that the percentage of anxiety generated based on the "Fear" indicator was 56% with the criteria or category "Low".

f. Moral

Table 4.8 Table of Indicators "Moral"

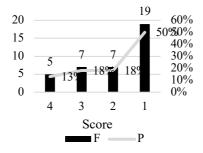| Moral					
Item Num	Item Total	Score	F	Score Total	P
10, 27	2	4	5	20	13%
		3	7	21	18%
		2	7	14	18%
		1	19	19	50%
Total			38	74	100%
Maximal Score		152			
Minimal Score		38			
Percentage of Anxiety Caused		49%			
Criteria		Low			

Image 4.10 Indicator Diagram for "Moral"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Moral" indicator with a frequency of score "4" 5 times with a percentage of 13%, a score of "3" 7 times with a percentage of 18%, score "2" 7 times with a percentage of 18%, score "1" 19 times with a percentage of 50%. Then it was discovered that the percentage of anxiety generated based on the "Moral" indicator was 49% with the criteria or category "Low".

g. Mental Readiness

Table 4.9 Table of Indicators "Mental Readiness"

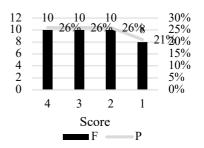| Mental Readiness					
Item Num	Item Total	Score	F	Score Total	P
35, 40	2	4	10	40	26%
		3	10	30	26%
		2	10	20	26%
		1	8	8	21%
Total			38	98	100%
Maximal Score		152			
Minimal Score		38			
Percentage of Anxiety Caused		64%			
Criteria		Medium			

Image 4.11 Indicator Diagram for "Mental Readiness"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Mental Readiness" indicator has a frequency of score "4" 10 times with a percentage of 26%, a score of "3" 10 times with a percentage of 26%, score "2" 10 times with a percentage of 26%, score "1" 19 times with a percentage of

21%. Then it was discovered that the percentage of anxiety caused based on the "Mental Readiness" indicator was 64% with the criteria or category "Medium".

3. Anxiety Stadium based on Extrinsic Factors

Table 4.10 Extrinsic Factor Distribution Table

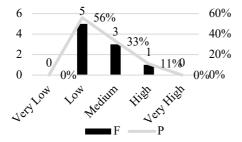| EXTRINSIC		
Category	F	P
Very Low	0	0%
Low	5	56%
Medium	3	33%
High	1	11%
Very High	0	0%
Total		100%
Average		58%

EXTRINSIC

Image 4.12 Extrinsic Factor Distribution Diagram

From the details of the data processing results presented above, we can see that athletes who have anxiety stadium based on extrinsic factors are in the "Very Low" category with 0 indicators with a percentage of 0%, "Low" with 5 indicators with a percentage of 56%, "Medium"

as many as 3 indicators with a percentage of 33%, "High" as many as 1 indicator with a percentage of 11%, and "Very High" as many as 0 indicators with a percentage of 0%. Then it was discovered that the average percentage of anxiety stadiums based on extrinsic factors was 58%, so based on predetermined norms, the average percentage of anxiety stadium of women's handball athletes based on extrinsic factors was included in the "Medium" category.

For a more detailed explanation, the frequency distribution of anxiety stadium data based on extrinsic factors consisting of 9 indicators is presented as follows:

a. Audience

Table 4.11 Table of Indicators "Audience"

Audience					
Item Num	Item Total	Score	F	Score Total	P
7, 9, 23	3	4	2	8	4%
		3	9	27	16%
		2	36	72	63%
		1	10	10	18%
Total			57	117	100%
Maximal Score		228			
Minimal Score		57			
Percentage of Anxiety Caused		51%			
Criteria		Low			

Audience

Image 4.13 Indicator Diagram for "Audience"

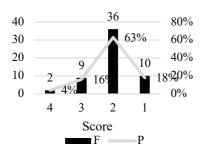| Percentage of Anxiety Caused	55%
Criteria	Low

Opponent

Image 4.14 Indicator Diagram for "Opponent"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Audience" indicator with a frequency of score "4" 2 times with a percentage of 4%, a score of "3" 9 times with a percentage of 16%, score "2" 36 times with a percentage of 63%, score "1" 10 times with a percentage of 18%. Then it was discovered that the percentage of anxiety generated based on the "Audience" indicator was 51% with the criteria or category "Low".

b. Opponent
   Table 4.12 Table of Indicators "Opponent"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Opponent" indicator has a score of "4" 0 times with a percentage of 0%, a score of "3" 16 times with a percentage of 28%, a score of "2" 36 times with a percentage of 63%, score "1" 5 times with a percentage of 9%. Then it was discovered that the percentage of anxiety generated based on the "Opponent" indicator was 55% with the criteria or category "Low".

c. The Role of the Coach
   Table 4.13 Table of Indicators "The Role of the Coach"

Opponent					
Item Num	Item Total	Score	F	Score Total	P
1, 21, 25	3	4	0	0	0%
		3	16	48	28%
		2	36	72	63%
		1	5	5	9%
Total			57	125	100%
Maximal Score		228			
Minimal Score		57			

The Role of the Coach					
Item Num	Item Total	Score	F	Score Total	P
15, 26, 31, 32	4	4	8	32	11%
		3	11	33	14%
		2	45	90	59%
		1	12	12	16%
Total			76	167	100%
Maximal Score		304			

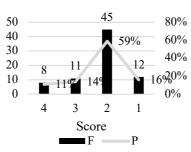|	
Minimal Score	76
Percentage of Anxiety Caused	55%
Criteria	Low

The Role of the Coach

Image 4.15 Indicator Diagram for " The Role of the Coach"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Role of the Coach" indicator with a frequency of score "4" 8 times with a percentage of 11%, a score of "3" 11 times with a percentage of 14%, score "2" 45 times with a percentage of 59%, score "1" 12 times with a percentage of 16%. Then it was discovered that the percentage of anxiety generated based on the "Role of Coach" indicator was 55% with the criteria or category "Low".

d. Refree

Table 4.14 Table of Indicators "Refree"

Refree					
Item Num	Item Total	Score	F	Score Total	P
11, 20	2	4	11	44	29%
		3	7	21	18%
		2	16	32	42%

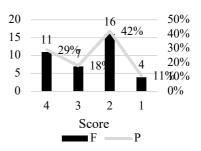|			
	1	4	4	11%
Total	38	101	100%
Maximal Score	152		
Minimal Score	38		
Percentage of Anxiety Caused	66%		
Criteria	Medium		

Refree

Image 4.16 Indicator Diagram for "Refree"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Referee" indicator with a frequency of score "4" 11 times with a percentage of 29%, score of "3" 7 times with a percentage of 18%, score "2" 16 times with a percentage of 42%, score "1" 4 times with a percentage of 11%. Then it was discovered that the percentage of anxiety caused by the "Referee" indicator was 66% with the criteria or category "Medium".

e. Equipment & Facilities

Table 4.15 Table of Indicators "Equipment & Facilities"

Refree					
Item Num	Item Total	Score	F	Score Total	P
	3	4	18	72	32%

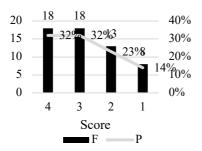| 8, 13, 28	3	18	54	32%
	2	13	26	23%
	1	8	8	14%
Total		57	160	100%
Maximal Score		228		
Minimal Score		57		
Percentage of Anxiety Caused		70%		
Criteria		High		

Equipment & Facilities

Image 4.17 Indicator Diagram for "Equipment & Facilities"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Equipment & Facilities" indicator with a frequency of score "4" was 18 times with a percentage of 32%, a score of "3" was 18 times with a percentage of 32% , score "2" 13 times with a percentage of 23%, score "1" 8 times with a percentage of 14%. Then it was discovered that the percentage of anxiety caused based on the "Equipment & Facilities" indicator was 70% with the criteria or category "High".

f. Weather
Table 4.16 Table of Indicators "Weather"

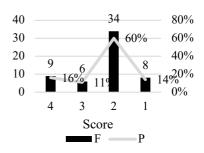| Item Num	Item Total	Score	F	Score Total	P
2, 16, 22	3	4	9	36	16%
		3	6	18	11%
		2	34	68	60%
		1	8	8	14%
Total			57	130	100%
Maximal Score		228			
Minimal Score		57			
Percentage of Anxiety Caused		57%			
Criteria		Medium			

Weather

Image 4.18 Indicator Diagram for "Weather"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Weather" indicator has a score of "4" 9 times with a percentage of 16%, a score of "3" 6 times with a percentage of 11%. "2" 34 times with a percentage of 60%, score "1" 8 times with a percentage of 14%. Then it was discovered that the percentage of anxiety caused by the "Weather" indicator was 57% with the criteria or category "Medium".

g. Family
Table 4.17 Table of Indicators "Family"

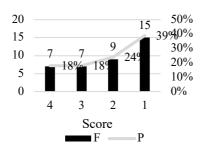| Family					
Item Num	Item Total	Score	F	Score Total	P
5, 24	2	4	7	28	18%
		3	7	21	18%
		2	9	18	24%
		1	15	15	39%
Total			38	82	100%
Maximal Score		152			
Minimal Score		38			
Percentage of Anxiety Caused		54%			
Criteria		Low			

Family

Image 4.19 Indicator Diagram for "Family"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Family" indicator has a score of "4" 7 times with a percentage of 18%, a score of "3" 7 times with a percentage of 18%. "2" 9 times with a percentage of 24%, score "1" 15 times with a percentage of 39%. Then it was discovered that the percentage of anxiety generated based on the "Family" indicator was 54% with the criteria or category "Low".

h. Confusing Stimulation

Table 4.18 Table of Indicators "Confusing Stimulation"

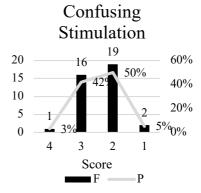| Confusing Stimulation					
Item Num	Item Total	Score	F	Score Total	P
34, 42	2	4	1	4	3%
		3	16	48	42%
		2	19	38	50%
		1	2	2	5%
Total			38	92	100%
Maximal Score		152			
Minimal Score		38			
Percentage of Anxiety Caused		61%			
Criteria		Medium			

Confusing Stimulation

Image 4.20 Indicator Diagram for "Confusing Stimulation"

From the details of the data processing results presented above, we can see that the stadium of anxiety caused by the "Confusing Stimulation" indicator has a frequency of score "4" 1 time with a percentage of 3%, a score of "3" 16 times with a percentage of 42%. , score "2" 19 times with a percentage of 50%, score "1" 2 times with a percentage of 5%. Then it was discovered that the percentage of anxiety generated based on the "Confusing

Stimulation" indicator was 61% with the criteria or category "Medium".

i. Match Environment

Table 4.19 Table of Indicators "Match Environment"

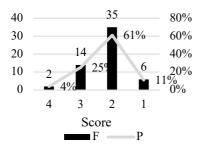| Match Environment					
Item Num	Item Total	Score	F	Score Total	P
12, 38, 41	3	4	2	8	4%
		3	14	42	25%
		2	35	70	61%
		1	6	6	11%
Total			57	126	100%
Maximal Score		228			
Minimal Score		57			
Percentage of Anxiety Caused		55%			
Criteria		Low			

Match Environment

Image 4.21 Indicator Diagram for "Match Environment"

From the details of the data processing results presented above, we can see that the stadium of anxiety generated by the "Match Environment" indicator has a score of "4" 2 times with a percentage of 4%, a score of "3" 14 times with a percentage of 25%, score "2" 35 times with a percentage of 61%, score "1" 6 times with a

percentage of 11%. Then it was discovered that the percentage of anxiety generated based on the "Match Environment" indicator was 55% with the criteria or category "Low".

DISCUSSION

In this discussion section, the researcher will explain in detail the results of the analysis of interview data and questionnaires that the researcher has processed and their connection to the research problems and objectives. The aim of this research was to determine the anxiety stadium of handball athletes from the Bengkulu Province contingent in preparation for the match at PON XXI Aceh-Sumut. Anxiety is an individual's reaction to situations that are considered threatening, which are not based on previous experience and can also include situations that are new and have never been experienced before. Anxiety is a natural component of facing challenges, changes, new experiences, and exploring self-identity and the significance of life.

Anxiety is an experience that occurs frequently and at a moderate level. Functional anxiety, such as normal nervousness before a game, can improve an athlete's focus and alertness, but dysfunctional anxiety, such as excessive or uncontrolled anxiety, can interfere with an athlete's performance and cause detrimental emotional instability. The research subjects regarding this stadium of anxiety are handball athletes who will compete in the. Motivation, self-confidence, overcoming anxiety, collaborative skills, resilience, and concentration are key psychological

attributes important for athlete success. Coaches' awareness of athletes' psychological aspects is an important factor in helping to reduce anxiety levels and increase mental readiness. This shows that these psychological factors have a significant role in determining athlete performance and achievement in various sporting contexts. These attributes not only influence an athlete's physical performance, but also form a strong mental foundation that allows them to face challenges and maintain their focus on the goal of success in sports competition. Therefore, this research needs to be carried out because this situation will affect the athlete's performance when competing to be less than optimal, making it difficult to achieve optimal results.

The role of the coaches and the involvement of the coach assistants in managing the athlete's mental condition. By implementing a holistic approach in managing athletes' anxiety ahead of PON XXI Aceh-Sumut. Strategies used include relaxation techniques such as deep breathing, positive visualization, and a balance between exercise and rest. Social support from family and friends as well as open communication between coaches and the medical team are also very important. Even without the support of a professional psychologist, this approach has proven effective in reducing anxiety. This is supported by the results of questionnaires collected directly from athletes. With the results obtained, there are 0 athletes who have an anxiety stadium in the "Very Low" category with a percentage of 0%, "Low" as many as 8 people with a percentage of 42%,

"Medium" as many as 11 people with a percentage of 58%, "High" as many as 0 people with a percentage of 0%, and "Very High" as many as 0 people with a percentage of 0%.

Based on the discussion above, we can see that most of the handball athletes from the Bengkulu province contingent in preparation for the match at PON XXI Aceh-Sumut have an anxiety stadium in the "Medium" category, namely 58%. Then, according to detailed data on anxiety stadiums based on the causal factors, it was found that athletes who had anxiety stadiums based on intrinsic factors were in the "Very Low" category with 1 indicator with a percentage of 14%, "Low" with 4 indicators with a percentage of 57%, "Medium" with 2 indicators with a percentage of 29%, "High" with 0 indicators with a percentage of 0%, and "Very High" with 0 indicators with a percentage of 0%. Then it is known that the average percentage of anxiety stadiums based on intrinsic factors is 54%, so based on predetermined norms, the average percentage of anxiety stadiums of handball athletes based on intrinsic factors is included in the "Low" category.

Athletes who have anxiety stadiums based on extrinsic factors are in the "Very Low" category with 0 indicators with a percentage of 0%, "Low" with 5 indicators with a percentage of 56%, "Medium" with 3 indicators with a percentage of 33%, "High" with 1 indicator with a percentage of 11%, and "Very High" with 0 indicators with a percentage of 0%. Then it was discovered that the average

percentage of anxiety stadiums based on extrinsic factors was 58%, so based on predetermined norms, the average percentage of anxiety stadiums of handball athletes based on extrinsic factors was included in the "Medium" category. From the two data obtained, the extrinsic factor is the factor that has the highest percentage of causes of anxiety with a percentage of 58% in the "Medium" category.

Then the indicator that has the highest percentage of causes of anxiety is "Equipment & Facilities" with the stadium of anxiety caused with a frequency of score "4" 18 times with a percentage of 32%, score "3" 18 times with a percentage of 32%, score "2" as many as 13 times with a percentage of 23%, a score of "1" 8 times with a percentage of 14%. Then it was discovered that the percentage of anxiety caused based on the "Equipment & Facilities" indicator was 70% with the criteria or category "High".

CONCLUSION

Based on the results of data analysis and discussions that have been carried out, the following conclusions can be drawn:

1. Coaches and the coach assistants of the Bengkulu Province women's handball contingent are using a holistic approach to manage athletes' anxiety ahead of the PON XXI Aceh-SUMUT. Their strategies include relaxation techniques, positive visualization, and a balance between exercise and rest, as well as social support from family and friends. Even without a professional psychologist, this approach is effective in reducing anxiety and improving athlete performance. Evaluation of success is carried out through observation, formal assessments, and competition results which show an increase in the athlete's mental resilience and self-confidence.

2. Stadium Anxiety for the Bengkulu Province Contingent Handball Athletes in Preparation for the Match at PON XXI Aceh-SUMUT is in the "Medium" category, namely 58%.

3. The highest factor causing anxiety for the Bengkulu Province Contingent Handball Athletes in Preparation for the Match at PON XXI Aceh-Sumut is Extrinsic Factors in the "Medium" category, namely 58%.

4. The highest indicator of the cause of anxiety for the Bengkulu Province Contingent Handball Athletes in Preparation for the Match at PON XXI Aceh-Sumut is "Equipment & Facilities" in the "High" category, namely 70%.

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