



The Influence of Self-Confidence on the Peak Performance of Male Futsal Athletes in Division 1 AFK Clubs in Semarang City

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Abstrak

This study aims to examine the effect of self-confidence on the peak performance of futsal athletes in the Division 1 AFK Club of Semarang City in 2024. This research employs a quantitative method. The sample consisted of 54 male futsal athletes aged 18–20 years from the Division 1 AFK Club of Semarang City. The research instruments included a self-confidence questionnaire comprising 13 items and a peak performance questionnaire comprising 35 items. The validity test results showed a coefficient of 0.945 for the self-confidence instrument and 0.947 for the peak performance instrument. Data were collected using self-confidence and peak performance questionnaires distributed via Google Forms. Data analysis techniques included normality test, linearity test, correlation test, and simple linear regression analysis, assisted by the Statistical Program for Social Sciences (SPSS) version 25 with a significance level (p-value) of < 0.05 . The results of the study revealed a significance value of $0.000 < 0.05$ and a correlation coefficient of 0.604. These findings indicate that self-confidence has a significant effect on the peak performance of Division 1 futsal athletes in the AFK Club of Semarang City

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INTRODUCTION

Futsal is one of the sports that is widely favored by various groups, ranging from young people to adults. It can be considered one of the most popular sports because it has the ability to attract interest across different age groups and genders. Futsal can be played both for recreational purposes and as a means of competition in a performance-oriented (competitive) setting (Irawan et al., 2022). The development of futsal in Semarang City has grown rapidly since the year 2000 up to the present. This phenomenon can be observed through the increasing number of futsal clubs and courts, both in Central Java and in other regions. In addition, the regulatory guidelines for the implementation of the 2024 Semarang City Futsal League serve as a reference for all parties involved in the event (Asprov Jawa Tengah, n.d.). The eight futsal clubs in Semarang City that are part of Division 1 of the Semarang City Futsal Association (AFK) are 1) FC BINTAMA, 2) F45T FC, 3) JATIDIRI MUDA, 4) JOUFAS, 5) NAFAS FC, 6) PCKG, 7) TRJ FC, 8) VENUS FC (Askot Semarang, n.d.). Futsal clubs in Semarang City provide a valuable platform for students and young athletes to cultivate and enhance their skills in the sport of futsal (Bangkit Gala Persada, 2019).

Futsal requires each player to possess well-developed components of physical fitness, psychological readiness, technical skills, and tactical understanding (Campos et al., 2021). One of the most crucial components for a futsal athlete is psychological condition. An athlete's psychological state plays a vital role in futsal and is often a determining factor in their success or failure during competition (Sivrikaya, 2019).

Sports psychology is a branch of psychology that can influence and support

an athlete's physical performance in sports. Psychological factors that contribute to athletic performance and an athlete's engagement in training can also shape the development of their psychological attributes. Psychological and behavioral aspects encompass a wide range of elements, including achievement, intelligence, self-development, independence, assertiveness, emotional regulation, self-confidence, motivation, enthusiasm, sense of responsibility, social awareness, and the desire to win, among others (Ilham, 2021). Self-confidence focuses on how athletes are able to perform based on their own abilities (Purnomo et al., 2020).

In this context, it is essential for athletes to possess strong psychological abilities, as psychological conditions can hinder athletic performance and achievement (Permana et al., 2022).

One of the key aspects that plays an important role in both physical and non-physical activities is self-confidence. In the context of futsal, psychological factors are highly influential in achieving performance, particularly self-confidence. A lack of self-confidence may result in an athlete's inability to solve problems during training or competition. Without adequate self-confidence, an athlete is unlikely to achieve optimal performance. Self-confidence can significantly determine an athlete's performance, both in training and during competition. Psychological factors such as self-confidence play a crucial role in helping athletes reach high levels of achievement. This has been supported by various studies on psychological aspects in sports. Previous research has shown that low self-confidence can hinder problem-solving abilities, and such lack of confidence often influenced by the athlete's condition and the competitive situation may prevent them from obtaining satisfactory results in competition (Hariawan & Kafrawi, 2022).

Based on direct field observations, it was found that futsal athletes from Venus Semarang experienced weaknesses, particularly in the psychological aspect of self-confidence. According to an interview with the coach of the Venus Semarang futsal club, he stated that training futsal athletes is not only about physical, tactical, and technical preparation, but also requires attention to the athletes' psychological condition—especially their self-confidence. The coach noted that players often express doubts in decision-making during games. Many sports experts believe that peak performance is strongly influenced by an athlete's psychological maturity and mental strength in facing competitive challenges (Islam et al., 2022). The coach also stated that designing training sessions that simulate real match conditions helps athletes become more prepared to face various pressures on the field. Athletes also frequently practice visualization and positive self-talk techniques before matches to enhance their self-confidence. According to the coach, these techniques are useful in creating a supportive team atmosphere and fostering mutual motivation among players, which helps maintain and improve self-confidence. However, athletes often tend to lose confidence when their team falls behind in score. Self-confidence is essential for athletes, as achieving high performance requires a combination of mental, physical, and technical aspects. In addition to physical and technical aspects, athlete development often overlooks psychological factors, despite the highly competitive nature of matches and the constant demand for peak performance. Low levels of self-confidence can result in inconsistent performance, hindering athletes from reaching their maximum potential. Therefore, this study provides a scientific foundation for the importance of incorporating mental training programs,

which can help athletes improve and sustain optimal performance over time.

This study aims to gain a deeper understanding of sports psychology, particularly focusing on the aspect of self-confidence within athletes and its relationship to achieving optimal peak performance during competition. Therefore, the researcher is interested in conducting a study on The Influence of Self-Confidence on the Peak Performance of Futsal Athletes in Semarang City.

METHOD

This study employed a quantitative research design. A survey method was used for data collection, with questionnaires serving as the primary data collection instrument. The purpose of this method is to obtain information from a group of respondents who are considered representative of a specific population (Nainggolan et al., 2022). The quantitative research design allows for the statistical processing of numerical data to produce generalizable findings. Through this method, the researcher aims to provide a representative description of the influence of self-confidence and peak performance among male futsal athletes in the Division 1 AFK Club of Semarang City.

Partisipan

The participants in this study were male futsal athletes who competed in the Division 1 AFK Semarang competition, representing a total of eight clubs. The sampling technique used in this study was purposive sampling. Purposive sampling is a method in which researchers select samples based on specific considerations or criteria to achieve particular research objectives (Santina et al., 2021). The sample consisted of 54 male futsal athletes aged 18–20 years who participated in the 2024 AFK Semarang City competition.

The research was conducted across eight AFK clubs located in Semarang City.

Material and Apparatus

This study utilized self-confidence and peak performance test instruments. The instruments underwent validity testing to ensure they were appropriate and reliable for use. The validity test was conducted with a trial sample of 17 futsal athletes. An instrument is considered valid when the calculated r-value (r-count) is greater than the critical r-value (r-table), and the significance value is less than 0.05 (Sarmigi, n.d.). (Sigit Wisnu, Dyah Ayu Paramitha, 2015). Additionally, an instrument is deemed valid if the Cronbach's alpha value exceeds 0.70 (Sugiyono 2018, n.d.). After calculating and validating all items, the self-confidence instrument obtained a validity coefficient of 0.945, and the peak performance instrument achieved a coefficient of 0.947. These results indicate that both the self-confidence and peak performance questionnaires possess a high level of validity.

Prosedur

This study utilized a questionnaire as an instrument to assess and measure the impact of self-confidence. The purpose was to help participants express their feelings and opinions regarding their self-confidence during matches (Amir, 2015). According to Sekaran and Bougie (2016), a questionnaire is an instrument used to collect data through a series of specifically designed questions aimed at measuring research variables (Ardiansyah et al., 2023). Before distributing the questionnaire via Google Forms, the researcher conducted an expert validation of the instrument. Subsequently, the researcher distributed the questionnaire, in the form of statements, to 17 athletes from the Emerald futsal club as a small-group instrument trial. The results showed a validity coefficient of 0.945 for the self-

confidence instrument and 0.947 for the peak performance instrument. After expert validation confirmed the instrument was valid and appropriate for use, the self-confidence instrument was found to consist of three dimensions: physical skills and training, cognitive efficiency, and resilience. The peak performance instrument comprised eight dimensions: calm mental state, calm physical condition, optimism, focus on the present moment during the match, high energy, heightened awareness, controlled movements, and immunity from distractions.

Data collection in this study employed a survey method, in which the researcher distributed the questionnaire to all Division 1 AFK Semarang futsal athletes online via Google Forms. The self-confidence questionnaire contained 13 items, each with nine response options: *Strongly Disagree at All*, *Very Strongly Disagree*, *Strongly Disagree*, *Somewhat Disagree*, *Neutral*, *Somewhat Agree*, *Agree*, *Strongly Agree*, *Extremely Strongly Agree*. Meanwhile, the peak performance questionnaire consisted of 35 items. This instrument used a Likert-type scale with four response options: score 4 for *Strongly Agree (SA)*, 3 for *Agree (A)*, 2 for *Disagree (D)*, and 1 for *Strongly Disagree (SD)*.

Desain or Data Analysis

The data analysis techniques in this study consisted of several statistical tests. The normality test was used to determine whether the data were normally distributed (Warongan et al., 2022). The linearity test was conducted to identify whether there was a significant linear relationship between two or more variables (Pratiwi & Pemasari, 2022). The correlation test aimed to measure the strength and direction of the relationship between two or more variables (Nadi, 2018). The simple linear regression test was employed to examine the effect of

variable X on variable Y (Sarbaini et al., 2022). The analysis in this study was performed using the Statistical Program for Social Sciences (SPSS) version 25, with a significance level (p-value) set at < 0.05.

RESULTS

The results are presented in the descriptive statistics table. It is known that the respondents in this study consisted of 54 male futsal athletes who participated in the Division 1 AFK Semarang City competition from eight clubs. As shown in Table 1 (Descriptive Statistics), the confidence variable has a mean score of 88.65 with a standard deviation of 13.419. Meanwhile, the peak performance variable has a mean score of 106.78 with a standard deviation of 11.697.

Table 1. Descriptive Statistics of Confidence and Peak Performance

Descriptive Statistics			
	N	Mean	Std. Deviation
Self-Confidence	54	88.65	13.419
Peak Performance	54	106.78	11.697
Valid N (listwise)	54		

Normality Test

The distribution based on the normality assumption test indicates that variables X and Y were tested using the Kolmogorov-Smirnov method with a sample size of 54. As shown in Table 2, the analysis results reveal that the significance value for variable X and variable Y is Sig. (0.200). This result indicates that the significance value is greater than 0.05, which means that the data for both variables are normally distributed.

Tabel 2. Kolmogorov-Smirnov Normality Test

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		54
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	9.31800291
Most Extreme Differences	Absolute	.096
	Positive	.096
	Negative	-.058
Test Statistic		.096
Asymp. Sig. (2-tailed)		.200 ^{c,d}

Linearity Test

The results of the linearity test analysis presented in Table 3 show that the significance value of the Deviation from Linearity is 0.365. This result indicates that the significance value is greater than 0.05, meaning that there is a linear relationship between self-confidence and performance.

Tabel 3. Linearity Test

	Mean Square	F	Sig.
Between Groups			
(Combined)	182.362	2.230	.024
Linearity	2649.599	32.397	.000
Deviation from Linearity	94.246	1.152	.365
Within Groups	81.785		
Total			

Correlation Test

Based on the correlation test in Table 4, the significance value is Sig. (0.000), which is less than 0.05. This result indicates that the self-confidence variable has a correlation with the peak

performance variable. A Pearson correlation value of 1 indicates that the self-confidence and peak performance variables have a perfect correlation.

Tabel 4. Correlation Test

Correlations			
		Self-Confidence	PeakPerformance
Self-Confidence	Pearson Correlation	1	.604**
	Sig. (2-tailed)		.000
	N	54	54
PeakPerformance	Pearson Correlation	.604**	1
	Sig. (2-tailed)	.000	
	N	54	54

Simple Linear Regression Test

The results of the simple linear regression analysis presented in Table 5 show a significance value of Sig. = 0.000. This value is less than 0.05, indicating that self-confidence has a significant effect on peak performance. Furthermore, based on the Model Summary table, the coefficient of determination (R Square) is 0.365. This means that the independent variable (self-confidence) contributes 36.5% to the variation in the dependent variable (peak performance).

Tabel 5. Simple Linear Regression Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.604 ^a	.365	.353	9.407

ANOVA^a

Model	Sum of Squares	Mean Square	F	Sig.
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1	Regression	2649.599	1	2649.599	29.941	.000 ^b
	Residual	4601.734	52	88.495		
	Total	7251.333	53			

Discussion

This study examines the impact of self-confidence on the peak performance of futsal athletes. To achieve this objective, data collection was conducted by involving futsal clubs from Division 1 of the AFK Semarang City competition. The results of the study indicate that self-confidence significantly influences the peak performance of futsal athletes during matches. The simple linear regression analysis shows a significance value of 0.000, which means that self-confidence has a significant effect on peak performance.

Individuals with high self-confidence tend to have strong belief in their abilities and potential, enabling them to face challenges with a positive attitude and strong focus. Therefore, self-confidence becomes a key factor in unlocking one's full potential and maintaining peak performance across various situations. Research by (Nisa & Jannah, 2021) demonstrated that self-confidence is one of the factors that can influence and shape mental resilience in athletes.

Self-confidence is a fundamental necessity for athletes, aimed at achieving accomplishments while maintaining their best abilities, allowing them to perform optimally (Sabilla et al., 2022). This study supports previous research, which stated that the higher an athlete's self-confidence, the greater the improvement in their peak performance (Aulia, 2022).

An athlete's self-confidence has a significant impact on peak performance during competition. Self-confidence serves as a key factor in achieving the highest athletic accomplishments and in maintaining the athlete's best abilities to perform optimally (Putra et al., 2025). When an athlete possesses strong confidence in their abilities and preparation, they are more capable of managing pressure, maintaining focus, and performing at their best even under high-stress conditions. Confidence enables athletes to stay composed when facing tough opponents, make strategic decisions, and remain unaffected by minor mistakes that may occur during the game. Thus, high self-confidence during competition serves as an internal factor that influences the achievement of peak performance (Lestari & Dewi, 2022).

In such conditions, physical and mental performance work in harmony, allowing athletes to reach their optimal performance. Conversely, a lack of self-confidence may lead to hesitation, decreased concentration, and slower responses—all of which can hinder the achievement of peak performance. Peak performance during competition refers to the state in which an athlete can fully utilize their physical, mental, and emotional capabilities in a competitive moment. It is a condition where the mind and body are well-coordinated, both mentally and physically, enabling athletes to showcase their best abilities (Dunan & Sulistiandari, 2023). Based on the findings of (Muhammad Naufal Mifta Al Ghifari, 2024) it is evident that self-confidence has a strong correlation with the attainment of athletes' peak performance. Moreover, a confident attitude motivates athletes to keep striving, avoid giving up easily, and recover quickly from mistakes made during the match.

With strong self-confidence, athletes are able to express their full potential and perform optimally in every Moment Of The Competition. Regarding The Influence Of Self-Confidence On The Peak Performance Of Adolescent Futsal Athletes, The Findings Indicate A Significant Impact Of Self-Confidence On Peak Performance. It Can Be Concluded That The Higher The Level Of Self-Confidence, The Higher The Athlete's Peak Performance. (Pratama, 2019).

Conclusion

In General, This Study Concludes That Self-Confidence Is A Psychological Aspect That Significantly Influences The Peak Performance Of Futsal Athletes During Matches. Athletes With High Self-Confidence Tend To Be Better At Managing Pressure, Making Quick Decisions, And Performing Optimally On The Field. On The Other Hand, Low Self-Confidence Can Decrease Concentration, Cause Hesitation In Actions, And Result In Poor Performance. Therefore, Developing And Maintaining Self-Confidence Is A Crucial Aspect Of Mental Preparation For Athletes In Order To Achieve Peak Performance During Competitions.

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