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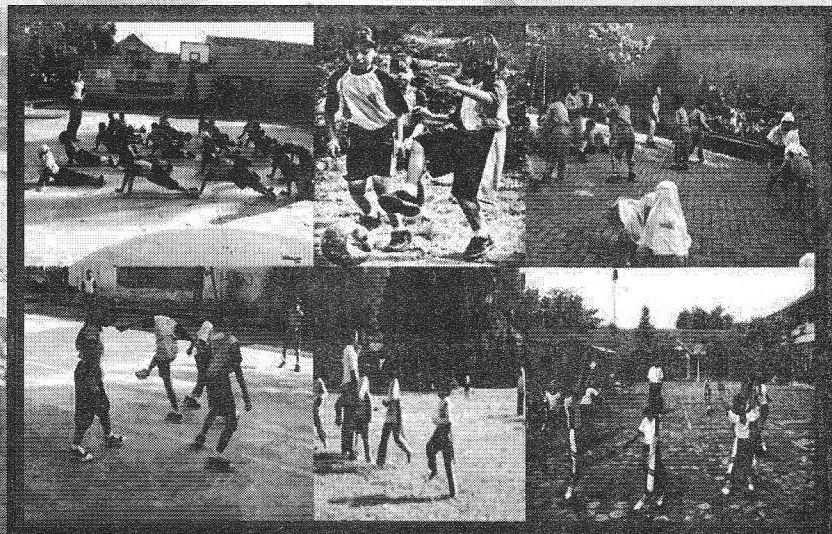
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ANXIETY AND STRESS LEVELS OF THE RHYTHMIC ATHLETES IN THE NATIONAL STUDENT SPORT WEEK (POPNAS) YEAR 2009

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ABSTRACT

Gymnastics is one of sport branches competed in POPNAS X year 2009 which was held in Yogyakarta. The contested gymnastics are male artistic gymnastics, female artistic gymnastics, and sportive rhythmic. In facing the competition, each athlete must experience anxiety and stress with different levels for each athlete. Anxiety and stress faced by athletes before the games can be overcome by good preparation before the game and good mental preparation. Based on this research, the levels of anxiety experienced by athletes of rhythmic in POPNAS 2009 belong to the category of low that is 68.57%. Stress levels are at a low category that is 37.10% and the combination of anxiety and stress levels are at the low category that is 71.14%.

Keywords: Anxiety, Stress, Rhythmic Athlete

INTRODUCTION

Gymnastics is one of sports competed in sports events. Gymnastics is a favored sport by people from various societies. Many types of activities that can be categorized into the gym are the pitcher gymnastics, women's gymnastics, baby gymnastics, morning gymnastics, physical fitness gymnastics, healthy heart gymnastics and so on. According to FIG (Federation Internationale de Gymnastic), Federation of Gymnastics International, gymnastics is divided into 6 groups: artistic gymnastics, rhythmic gymnastics, sportive gymnastics, acrobatic gymnastics, sport aerobics gymnastics, trampoline gymnastics, and general gymnastics. Generally, gymnastics is divided into two namely general gymnastics and competition gymnastics. Competition gymnastic involves artistic gymnastics, rhythmic gymnastics, sports and aerobics gymnastics, etc., and general gymnastics involves aerobic gymnastics, gymnastics fitness, pregnancy exercise and so on.

The objectives of the gymnastics competitions both official and unofficial are to increase the motivation to perform and to introduce the gymnastics branches to the society to get better knowledge and enjoy the gym. However, sportive rhythmic gymnastics is not well known. Sportive rhythmic gymnastics is best performed at early ages so that the athletes can be trained earlier and later can control the anxiety and tension during the competition.

Attaining achievements requires a long, organized, focused and sustainable training process. In general, there are many coaches and athletes who think that high achievement can be attained when the athlete practice continuously in addition to the talents possessed. Sometimes coaches just pay attention to physical and skill development and neglect giving special attention to things related to mental aspects. This can result in less optimal performance of the athletes during the competition. It does not also mean that physical training should be reduced and the attention to the mental aspect needs to be improved in order to obtain the expected performance.

Ability to concentrate and to control emotions during the competition are mental demands that are important in gymnastics. According to Singgih (1989:14), an important role in the mental aspects of competing in a competition includes the increased abilities to maintain the fighting spirit and concentration in a stressful situation,

to control excessive stress, to analyze situations accurately, and to take appropriate decisions in a changing situation.

The mental aspects influence achievements so much so that all physical exercise programs that have been completed with all the training procedures and are well prepared will mean nothing if the mental aspect is not included. Athletes' performance includes stamina, strength, flexibility, coordination, skill and ability and if the athletes are controlled by distracting thoughts such as excessive anxiety and stress, they will be disturbed in terms of their concentration and it can reduce their maximum ability before the game. In general, athletes experience anxiety, stress, tension, confusion, lack or loss of concentration and confidence in facing the game. One of the factors which may cause frequent occurrence of failure in a game is lack of mental development and mental guidance. The success of an athlete does not only depend on motor skills but also influenced by the ability to overcome the mental pressure. Thus, keep in mind the mental management state either by the athletes themselves, coaches and affiliated parties. This paper is a study of anxiety and stress levels experienced by athletes in sportive rhythmic gymnastics in POPNAS X 2009 before competitions begin.

ANXIETY AND STRESS IN ATHLETES

In facing a match, every athlete must experience stress and anxiety when dealing with difficult situations and the sensitivity levels are differences according to athletes' tolerance to the situations. In general, athletes who experience high anxiety and difficulties in overcoming the feeling will not perform well during the match. If the athlete's level of anxiety is low, he will easily adapt to game situations though within certain limits, it is necessary for the athlete to be ready to face the match. According to Harsono (1988:270), the level of anxiety and stress experienced by athletes a lot depends on the athlete's perception, his background, his achievements in the past, social criticism when he failed and he earned praise if he wins.

An athlete who suffers from anxiety often experience symptoms such as excessive sweating (not due to exercise), extra fast heart beats, cold on the hands or feet, experiencing indigestion, dry mouth feeling, pale looking, frequent urination exceed reasonable limits, often complain about pain on the joints, stiff muscles, fast feel tired, unable to relax, often shocked, shook his feet, stretched necks and others (Singgih, 1986:98).

There are various factors that may cause anxiety during the game. Anxiety is usually caused by intrinsic factors and extrinsic factors, but the anxiety levels depend on each athlete response on the feelings. The results of anxiety caused by intrinsic factors mentioned by Suhadi (1996:112) involve bad performance as the result of fear of failure, which is related to anxious personality and lack of competition experience. On the other hand, extrinsic factors which cause anxiety involve opponents, spectators, friends, administrators, places, equipment, match facilities, the environment, and the demands from the coach / family.

Stress is an emotional tension that ultimately affects the psychological and physiological processes (Sudibyo Suryobroto, 1989:91). Just as we experience muscle tension after doing the physical work, we can also experience the tension called psychic stress which is inevitable in human daily life. We cannot avoid psychological tension or stress. Some tensions are necessary and some others are unnecessary for our performance.

Every athlete who competes in an event experiences the increase in emotional tension in anticipation of the match situation faced. Judging from the kinds of mental and emotional reactions, there are two symptoms associated with emotional namely under readiness which is related to preparation with lack of motivation, whereas over readiness which is associated with readiness to win or bad appearance, fear of defeat, etc. According to Singgih (1989:143), the sources of stress can be divided into two kinds which are internal and external sources. The internal sources of stress can come from the athlete who relies heavily on technical abilities. He really plays well at all or vice versa. The existence of negative thoughts can come from mocking or scolding and over satisfied feeling. In contrast, external sources of stress are confusing stimuli, the influence of spectators, competitors who are no match, and the presence or absence of coach.

SPORTIVE RHYTHMIC GYMNASTICS

According to Agus Mahendra (1999:13), sportive rhythmic gymnastics is gymnastics that is developed from rhythmic gymnastics so that it can be conducted as a competition. Motion compositions that are delivered through the guidance of musical rhythm in producing body movements and artistic tools are the characteristics of rhythmic gymnastics. The tools used were balls, ribbon, rope, hoops and clubs.

Rhythmic gymnastics requires detail training in order to avoid the mistakes considering that this sport is a combination of several elements with levels of motion difficulty, which is coordinated with the tools used. Flexibility is the ability of the body to perform movements involving all limbs including wrists and joints to perform the movement. Flexibility is needed in gymnastics to avoid any injury because of the complex movement of gymnastics.

In the sportive rhythmic gymnastics competition, winning or losing is determined based on the perfection of movement, the elements used, and level of difficulty displayed. At the national level, there are some competition groups involving individual (per-tool competition), all round (all-round in all tools), teams (one team consists of 3 to 4 athletes), and international level plus group competition.

The main characteristic of rhythmic gymnastics is manipulative skills which are often defined as the ability to manipulate a particular object with a member of the body: hands, legs or head. The skills include catching, throwing, hitting, kicking, dribbling, and so forth. All the tools of rhythmic gymnastics are based on the ability to manipulate these tools. The ability to manipulate tools such as cast and then arrested again, rotated, swung, twisted, rolled and a lot better by hand, body or legs.

NATIONAL STUDENT SPORT WEEK (POPNAS)

National Student Sports Week (POPNAS) is held every after year by Ministry of Youth and Sports (KEMENEGPORA) in cooperation with Ministry of National Education (DEPDIKNAS). POPNAS X in 2009 was held in Yogyakarta. In the implementation of these POPNAS, DEPDIKNAS and KEMENEGPORA are in cooperation with sports organizations. One of them is Indonesian Executive Board of Gymnastics Association (PERSANI). The games of sports gymnastics are male and female artistic and rhythmic gymnastics.

ANXIETY AND STRESS LEVELS OF RHYTHMIC ATHLETES

The levels of stress experienced anxiety rhythmic athletes before the games starts can be determined based on the results of research conducted on rhythmic athletes in POPNAS X 2009. The following are the data on levels of anxiety, stress and anxiety and stress combined.

Categorization of Anxiety Levels

No.	Category	Frequency	Percentage (%)
1.	Very Low	3	8.57
2.	Low	24	68.57
3.	Fair	8	22.86
4.	High	0	0
5.	Very High	0	0

Based on the above data, 8:57% of the athletes were at very low category, 68.57% were in the low category, 22.86% were middle category and 0% of the athletes were in high and very high categories. The above data indicate that most of the athletes have low levels of anxiety.

Categorization of Stress Levels of Rhythmic Athletes

No.	Category	Frequency	Percentage (%)
1.	Very Low	1	2.86
2.	Low	13	37.17
3.	Fair	21	60
4.	High	0	0
5.	Very High	0	0

The data above show that there were 2.86% of the athletes were in the category of very low, 37.14% were in the category of low, 60% were in the category of middle and 0% of the athletes were at high and very high categories. This shows that most athletes have a low stress level.

Combined Categories of Anxiety and Stress Levels

No.	Category	Frequency	Percentage (%)
1.	Very Low	0	0
2.	Low	0	0
3.	Fair	10	28.6
4.	High	25	71.4
5.	Very High	0	0

Based on the above table, it can be seen that the athletes who have very low, high, and very high levels of anxiety and stress were 0%. There were 71.4% of the athletes were in low categories and 28.64% of the athletes were in the category of fair. From the data above, it can be concluded that the majority of anxiety and stress levels of rhythmic gymnastics athletes are at a low category (71.4%).

The results of analysis on the level of anxiety of rhythmic athletes at the National Student Sports Week 2009 showed that most athletes do not experience anxiety or only feel a little anxiety before the game starts. The low level of anxiety of rhythmic athletes is the result of good preparation before the game starts so that their self-confidence arises and is able to reduce anxiety or nervousness which can lead to poor performance.

Low levels of anxiety can also be caused by well prepared athletes' mental so that they can be unaffected to satire and ridicule from the opposition. Enough experience played pretty well roles so that most athletes do not experience anxiety. Athletes who have much experience on competition have been accustomed to cope with difficult situations in the game, so that all forms of interference that occurs during the match cannot lower their confidence.

Based on the analysis on stress levels of rhythmic athletes, it showed that most athletes only slightly feel the stress when facing the game. Stress is the pressure on a person which can always be improved and force people to act and think more quickly and more intensively. Stress can occur when there are too many demands which threaten the welfare or the integrity of a person. Stress can be caused by several things known as stressors. Stressor is a situation or stimulation characterized by physical or psychological stress or danger in a particular level. Stressor can trigger stress which can lead to tension in the muscles. Muscle tension can affect human activities in daily life.

Rhythmic athletes who feel the stress will make the muscles become stiff and the movements become irregular. Thus, the athletes need warm up or stretching on the muscles before performing activities. Stretching is necessary to reduce tension in muscles caused by stress or anxiety experienced before the match starts.

Low levels of anxiety and stress of rhythmic athletes make them confident in facing the game. The factors that can suppress the levels of anxiety and stress of rhythmic athletes can be used as input for the stakeholders to reduce the high level of anxiety and stress experienced by athletes ahead of the game so that the athletes can perform mentally strong with high self-confidence.

CONCLUSION

From the above descriptions, it can be concluded that the levels of anxiety and stress on rhythmic athletes during POPNAS X 2009 belong to the low category. Factors supporting the low levels of anxiety and stress are the preparations before the game and mental maturation of the athletes.

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