



JUARA: Jurnal Olahraga
E-ISSN 2655-1896 ISSN 2443-1117
<https://doi.org/10.33222/juara.v7i1.1425>



Asean School Games Tennis Referee Anxiety

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Info Artikel

Article History:

Received 26 August 2021

Approved 07 January 2022

Published 17 February 2022

Keywords:

Groundstroke, analysis, Referee, Anxiety

Abstract

Leading the match is not easy. Nowadays, there are many obstacles when leading the competition, starting from the regional to the international level. There are errors that sometimes we can't immediately conclude what the cause is. One of the causes of mistakes in leading the match is anxiety, whereby having a solid level of anxiety. There can be fear in deciding something, especially the large number of spectators, coaches, Referees who always watch the match and other officials, and internal factors that are said to be from within or extrinsic. This study aims to see the anxiety of tennis referees on duty at the Asean Schools Games in the field tennis branch. This research is a quantitative descriptive study conducted at the Tri Competition Juang Tennis Court in Semarang in September 2019. The data was collected using the anxiety questionnaire method. Population The total number of referees on duty in the Asean Schools Games in the Tennis Court is 16 people. The sampling technique used was *total sampling*. The data that has been collected from the results of the research test get the following results: (1) the level of anxiety of the tennis referee when leading the Asian school games is in the moderate category, (2) the intrinsic factors that affect anxiety are in the "moderate" category, and (3) extrinsic factors that also influence the anxiety that arises in a referee are in the "moderate" category. The data results conclude that the average level of anxiety from the two factors, namely the intrinsic factor and the extrinsic factor, is in the "moderate" category. It can be concluded that tennis referees continue to improve cognitive control, especially anxiety. So that anxiety will be more controlled and can lead the match well.

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INTRODUCTION

Field tennis is one of the sports competed in the Olympics and multi-events below it down to the provincial level such as Popov. So that this sport can continue to exist

in the world of sports. Tennis is currently in great demand by the public. The continued development of this sport evidences this until every city district has a tennis court. In Asia, tennis ranks fifth in a row under football,

badminton, swimming and basketball (Hakuhodo Inc., 2012). Then in the United States, tennis is included in the top five sports that are often played with basketball in the first place (NPR et al., 2015). Of course, this is enough to describe the existence of court tennis, which is very popular with people in the world, as well as for achievement it is also helpful for body fitness.

The leadership policies undoubtedly support this development in developing sports appropriate for the community. (Rizal et al., 2017) The success of a country's development is strongly influenced by the quality of its human resources, both development as an object and development as a subject. Sport is also an inseparable part of national development to improve the quality of human resources (Mutohir & Maksum, 2007). In the event of tennis, sports education is also no less competitive. Many athletes emerged from this event. Such as the multi-events held by the education office, namely POPDA, POPWIL and POPNAS, to the ASEAN event called the Asean School games and then the Asia Asian School games.

Talking about the Asian School games, in 2019, Indonesia became the host of this Southeast Asian inter-educational sports competition. They were organized by the Ministry of Youth and Sports in Semarang City last September. Many positive contributions from this activity both to the region itself and Indonesia. So Indonesia managed to get the General Champion in the Southeast Asia event. One of the branches

contested in court tennis. In tennis itself, Indonesia also won the overall championship.

The success of the event cannot be separated from the support of all parties. Both the organizers and the parties that help. Assist in preparing athletes, coaches, management, facilities and infrastructure, competitions, match equipment, and other sports personnel. One of the matching equipment is a referee or tennis lineman. The referee is a determining factor in a match; the game will not go well without a referee. Being a fair referee and jury must, of course, be equipped with knowledge and understanding of the game rules of a sport (Hadi, 2019).

From this event, referees are also required to lead the match well. Health and psychology also strongly support good leadership (Rahman et al., 2020). Every psychological sports competition is an essential component, namely mental. (Permadi et al., 2021) Cognitive is the key to success in the world of sports. Apart from mental health, you must also have good health. (Dar & Dar, 2021) Physical health is a state of fitness and well-being, especially the body's ability to perform sports, work and daily activities in a better way. By having a good mentality and excellent health, it is hoped that the referee will be able to lead well because this activity is playing with school children throughout Southeast Asia, where they also have high international rankings. With that, players have a lot of experience in the match. So that if the referee who goes down is not professional or

experienced in his field, it may also cause the game to run safely and smoothly.

In this case, the performance of a referee is highly demanded. This performance is the result of the achievement of a referee in carrying out his duties (Muhammad et al., 2016a). The performance of a referee in a sports match is essential because of the element of holding a sports match in addition to the existence of the two competing teams; of course, there must also be someone who mediates between the two teams and is considered impartial to one of the teams (Krisna, 2020). Referees with qualifications and competence can be seen in their ability to lead sports matches (Jatra & Fernando, 2019). The performance of a referee in duty will not be separated from his professionalism while holding the license. The higher the appointment of a referee, the better the referee's performance is.

PB PELTI, as a tennis organization in Indonesia, has a cadre of national and international referees. Some are regionally licensed up to the Whitebadge License. In Indonesia, the current highest tennis referee license is the white badge. Internationally there are several levels of referee licences. They are starting from the national level, Level 1 (Pre Level 2), Level 2 (White badge), Level 3 Bronze badge, Silver badge and Gold Badge). The license will continue to be upgraded by the ITF. So that the referee must always be on duty every year; if not on duty, then the license may be dropped.

This year, the referees who served in ASG came from referees who had a White badge license as a Referee, a Pre-level license, and a national license as a referee. This event is a different experience for referees in adding flight hours to refereeing at the international level. So it is highly demanded by the referee to have the excellent mental toughness to avoid obstacles or protests from players. Of course, this is also not all going well. Some things happen on the field, either before or during the referee. One of the obstacles that may occur is anxiety. Anxiety is a problem of emotional turmoil that often faces athletes (Setiabudi & Santoso, 2020). According to Spielberg, anxiety is an emotional response that consists of a unique combination of anticipation, tension, irritability, worry, and physiological variables (Karataş & Bayraktar, 2021). Anxiety is an emotional response consisting of a unique combination of anticipation, tension, irritability, worry, and physiological variables. This is also inseparable from a referee, especially when leading a match at a higher level. And also, when conducting the game in the rounds that have led to champions such as the final and semifinal matches, the match has become more prestigious and more exciting. (Noer Wachid Riqzal Firdaus & Mohammad Hasan Basri, 2020) In the semifinal match, the teams that competed had already beaten other teams in the preliminary round; therefore, the game's atmosphere would be more exciting, and they were more willing to be winners.

The referee may feel anxious before leading the game, situation after situation in the match. So that later it can make the game not run safely and smoothly. Many things make referees worried, including leading a good player, leading a player with an international rating, showing a fierce or decisive match. Lead the strong party. All of that can be passed well if the referee has a good understanding of the rules and has experienced leading who is used to it. For this reason, researchers need to see the level of anxiety of the tennis referee on duty at the Asean Schools Games in the tennis branch. This research aims to find out how the story of referees' stress when leading an international championship match.

METHOD

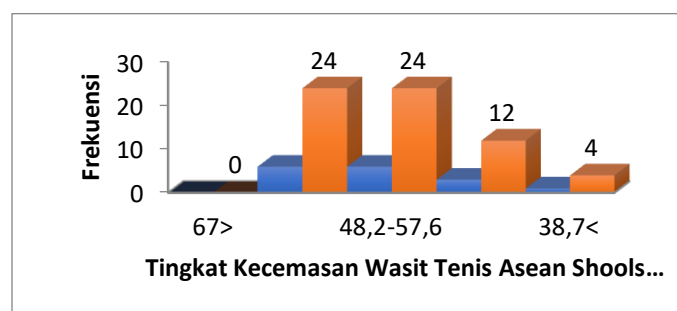
This research is descriptive. Descriptive research is a research method to describe existing phenomena, which are currently or in the past (Hamidi, A. S., & Bahrudin, 2015). The aim is to systematically describe the facts and characteristics of the object or subject being studied appropriately. The population in this study was the tennis referee who served in the ASEAN School Games in the field tennis

branch, amounting to 16 people. The sampling technique is total sampling. Total sampling is taking the same sample as the existing population, as many as 16 referees on duty at the 2019 Asean School Games in Semarang City, Central Java, Indonesia. The analysis results were obtained from the average value of the referee's answers in filling out the anxiety questionnaire and analyzed. In this study, the authors used a questionnaire data collection technique or a questionnaire. According to (Suharisimi 2013), "Questionnaires are several written questions that are used to obtain information from respondents in the sense of reports about themselves or things they know". The data analysis technique used in this research is quantitative descriptive analysis as outlined in a percentage. In this study, all populations that already had the characteristics as a sample were taken, so it was called a population sample.

RESULTS AND DISCUSSION

Results

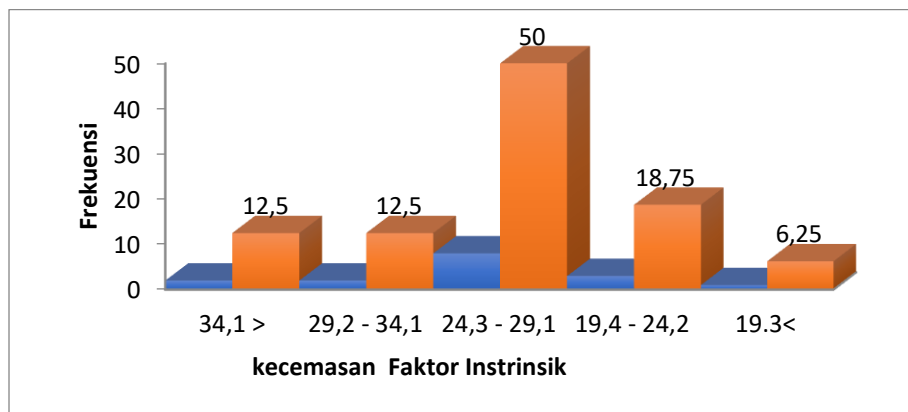
From the research, the following results were obtained:



The results of the study from 16 samples were obtained, six people (37.5%) had a level of anxiety with a range of 57.7-67.1 High Category, six people (37.5%) had an anxiety level with a range of 48.2-57.6 Medium Category, three people (18.75%) have an anxiety level with a range of 38.8-48.1 Low Category, one person (6.25%) has an anxiety

level with a range of Less than 38.7 Deficient categories, For the category very high anxiety is not found. The story of the stress of the indoor tennis referee at the time of the tournament was described into two factors, namely intrinsic factors and extrinsic factors. From this research can be seen these factors.

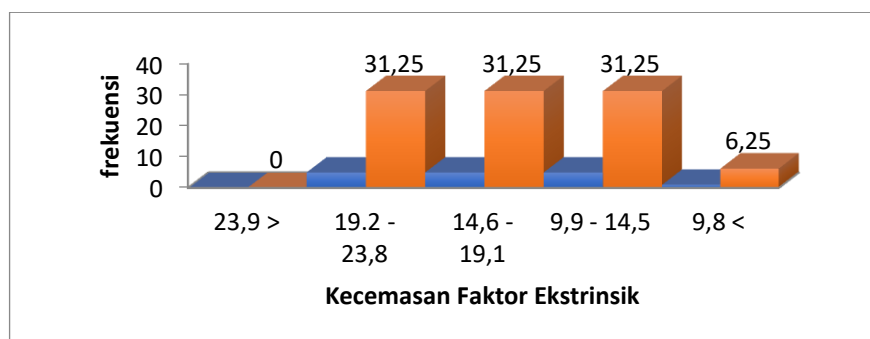
1. Intrinsic Factor



From the diagram above, it appears that two respondents (12.5%) have very high intrinsic factor anxiety, 11 respondents (31.4%) with high anxiety levels, 12 respondents (34.2%) with moderate anxiety levels, eight respondents (22.8%) had a low level of anxiety, and three respondents (8.5%)

had a superficial level of stress. Based on the average value, which is 68.51, the basketball referee's level of anxiety when leading the match is based on intrinsic factors in the "medium" category.

2. Extrinsic Factor



Discussion

The research subject regarding this anxiety is a tennis referee who served at the 2019 Asean School Games in Semarang City,

Central Java, Indonesia. Referees are assigned by the PELTI Central Management, totalling 16 people. The referees from various

provinces throughout Indonesia have National to International Pre Level 2. All referees in this study have officially received national tennis refereeing licenses from PB Pelti and the ITF (International Tennis Federation. Based on the Referee Upgrading Curriculum that the researcher studied, got, and used as a reference, there are several rules that referees must comply with when they want to raise their license level. The test can't be said to be easy. They will do theory and practise tests in the field, which will require physical and mental conditions. In addition, the referees are required to divide their concentration well because apart from having to do physical activity, the referees are also needed to stay concentrated and focused on making good decisions in every match. It is recommended that 150 minutes per week is recommended. Need to do physical activity with moderate intensity effort can feel the benefits described by (McKinney et al., 2016) and continued by (Ridwan & Prakoso, 2020), who stated that the benefits of physical activity are a person's main goal to maintain health.

Based on the overall analysis of anxiety factors, intrinsic factors and extrinsic factors. The results of the study of the comprehensive research data from the anxiety factor showed that the level of anxiety of the tennis referee in the field when leading the match in the ASEAN School Games for the Tennis branch, Medium (it can be said not to be anxious or anxious) in the "low" category of 34.2% (12 referees), "high" at 31.4% (11 referees), "medium" at 28.5% (10 referees), and "very

high" as well as "very low" at 2.8% (1 referee) respectively. The analysis results of the average data above show the "medium" category, which is 100.49. This indicates that there are still referees who are still quite anxious when leading the match. Chances of anxiety will be increased when the referee is officiating the game at a higher level.

They see that the referee must have a strong mentality and motivation to lead the match well. Referees must have a low level of anxiety and must master it (Bara Yusuf S P*, Surdiniaty Ugelta, 2017). Stress can affect leadership and interfere with the appearance of a referee on the field. Anxiety is divided into two sub-components that can affect performance before and during matches or competitions: cognitive and somatic (Weinberg & Gould, 2011). Stress is very influential on the performance of the referee (Muhammad et al., 2016b) because stress in the referee will hurt the performance of the referee, a referee with severe anxiety will give a psychological burden in leading the match so that it will have an impact on the performance of the referee. Controlling this psychological burden is essential when conducting a game because the responsibility borne by a referee makes leading a match psychologically disturbing.

It is generally recognized that decision-making in sports is complex and must be by the facts on the ground. In this regard, refereeing decision-making is challenging due to the need to consider the effects of context and the uncertainty of choice in many

ambiguous situations (Aragão e Pina et al., 2019). Officials (judges, referees, referees) are involved in almost every competitive sport. Depending on the sport, judgments are made using different methods for evaluating performance and winners (Stefani, 1998), including objective measurements (e.g. a stopwatch in swimming), accurate scores (e.g. several goals scored), and subjective ratings (e.g. points awarded). to athletes for their aesthetics and performance difficulties) (Raab et al., 2020). In many sports, officials must make decisions under time pressure in a dynamic environment (MacMahon & Starkes, 2008). The complex task of leading has been classified according to the number of interactions with athletes and the number of cues processed, resulting in a broad category of leaders as either 'interactors', 'monitors' or 'reactors' (Plessner & Macmahon, 2013). Basketball is arguably more influenced by context and interpretation than monitors like gymnastics judges and reactors like linesmen in tennis. So, besides anxiety, other factors are also critical in a referee in the field. It takes certainty and accuracy in deciding everything 'accuracy' of significant decisions, consistency of findings throughout the game, and applying the 'Laws of the Game' correctly has been classified as game management (Slack et al., 2013).

From the explanation above, it can be concluded that the mental condition of the referee who leads the Asean School Games match is in relatively excellent or moderate disease. To have a perfect mental illness, the

referee must reduce the level of fatigue, anger, tension, confusion and depression in various ways (Noer Wachid et al. 2020). The more capable a person is to be optimistic about pressure, the lower his anxiety in facing competition (Algani et al., 2018). One of them is regular exercise and maintaining fitness so that you don't get tired quickly so that it doesn't cause a decrease in other indicators. Mental training is just as necessary as physical exercise. Mental exercise can be done with relaxation exercises. To show good performance in leading the game requires a relaxed physical and psychological state. The correct movement can be displayed with excellent or simple muscles and gain speed and accuracy in making decisions. Relaxation exercises can be done for about 10 to 15 minutes each day or as needed. Like Tai Chi, exercise regularly before and after reaching old age, having good emotional and mental health support overall body health (Priana, 2017).

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that: (1) the level of anxiety of the tennis referee when leading the Asian school games is in the moderate category, (2) the intrinsic factors that affect anxiety are in the "moderate" category, and (3) extrinsic factors that also influence the anxiety that arises in a referee are in the "moderate" category. The data results conclude that the average level of anxiety from the two factors, namely the intrinsic factor and

the extrinsic factor, is in the "moderate" category.

ACKNOWLEDGEMENTS

The research team would like to thank the Islamic University of Riau, through the Institute for Research and Community Service has encouraging this research activity so that this research can be carried out and the results achieved can be published. And thank you to the organizing committee for allowing this research and all the referees on duty at ASG who wanted to be a sample of this research so that the research results can be published.

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